COMPONENTS OF A PLATED DESSERT, CONTRASTS, AND SAUCES
5 Components of a Plated Dessert

- Main item - 3 – 5 ounces
- Sauce/sauces - 1 - 2 ounces
- Garnish - fruit, chocolate lines, powdered sugar
- Crunch garnish - cookie, chocolate decoration, fruit chip, sugar cage
- Frozen Component (optional) - sorbet, ice cream
Successful desserts have a variety of contrasts

- Temperature- hot/cold
- Texture- creamy/crunchy
- Shape- round/square
- Color- bright/subtle
- Flavor- lean/rich, sweet/sour
Composition and Contrasts

How could you improve on these compositions and contrasts?
Tips For Plating

- Mise en Place
- Don’t use overpowering flavors
- Don’t confuse the eye with too much complexity
- Don’t confuse the palate with too many flavors
- Glazes should be used sparingly and only if they enhance an item
- All items on the plate should be edible
- Avoid unnatural colors – black, blue
- All plates should be identical
Dessert Sauces

- **Catagories:**
  - Fruit based - coulis, fruit sauce, preserve based
  - Custard based - crème anglaise, sabayon
  - Sugar based - caramel
  - Chocolate based - solid chocolate and/or cocoa
Fruit Based Sauces

- **Coulis**- uncooked fruit puree
  - Flavored and strained
  - + fresh flavor, natural tasting
  - - high moisture content=thin, can separate

- **Fruit sauce**-cooked fruit puree
  - Flavored, thickened and strained
  - Cornstarch, arrowroot—advantages/disadvantages
  - Reduction—advantages/disadvantages
  - Instant starch—advantages/disadvantages

- **Preserve based fruit sauce**-thinned fruit preserve
  - Convenience products—advantages/disadvantages
Custard Based Sauces

- **Crème Anglaise** - milk/cream, egg yolks, sugar, vanilla
  - Infused, cooked to nappe
  - Versatile - ice cream base, Bavarian base
  - Proper cooking techniques and sanitation required

- **Sabayon** - wine, egg yolks, sugar
  - Whipped until thick and light
Solid + liquid + heat + time = Infusion

• Extracting flavor from solid ingredient into a liquid, by way of heat
• Zests, herbs, nuts, spices can be used
• Test and taste for proper flavor profile
• Rescale out liquid due to evaporation
• Fat will dilute the infused flavor—adjust strength accordingly
Sugar Based Sauce

- **Caramel Sauce-thinned caramelized sugar**
  - Cooked to light, medium or dark caramel
  - Traditional fat based caramel-thinned with cream and butter
  - Clear caramel-thinned with water, coffee, clear juice, etc.
  - Fruit caramel-thinned with fruit puree

- Note: Always consider the serving temperature of the sauce and adjust the viscosity accordingly

At what temperature does sugar begin to caramelize?
Chocolate Based Sauces

- Chocolate sauce - chocolate and/or cocoa powder is used as thickener and flavoring agent
  - Can be thinned with simple syrup or cream
  - Cocoa butter content, chocolate liquor content and serving temperature can affect the final viscosity of the sauce

Are milk, white and dark chocolate interchangeable in all sauce recipes?
Shaped / Formed Cookies

1. Cookies that spread thin during baking; then shaped/formed
   Almond Lace

2. Cookies that are shaped/formed before baking; then molded
   - Tulip Paste, Tuille
Garnish

- Can add crunch plate
- Adds color/texture
- Must be balanced with plate profile
- Delicate designs
Crunch

- Used when entrée does not contain a crunch element
- Texture/Visual appeal
- Can be same as garnish

COMPONENTS:
- Tuile – almond lace
- Sugar decorations
- Nuts
- Chocolate
Chef Sampler

An artistic composition of desserts, sauces and garnishes