

The Art of Food Presentation

Food Amounts

- How much do I need, based on group and time
- As general rule 1.5 to 2 pieces per person
- Meat and cheeses 1.5 oz per person
- Hard food, crackers, vegetables, fruit 4-5 per person

Colors and Contrast

- As in art, color and contrast gives life and depth
- Look for colors to make it exciting
 - Rainbow carrots vs just orange
 - Roasted vegetables
 - Yellow and red
 - Green and red
 - Keep like colors together
 - Use smaller items to garnish trays adding depth
 - Nuts, dried fruits, olives or even flowers





Taste and Texture

- Keep it interesting
 - For ease buy prepared and doctor it up
 - Criss cross items on trays using the 4 quadrants for item display
 - Encircle dishes
 - Rivers of food
 - Cascade food from dishes

Table Presentation

- How to setup buffets
- Use the right size display pieces
- Little bowls work well for dips, condiments, olives etc.
- Themed displays - Hispanic, Italian, Christmas
- Depending on display pieces use nothing or cover
- Vases or bowl used with one type fruit or vegetable
- Use odd numbers
- Vary food between front and back





ROYALTY-FREE STOCK PHOTO



DOWNLOAD PREVIEW















Olive
Lam

Italian
Bologna

Humbolt Fog
Goat's Milk Cheese

French
Blue

France
Fougereux

Crater Lake
Blue Cheese

Hard
Salami

Hot
Capricola

Dried Italian
Sausage



Vary flavors to compliment

- Salty, sweet, hot
 - Salty nuts baked with brown sugar
 - Cinnamon for spice
 - Use acid to balance foods high in fat or richness