

# Life Time Learning Presents

## Plating and Garnishing

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The emphasis in this class is not on the taste or cooking of the food but rather the plating and presentation of the food. It is said we eat with our eyes, and that is evident in the amount of time, energy, and cost that so many restaurants today place on the look of the food they present. Some garnishes are simple and easy to do while others may require a separate step in cooking the garnish that is to go on the plate. There are no recipes insofar as garnishes go; however, it is the use of your imagination and style that dictate how the finished plate will look. You will need to take notes during the presentation. Of course, if you have questions, please ask them. Listed below are some of the things I will be demonstrating.

Chilled Cucumber Soup with Radish Confetti

Chicken Paupiettes with Lemon-Tarragon Sauce

Baked Radicchio with Prosciutto

Grilled Scallops on Pea/Mint Puree

Coconut-Curry Chicken in a Bread Bowl

Salmon with Roasted Cherry Tomatoes

Potatoes Parisienne

A Rice Pudding Martini

Three Salad Presentation Ideas

Three Rice Presentation Ideas

Zucchini Boats with Peas and Carrots

Julianne of Yellow and Green Squash with Carrots

Several Dessert Presentation Ideas