

DIETARY MANAGERS ASSOCIATION

GARNISHING OF PLATES FUNDEMENTALS

PURPOSE OF GARNISHING

- **To increase the eye, taste, and overall appeal to the food being served.**
- **Garnishes should always highlight what is being served; an example of this would be a citrus fruit for seafood or roots for a beef or pork entrée.**
- **Garnishes also indicate to the consumer a more caring attention to detail to the food for which they are eating.**
- **Color is everything in garish.**

GARNISH TYPES AND USES

- **VEGETABLES: Used mainly for beef, pork, & some chicken entrées**
Parsley
Green Onion
Potatoes
Tomato
Cucumbers
Carrots
Cherry Tomatoes
Herbs: Dill, Rosemary, Basil, & Chives
- **FRUIT: Used mainly for seafood and poultry**
Lemons
Limes
Strawberries
Watermelon
Peaches
Plums
Fresh Bing Cherries
- **NON TRADITIONAL GARNISH:**
Pasta- Fried, Example spaghetti
Asian Noodles
Tortillas; cut into thin strips & fried with seasoning
Mayonnaise based sauces,
Present sauces served with the entrée in a different manner?

