

Culinary & Clinical WORKSHOP



Plate Presentations Made Easy!

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Plate Presentation Theory

- We eat with our eyes before our mouths
- Attractive plating generally tastes better
- Sauces should compliment main ingredients not disguise them
- There are times when foods should not touch on a plate, and there are times when everything can touch – Clientele, Expression

Plate Presentation Theory

- Garnish on plates should compliment the entire plate
- Garnish should always be edible
- Main entrée should always be the star of the plate
- Side items should be colorful and tasty
- Use herbs, fruits and vegetables as garnish – not just parsley

Not Just Parsley



Fruits & Berries



Vegetables



Perfect Pairings

- Fish – Lemon & Baby Dill or Lime & Cilantro
- Chicken – Roma Tomato & Basil or Orange & Thyme
- Beef – Grape Tomato & Celery Leaves or Garlic & Chives
- Pork – Orange & Rosemary or Roma Tomatoes & Mint



Perfect Pairings

- Desserts – Orange, Berries, Pineapple, Kiwi & Mint
- Cheeses – Orange, Berries, Grapes & Chives
- Edible Flowers



Plating Examples



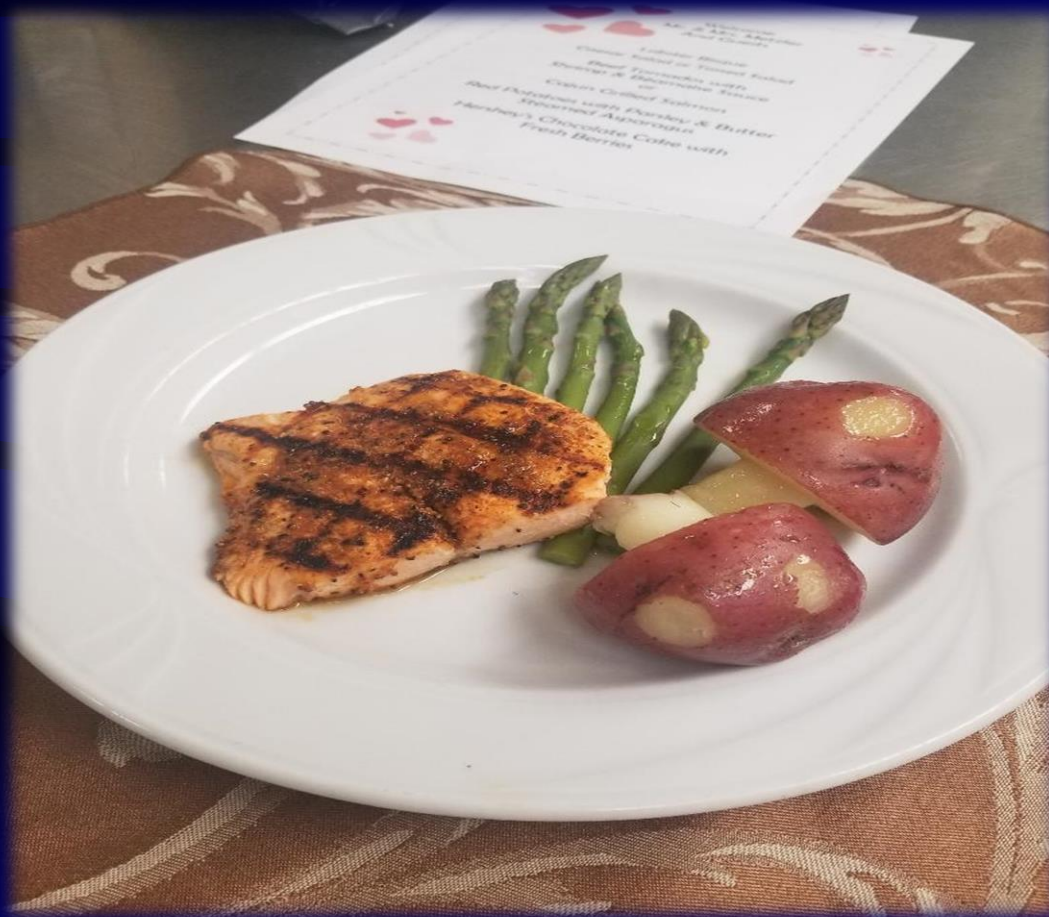
Plating Examples



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