Garnishes—What are they?

- From the French, “Garnir”
  - meaning to decorate or furnish
  - Garnish is an attractive decoration.
  - Garnish should always be edible.
Garde Manger

- Person responsible for planning, preparation, and artistic presentation of cold foods
Principles of Garnish

• Should **complement the flavors and textures** of meal and **not compete with it** or take attention away from it.
  • Ex. A sandwich should be garnished on the side.

• Garnish should be a **good partner with its food item**. Pair things that are alike in some way.
  • Ex. Vegetables like tomatoes, bell peppers and cabbages can be hollowed out and used as bowl for raw vegetable dip.
General Rules for Garnishing

- Edible
General Rules for Garnishing

- Add nutritional value
General Rules for Garnishing

- Be visually appealing
General Rules for Garnishing

- Appropriate for the dish
General Rules for Garnishing

- May reflect ingredient in the dish
General Rules for Garnishing

- Adds color to dish
Standard garnishes

• **Salad:**
  • seasoned croutons

• **Cake:**
  • whipped cream, chocolate shavings, mint sprigs, cherries or small whole fruit.

• **Beef, lamb and pork:**
  • apples, parsley, compound butter

• **Poultry: (chicken, goose, duck)**
  • fruit, herbs, nuts and melon – like cantaloupe.
What is the Garnish?
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Garnishing Tools

- Can use everyday kitchen tools
- For elaborate garnishes use specialized garnishing tools

- Veggie peeler
- Butter curler
- Zester
- Melon baller/Parisienne Scoop
- Tourné knife
- Channel knife
- Paring knife
Garnishing Tools

- Vegetable Peeler
  - Shave skin from fruits and veggies – used to make decorative carrot curls and chocolate curls
Tools: Vegetable Peeler

- Carrot Curls and Chocolate Curls
Garnishing Tools

Butter Curler

- Used to make a range of garnishes from curls to grooves.
- Can make marble-sized balls out of butter or other soft foods.
Tools: Butter Curls
Garnishing Tools

- **Zester**
  
  - *Remove small strips of citrus peel and shavings from carrots, and radishes.*
  
  - *Can be used to shave colorful strips (very small ones) from firm vegetables like carrots.*
Tools: Zester
Garnishing Tools

- Melon Baller or Parisienne Scoop
  - Used to scoop out balls of cheese, potatoes, butter, or melons
Tools: Melon Balls
Garnishing Tools

- **Tourné knife**
  - *Used to make* tourné *cut on potatoes, carrots, etc.*
  - *A tourné cut is a* seven-sided *oblong shape.*
Tools: Tourné Knife
Garnishing Tools

- Channel Knife
  - Used to pare strips of peel from citrus fruits and to cut thin grooves from carrots, cucumbers, and mushrooms.
Tools: Channel Knife

Our thin blade Paring Knife & a Channel Knife carved this Eagle!
Garnishing Tools

- **Decorating Spatula**
  - *Used to smooth icing on cakes. Can be used to create designs in soft foods like frosting, cream cheese and butter.*
Tools: Decorating Spatula
Garnishing Tools

- **Paring Knife**
  - *Used to carve fruits and veggies*
  - *Carve shapes in melons*
  - Good for intricate (full of small details) work
Tools: Paring Knife
Garnishing Tools

- **Fluting Knife**
  - Triangular blade
  - Used for v-cut detail work
  - Often used for melons and bell peppers
Tools: Fluting Knife
What Tool Is This?
Use your notes to identify these tools.

1. 
2. 
3. 
4. 

Name the tool, not the cake pan
What Tool Makes This Garnish?

5. The grooves on the outer edge, not the star in the center.

6. [Image of garnish]

7. [Image of food arrangement]

8. [Image of peeled vegetable]

9. [Image of butter curls]
Answers

1. Zester
2. Channel knife
3. Paring knife
4. Decorator spatula
5. Channel knife
6. Vegetable peeler
7. Melon baller or Parisienne scoop
8. Tourne knife
9. Butter curler
Garnishes

- Special Effects
  - Fanning cuts
  - Sequencing
  - Julienne
  - Spiral cuts
  - Crinkle cuts
  - Rosettes
  - Curls
  - Molds
  - Layers
Garnishes

- Plate Painting
  - Flavorful sauces used to decorate the plate.
    - Often piped or using a squeeze bottle.
  
  - Most common sauces are chocolate and raspberry sauce because of their color and flavor.

  - When plating fruits and desserts – the rim of the plate should be clean.
Garnishing Desserts

- Consider the flavor, texture, and appearance of the item

- Numerous items can be used to garnish desserts:
  - *Napping* (drizzling) fruit coulis
  - Whipped cream, flavored and unflavored
  - Frosted mint leaves
  - Chocolate work in the form of *string work* or formed pieces
  - Spun sugar work
  - Sweet sauces
Chocolate Stringing
Garnishing Soups

- Garnishes *in* the soup are the actual ingredients.
  - All garnishes must enhance both the flavor and appearance of the soup.

- **Consommés**:
  - Rich, clarified stocks or broth named after their garnish
  - Consommé Julienne
Garnishing Soups

Garnishes for soups are classified into three groups:

1. Garnishes *in* the soup
2. *Toppings* to soups
3. *Accompaniments* with soups
Garnishing Soups

- Add *toppings* to soups as garnish
  - Place any topping on the soup immediately before service because it will either melt or sink to the bottom.
Garnishing Soups

- *Accompaniments* garnish
  - crackers, melba toast, corn chips, breadsticks, cheese straws, whole-grain wafers, and gougères.
Section 4.3 Summary

- Enjoyment of a meal is affected by how it looks. If food has eye appeal, then enjoyment of the meal will go up.
- Garnishing properly is essential when presenting food. The garnish will complement the main dish in color, flavor, and texture.
- Garnish enhances the flavor of a dish as well as its eye appeal.
- Garnishing desserts requires consideration of the flavor, texture, and appearance of the item being garnished.
- Garnishes for soups are classified into three groups—garnishes in the soup, garnishes topping the soup, and garnishes that accompany the soup on the side.
Practice

- Use on-line resources and your textbook to practice garnishing skills (*standard or your own!*)
  - Cucumbers
  - Radishes
  - Scallions
  - Lemons or oranges