

Plating Desserts

Intro: Explain the quote “You eat with your eyes first”. Many responses will include the idea that if it looks good or is visually appealing on the plate then we will be more likely to eat or try the food.

The truth is how a food is plated or presented has a lot to do with our food experiences. If it looks visually appealing, studies show we are more likely to try a food and maybe even like it as opposed to something just thrown together.

Who is responsible for how the food looks on a plate—

- At a restaurant? (Chef, Food Stylist)
- At home? (You, Parent, Food Preparer)

Discuss: Most people preparing food at home are not going to put forth all of the effort that chefs or food stylists do in restaurants as it’s time consuming and just not realistic or practical unless you are planning a big event.

While all foods should be presented in a visually appealing manner, we are going to focus on plating desserts.

Let’s begin by looking at simple tips for plating desserts effectively via this article:
<http://www.craftsy.com/blog/2014/05/how-to-plate-desserts/>

Read article and complete notes: Write Tip & Briefly Explain Why Effective

1. Be Creative with Color
2. Combine Textures
3. Compose your Plate like you were Painting
4. Consider the Vessel
5. Contrast Temperatures
6. Have a Focal Point
7. Let it be Dramatic
8. Don’t Make it too Tall or Wobbly
9. Garnish with Care
10. Be Consistent

Activity/Project: Dessert Analysis

Use the picture below as an example to discuss the notes/questions as a class prior to the individual analysis. Then count students off by 5's and have them locate their dessert number on the Google Slides presentation titled "Dessert Analysis Photos" that is linked to Google Classroom. Each student will create a Google Doc and use their notes to analyze what they just learned. If the tip or item was not applied to this dessert, then be sure to say that—do not just leave the question blank.

1. How was color incorporated into this dessert?
2. What textures are used in this dessert?
3. Describe how the space (plate) was used in a creative or interesting way.
4. Identify the vessel used for this dessert.
5. Are there contrasting temperatures? If so, how?
6. What is the focal point of this dessert?
7. Do you think this dessert looks dramatic? Explain why or why not.
8. Would this dessert be in danger of falling over? Explain why or why not.
9. Is there a garnish on this dessert? What is it?
10. If you were a pastry chef in a restaurant, what would you name this dessert? Write a 3 sentence description for it as it would appear on the menu.



Discuss: 4 Components of a Plated Dessert

- Main Item
- Sauce
- Crunch Component
- Garnish

<http://www.theauberginechef.com/techniques-plated-desserts/#serving>

Use the above website to summarize the components and give examples using the guide sheet.

Discuss: Plate Decorating Techniques

When the chef plates a dessert, they often do so as they were painting on a canvas. View the videos below to see how creative you can be with decorating syrup. Draw and provide simple instructions for creating 8 different designs, using provided handout.

<https://www.youtube.com/watch?v=yRD1DFkNh4A>

<https://www.youtube.com/watch?v=J6DNBmBHIYM>

<https://www.youtube.com/watch?v=nXZYFYBhOt0>

https://www.youtube.com/watch?v=srMW_En3mml&feature=relmfu

https://foodandhealth.com/spectacular-professional-plate/?utm_source=Email_marketing&utm_campaign=Tuesday_July_5_2016&cmp=1&utm_medium=HTMLEmail (Scroll to the bottom of the page for the video.)

Assignment: Your assignment and challenge for the next lab is as follows.

Brownie Desserts: Menu Project

A new restaurant is opening in town and you have been asked to create a brownie dessert for the dessert menu. You will create a visually appealing brownie dessert for this new restaurant, applying your knowledge of plating desserts. You will bake brownies, decide how you want to plate this dessert and then photograph, name and write a menu description for this decadent brownie dessert.

Day 1—Either provide the brownies (depends on age/skill and class size) or have students bake the brownies (mix or [scratch](#) depending on age group/skill). Use remaining class time to make a rough draft design of how you will plate your brownie; you will turn this draft into the teacher. You may use up to 3 of the following ingredients, but you may not use them all. Note: You may want to limit the list based on ingredients available/season.

- Whipped cream
- Confectioner's sugar
- Maraschino cherries
- Smuckers Plate Scapers— ([HERE](#)--search plate scapers--\$3.99 each) * Multiple Colors/flavors may be used
- Chocolate shavings
- Cinnamon
- Chopped nuts (only if no allergies in class)
- Coconut flakes
- Fresh berries
- Toffee bits
- Crushed candy canes
- Mint sprigs
- Sprinkles

Day 2—Plate the Brownies

Individually plate the brownie according to your plan. Photograph your brownie from several angles for the menu. Each person will then write their own name for
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the brownie and description.

Day 3—Dessert Menu—Name & Description

Use your brownie pictures along with the name and description you came up with to complete the “Dessert Menu Project Template” found on Google Classroom.

Further explain your brownie dessert by answering the dessert analysis questions below to help you explain your selection. These questions are also part of the template.

1. How was color incorporated into this dessert?
2. What textures are used in this dessert?
3. Describe how the space (plate) was used in a creative or interesting way.
4. Identify the vessel used for this dessert.
5. Are there contrasting temperatures? If so, how?
6. What is the focal point of this dessert?
7. Do you think this dessert looks dramatic? Explain why or why not.
8. Would this dessert be in danger of falling over? Explain why or why not.
9. Is there a garnish on this dessert? What is it?

How to Plate Desserts—Restaurant Style

Tip	Why Effective?
#1	
#2	
#3	
#4	
#5	
#6	
#7	
#8	
#9	
#10	

Four Components of a Plated Dessert

Describe each of the below components and give examples. Provide and label a picture of a dessert illustrating each of the components.

#1: Main Dish

Description:

Examples

Insert a Picture Highlighting Component:

#2: Sauce

Description:

Examples:

Insert a Picture Highlighting Component:

#3: Crunch Component

Description:

Examples:

Insert a Picture Highlighting Component:

#4: Garnish

Description:

Examples:

Insert a Picture Highlighting Component:

Decorating Techniques

Using markers, draw and provide simple directions for creating 8 decorating designs. Resources are on Google Classroom.



