

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.

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Onion Mum

1. Select a medium-sized, well-rounded white onion.
2. Peel the outer skin of the onion. Leave the root end intact but cut off any roots.
3. Using a sharp knife, start at the top of the onion and make a cut downward toward the root end. Be careful not to go all the way to the root end but stop the cut about 1/2 inch from it. Make this cut deep into the center of the vegetable. Make additional cuts until you have gone completely around the onion.
4. When cutting is completed, place onion in a bowl of hot water. This will start the petals spreading and remove the onion smell.
5. Let soak for 5 minutes, then replace the hot water with ice water to allow the flower to bloom further.
6. Color the onion mum by placing food coloring in the ice water. Let soak until the desired tint is obtained.
7. Remove from ice water. Drain.



Radish Tulip

1. Cut a thin slice off the bottom and top of the radish.
2. Make 3 cuts from the top of the radish almost to the base, making 6 equal segments.
3. Place in ice water until open (overnight if possible). Remove from ice water. Drain.



Lemon or Orange Twists

1. Cut fruit into 1/4 inch horizontal slices.
2. Slit each slice and twist.



Tomato Rose

1. Use a sharp paring knife. With the stem end of the tomato down, begin peeling on the smooth end. Cut around the tomato in a spiral, making a continuous strip about 3/4 inch wide. Do not be concerned if the peel breaks.
2. To form the rose, roll one end of the peel tightly to make the center. Loosely roll the remaining peel around the center.
3. Use a pick to secure rose base. Cut off excess pick. CAUTION: Be sure pick is firmly secured in the rose, so pick will not fall into the food during service.

NOTE: Storing tomato garnishes is not recommended.



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Carrot Ribbons or Curls

1. Slice carrot in half length-wise.
2. With a peeler, peel one strip at a time from the cut surface.
3. Drop in ice water and the strip will curl by itself.
4. Remove from ice water. Drain.

Celery Fans

- t. Cut celery stalk into 2 or 3 equal lengths.
2. Make t1/4 inch slashes into one end or both ends of stalk.
3. Fan one end or both ends of stalk.
4. Drop in ice water.
5. Remove from ice water. Drain

Radish Rose

1. Cut a thin slice of the bottom and top of the radish.
2. Make 4 cuts across the radish horizontally almost to the bottom and then make 4 cuts across the radish vertically.
3. Place in ice water until open (overnight if possible). Remove from ice water. Drain.

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