

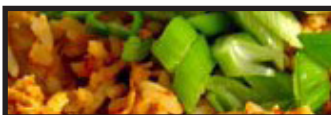
simple garnishes
simple recipes



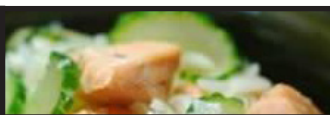
make food look good



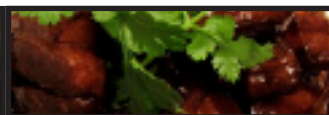
Visual appeal can add so much to the food experience. It's not just about the aromas of a plate that will prime your brain. The visual aesthetics of the dish, whether it's decorated with green leaves, arranged in some structured form, or embellished with a drizzled pattern of sauce, will prime your taste buds for the ultimate experience. The recipes in this book are presented in a way that focus not only on detailed instructions, but also will give you some tips on how to place simple garnishes on foods to make them look more appealing. Recipes are arranged by color of garnishes. So, before you get ready to devour the food, make it look good, and have a feast with your eyes!



1 Kimchi Fried
Rice



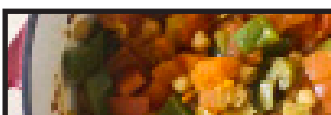
2 Salmon Fried
Rice



3 Red Cooked
Pork



4 Cashew
Ravioli



5 Gypsy Soup



6 Mutter
Paneer



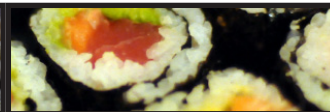
7 Lemon
Rosemary
Chicken



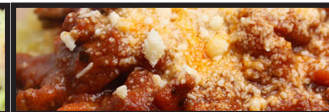
8 Katsudon



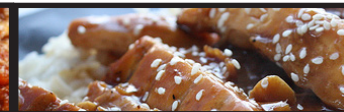
9 Tuna
Kimbap



10 Pocusset
Roll



11 Spaghetti &
Meat Sauce



12 Orange
Teriyaki
Chicken



13 Tomato
Carrot Pasta



14 ESVA
Clam
Chowder



15 Salsa
Chicken

cilantro

parsley

scallions

green onions

pesto sauce

rosemary leaves

lime

Kimchi Fried Rice

Kimchi is a favorite side-dish among Koreans. Traditionally, Kimchi is cabbage fermented with spices and seasonings. Its crisp texture and bold flavor makes it a perfect accompaniment to many other dishes of rice, meat and soups. This recipe is an easy combination of rice, kimchi, and a meat base. Create this in 10 minutes and give it a finishing touch with some sprinkle of green.



Ingredients

1 cup of white rice
1.5 cups of **kimchi**
1.5 cups of **spam**

Prepare

Cook the rice in a ricecooker. Let it sit for a day.

Cut the kimchi up into bite-sized squares.

Cube the spam.

Create

- 1 Coat frying pan with oil
- 2 Saute spam until slightly browned
- 3 Add kimchi to the pan
- 4 Add the rice
- 5 Saute for 7-10 minutes on medium-high heat

Decorate

Garnish with some chopped scallions or a sprig of cilantro.

Salmon Fried Rice



Enjoy a healthy, clean alternative fried rice with salmon instead of spam. This recipe adds some extra flavor with green beans and minced shallots. Salmon fried rice goes well for any meal of the day and makes for an easy lunch to bring the next day. Finish the recipe off with a tint of light green sliced cucumber or as always, you can add a sprig of cilantro on top.

Prepare

Cook the rice in a ricecooker. Let it sit for a day.

Cut the green beans into bite-sized chunks.

Mince the shallots.

Beat eggs in a bowl

Create

- 1 In a pan, fry egg mixture on medium heat then set aside
- 2 Add oil to the pan and fry shallots until they turn brown
- 3 Add green beans and salmon to high heat
- 4 Add cooked rice and desired seasoning
- 5 Add the eggs back in and cook until rice changes color

Decorate

Garnish with thinly sliced cucumbers or a sprig of cilantro.

Ingredients

1 cup of white rice

1 slab of salmon

1 bunch of green beans

2 eggs

1 shallot

Red Cooked Pork

Red cooked pork, or hong shao rou, is served regularly at home as a daily meal and yet can also be served at celebratory occasions. It is quite common to serve this dish with small steamed buns. The buns are often made from round dough folded into half circle resembling a clam shell. Toss some leafy chinese cilantro on top of this for a beautifying effect.



Ingredients

1 pound of **pork ribs**
3.5 cups of water
0.5 cups of **soy sauce**
3 tablespoons of sugar
Five-spice powder

Prepare

Cut the pork ribs into pieces.

Blanch the pork in boiling water for several minutes.

Remove the ribs and pat dry.

Create

- 1 Add water, soy sauce, sugar, and powder to a pot and boil
- 2 Add pork to pot and braise for 15 minutes on medium heat
- 3 Simmer for 1.5 hours, flipping occasionally
- 4 Serve the pork on a plate with stock sauce

Decorate

Garnish with some leafy chinese cilantro.

Cashew Ravioli



Here's a vegetarian and gluten-free alternative to ravioli. You can make this without any heat, meaning it would be great for some summer meals. It consists of two parts: cashew cheese and making the pesto sauce. You can substitute the covering with beet slices. There is an abundance of color in this one. Add to the spectrum with sliced cucumbers or crushed cilantro.

Prepare

CASHEW CHEESE

Cover cashews with water and soak for 2 hours.

Drain cashews.

Blend cashews, lemon juice, garlic, salt, water, and chives.

Let sit at room temperature for 24 hours.

PESTO SAUCE

Mince 4 cloves of garlic.

Blend garlic, pumpkin seed, cilantro, olive oil, water, and two teaspoons of lemon juice until coarse.

Create

- 1 Peel and slice jicama into thin sheets
- 2 Chop shitake mushrooms
- 3 Place a dollop of cashew cheese in the center of slice
- 4 Fold over gently

Decorate

Garnish with thinly sliced cucumbers or crushed cilantro.

Ingredients

- 1 cup pumpkin seeds
- 0.5 cup of raw cashews
- 0.5 cup of large jicama
- 0.5 bunch of cilantro
- 0.25 cup of olive oil
- 1 tablespoon of chopped chives
- 1 teaspoon of salt
- 4 teaspoon of lemon juice
- 6 cloves of garlic
- 2 shitake mushrooms

Gypsy Soup

A delicately spiced Spanish-style vegetable soup. The vegetables in this soup can be varied. Any orange vegetable can be combined with any green. For example, peas or green beans couple replace - or augment - the peppers. Carrots, pumpkin, or squash could fill in for the sweet potatoes. Innovate, decorate, toss some cilantro on top of this flavorful recipe.



Ingredients

- 2 medium onions
- 4 garlic cloves
- 3 celery stalks
- 3 sweet potatoes
- 1 red pepper
- 1 small yellow squash
- 1 beet
- 2 large tomatoes
- 1 zucchini
- 1.5 cups of chickpeas
- 2 tablespoons of olive oil
- 4 cups of chicken stock
- 1 teaspoon of basil
- 1 teaspoon of turmeric
- 2 teaspoons paprika
- 0.5 teaspoons of cinnamon
- 2 bay leaves
- 1 tablespoon of tamari

Prepare

Peel sweet potatoes and beet.

Chop vegetables.

Create

- 1 Sautee garlic and onions in olive oil until onions become clear
- 2 Add cup of broth, sweet potatoes, celery, and beet
- 3 Add turmeric, paprika, cinnamon, basil
- 4 Simmer for 10-15 minutes
- 5 Add the rest of broth, yellow squash, zucchini, and tamari
- 6 Cook for 20 minutes
- 7 Add tomatoes, peppers, greens, bay leaves, and chickpeas
- 8 Cook for another 10 minutes or until potatoes are tender
- 9 Serve hot with fresh bread

Decorate

Anything green will stand out in this red soup. Try cilantro.

Mutter Paneer



This North Indian curry made with mutter (peas) and paneer (cottage cheese) is probably the most frequently ordered dish in Indian restaurants. It's fairly easy to make and ends up with some strong colors that you can complement with some basic garnishes. Make it at home and please the crowd. Top it off with some cilantro or parsley and you could amaze them.

Prepare

Heat ghee in a kadai and deep-fry until light brown.

Drain onto an absorbent paper.

Peel, wash, and chop onions and ginger finely.

Create

- 1 Heat two tablespoons ghee in a pan
- 2 Add chopped onions and ginger
- 3 Saute until lightly brown
- 4 Add turmeric, red chili powder, coriander, salt, and peas
- 5 Add a little water and cook until peas are tender
- 6 Add the fried paneer and garam masala powder
- 7 Boil for 5 minutes and serve hot

Decorate

Garnish with freshly chopped thin onions and a leaf of cilantro.

Ingredients

- 1 cup of green peas
- 1 cup of paneer
- 2 medium onions
- 1 piece of ginger
- 1 teaspoon of ghee
- 1 teaspoon of turmeric
- 1 teaspoon of red chili powder
- 1 teaspoon of coriander
- 1 teaspoon of garam masala
- 1 teaspoon of salt

Lemon Rosemary Chicken

This simple recipe is great for those looking for an easy, yet zesty marinade for chicken. Combining both the natural herb of rosemary and refreshing hint of lemon, this entree is perfect for a summer barbeque. The dish uses a small spectrum of color, so it will be fairly easy to pick some garnishes to complement the chicken. For this, go with a sprig of rosemary to add to the aroma and think about a thin slice of lemon.



Ingredients

0.25 cups of **lemon juice**
1 teaspoon of salt
1 tablespoon of olive oil
2 tablespoons of dried **rosemary**
2 **chicken thighs**

Prepare

Marinate the chicken in lemon juice, oil, and rosemary.

Create

- 1 In a skillet, heat olive oil on medium for 2 minutes
- 2 Carefully place chicken thighs onto skillet
- 3 Cook for 3 to 4 minutes until brown
- 4 After searing, flip and cook on low for 12-15 minutes
- 5 Make sure the chicken does not have any pink inside

Decorate

Garnish with a rosemary leaf and finish with a slice of lemon.

Katsudon



Katsudon is a traditional Japanese comfort food that combines large quantities of hot rice, fried pork, and sweet onion omelette. Belonging to the prolific donburi (topped rice bowl) family, katsudon can be found in cafes, diners, and restaurants that emphasize quick and filling food. The Japanese verb “katsu” means to win, and that you will by victoriously topping this dish off with some chopped scallions.

Prepare

Cook rice.

Mix flour, salt, pepper in a bowl.

Mix the panko with flour, salt, pepper in another bowl.

Coat the pork cutlet in the flour mixture and beaten egg.

Create

- 1 Mix the water, dashi, soy sauce, mirin, and sugar into a pot
- 2 Bring the mixture to a boil
- 3 On boil, add onions and cover for 3 minutes
- 4 Heat oil in a deep skillet to cover at least half the cutlet
- 5 Fry the cutlet until brown, then flip and cook for 5 minutes
- 6 Drain the cutlet on a paper towel or cooling rack
- 7 Slick the fried cutlet into strips and transfer to the pan
- 8 Pour a beaten egg over the cutlet and sauce
- 9 Replace the lid and wait 30-60 seconds

Decorate

Garnish with thinly sliced cucumbers or crushed cilantro.

Ingredients

TONKATSU

0.25 pound center-cut pork loin

Salt

Pepper

Flour

1 egg

Nama-Panko

Canola Oil

SAUCE

0.25 cup water

0.25 teaspoon of granulated Dashi

1 tablespoon of soy sauce

1 tablespoon of hon-mirin

1 teaspoon of sugar

0.5 medium onion

1 egg

1 cup of steamed rice

Tuna Kimbap

Gimbap or kimbap is a popular Korean dish made from steamed white rice (bap) and various other ingredients, rolled in gim (sheets of dried laver seaweed) and served in bite-size slices. Gimbap is often eaten during picnics or outdoor events, or as a light lunch, served with danmuji or kimchi. It is similar to the better-known Japanese sushi. The rolls themselves are beautiful, but you can certainly add to the effect with some wasabi and soy sauce on the side.



Ingredients

- 1 can of tuna
- 2 eggs
- 1 roasted sheet of seaweed
- 1 teaspoon of shredded garlic
- 1 cup of rice
- 2 sesame leaves
- 1.5 tablespoons of mayonnaise
- soy sauce
- shredded spring onions
- 2 strips of pickled radish
- 4 ounces of spinach
- 1 teaspoon of sesame seed and oil

Prepare

Soak spinach in water until it becomes soggy.

Add garlic, spinach, sesame seeds, oil, spring onions, and soy sauce into a bowl to mix.

Mix the tuna, mayonnaise, and a sprinkle of salt.

Stir 2 eggs, salt, and chives.

Cook the eggs into a thin layer and set aside in a rectangle.

Create

- 1 Lay sheet of seaweed on the roll board
- 2 Spread a spoonful of rice evenly across the seaweed
- 3 Lay the two sesame leaves and pickled radishes at bottom
- 4 Lay the egg out
- 5 Spread the tuna and spinach on top of the eggs
- 6 Lift the rolling board and roll the entire item
- 7 Let the seaweed overlap
- 8 Squeeze lightly the entire roll for a tight roll
- 9 Slice the roll starting from the middle and serve

Decorate

Garnish by drizzling sesame oil on a separate plate in an interesting pattern and serve with a spoon of wasabi.

Pocusset Roll



Why go out and buy expensive sushi when you can make it right at home? This simple dish is made from steamed rice, with avocado, cucumber, lemon, and salmon. It makes for a great summer meal when it's warm outside. Colors are minimal but vibrant, not unlike this recipe book. Finish off the dish with some slices of lemon and cucumber to garnish.

Prepare

Cook rice.

Mix rice and sushi vinegar in a bowl.

Slice avocado, salmon, cucumber into thin pieces.

Create

- 1 Cover bamboo mat in a seran wrap
- 2 Place seaweed on mat and spread rice in a thin layer
- 3 Place salmon, avocado, cucumber on one end of sushi
- 4 Roll the sushi by first rolling up with hands
- 5 Then roll more firmly using sushi mat
- 6 Slice the sushi using a sharp knife

Decorate

Garnish with thin slices of cucumber and lemon on the side along with a spoon of wasabi.

Ingredients

3 cups of sushi rice
2 cups of sushi vinegar
seaweed sheets
1 avocado
0.25 pound salmon
1 cucumber
1 lemon



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