

GUIDELINES FOR GARNISHES

A garnish is a food item or part of a food item featured in such a way as to enhance the food served.

Garnishing is an art. It can be done well with little time or effort by following a few simple guidelines.

Generally, garnishes should be edible and should be an integral part of the food so that they will not be left on the plate. Not all food requires garnishing. Many recipes have built-in garnishes; examples are: beef stew with vegetables, creole shrimp, tossed vegetable salads, and desserts such as pies and cakes. They should be handled carefully to prevent spoilage and food-borne illness. (Note: always wash a vegetable before preparing it as a garnish).

Garnishes should be:

1. Simple, natural, and fresh in appearance.
2. Suitable in texture and size to the food.
3. Flavorful. Bland foods require a more highly seasoned garnish.
4. Arranged in a manner to enhance the food with which they are used.
5. Used sparingly. Sprinkle or place in small groupings.
6. Harmonious. Colors should never clash. Care should be used to produce combinations that will be pleasing to the eye.

The following list indicates some of the wide variety possible in edible garnishes:

Apples—unpared, slices, wedges	Celery—sticks, curls, fans	Croutons
Asparagus—spears	Cheese—cubes, grated, wedges	Cucumbers—rings, slices, sticks
Bacon, cooked—crumbled	Cherry tomatoes—whole, halves	Dates—halves, pieces, whole
Beets—slices, julienne, grated	Coconut—flaked	Dessert topping—whipped
Cabbage, red—shredded	Crabapples, spiced	Grapes—whole, slices
Carrots—sticks, curls, ribbons	Cranberry sauce—slices, wedges	

REVISION

(OVER)

A. GENERAL INFORMATION No. 22(1)

Kiwi fruit—slices	Onions—rings, mums	Peppers, sweet, green—rings, slices, sticks
Lemon—wedges, slices, grated rind, twists	Oranges—slices, grated rind, wedges, twists	Pickles—sticks, slices
Maraschino cherries—halves, minced, whole	Paprika	Pimientos—strips, minced
Marshmallows—miniature	Parsley—sprig, chopped, minced	Pineapple—chunks, tidbits, slices, rings
Melon balls	Peppers, pickled—cherry or jalapeno	Radishes—slices, roses, tulips
Nuts—chopped, whole		Raisins
Olives—green, ripe, whole, slices, chopped		Tomatoes—slices, wedges, roses

Garnishes need not require special equipment: only simple tools are needed; for example, a sharp pointed knife for paring, a serrated knife for bread and tomatoes, and a vegetable peeler for paring fruits and vegetables. Special garnishing tools, such as a V-cutter for zigzag finish or a garnishing knife for making “crinkle or waffle” cuts, may be purchased, if desired. The following are ideas and instructions for creating more garnishes from fruits and vegetables.

(CONTINUED)