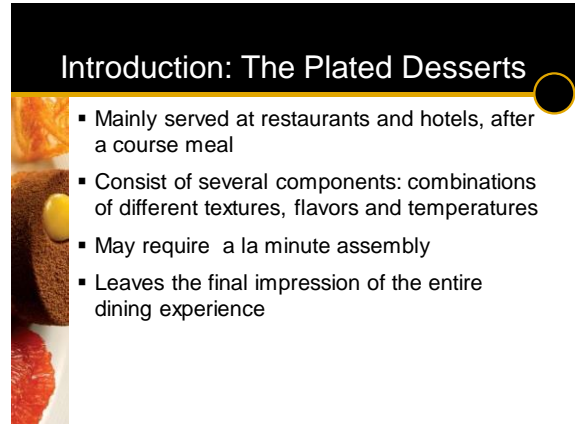




# Plated Desserts

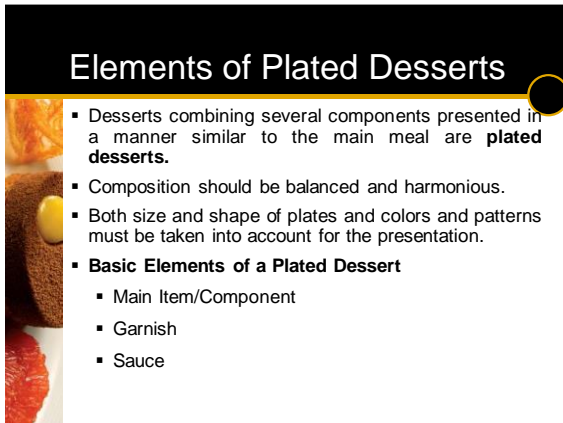
1



## Introduction: The Plated Desserts

- Mainly served at restaurants and hotels, after a course meal
- Consist of several components: combinations of different textures, flavors and temperatures
- May require a la minute assembly
- Leaves the final impression of the entire dining experience

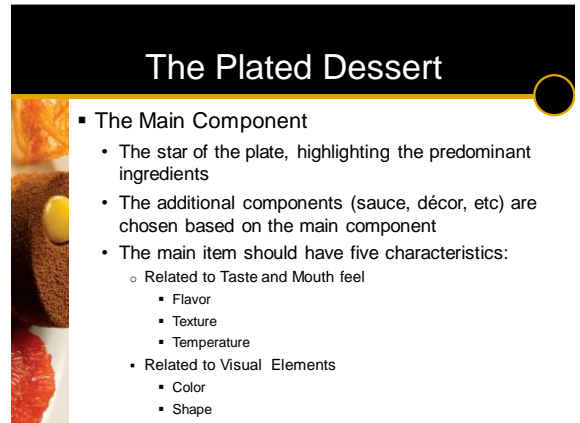
2



## Elements of Plated Desserts

- Desserts combining several components presented in a manner similar to the main meal are **plated desserts**.
- Composition should be balanced and harmonious.
- Both size and shape of plates and colors and patterns must be taken into account for the presentation.
- **Basic Elements of a Plated Dessert**
  - Main Item/Component
  - Garnish
  - Sauce

3



## The Plated Dessert

- The Main Component
  - The star of the plate, highlighting the predominant ingredients
  - The additional components (sauce, décor, etc) are chosen based on the main component
  - The main item should have five characteristics:
    - Related to Taste and Mouth feel
      - Flavor
      - Texture
      - Temperature
    - Related to Visual Elements
      - Color
      - Shape

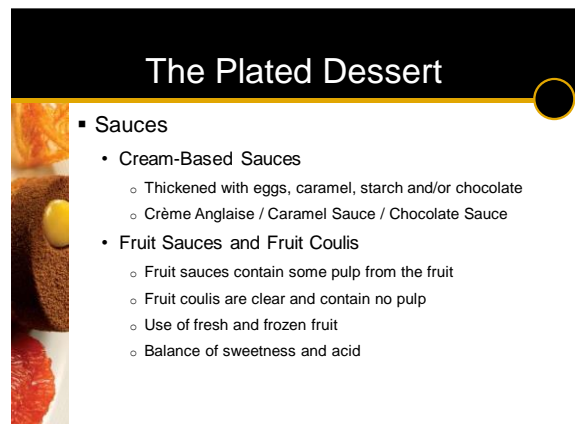
4



## The Plated Dessert

- Sauces
  - Add texture, flavor, color and design
  - Something related to the main component
  - Cream-based sauce
  - Fruit-based sauce
  - Gelee
  - Syrup and oil

5



## The Plated Dessert

- Sauces
  - Cream-Based Sauces
    - Thickened with eggs, caramel, starch and/or chocolate
    - Crème Anglaise / Caramel Sauce / Chocolate Sauce
  - Fruit Sauces and Fruit Coulis
    - Fruit sauces contain some pulp from the fruit
    - Fruit coulis are clear and contain no pulp
    - Use of fresh and frozen fruit
    - Balance of sweetness and acid

6

## The Plated Dessert

### ▪ Sauces

- Gelee
  - Any sweetened puree, juice and alcohol can be used
  - Set overnight before using
  - Proteolytic enzymes in fresh fruit puree
- Syrups and Oils
  - Infusion with spices, herbs, zests and other ingredients

7

## The Plated Dessert

### ▪ Garnishes

- Foams
  - A dispersion of gas throughout a continuous solid phase (which may be liquid)
  - A trend of using extremely light and delicate foam on plated desserts
- Tuile
  - Malleable, crisp and thin cookies
  - Tuile batter is spread over stencil or piped on parchment paper or silicon mat
  - Baked until golden, formed while still warm

8

## The Plated Dessert

### ▪ Garnishes

- Fruits
  - Fresh, cooked, dried, candied and frozen fruits
  - Availability
- Flowers and Herbs
  - Can be used fresh, dried or infused
- Chocolate and Sugar Decoration
  - Experience and equipment are required

9

## The Plated Dessert

### ▪ Categories of Plated Desserts

- Frozen Dessert
  - Two Main types: Churned and Still-Frozen
  - Can be purchased from pastry purveyors and local ice cream distributors
  - Best to made at the site – requires ice cream machine
  - Variations of shapes and textures
  - Common Frozen Desserts: Coupe, Bombe Glace, Vacherin, Profiteroles, Baked Alaska

10

## The Plated Dessert

### ▪ Categories of Plated Desserts

- Warm and Hot Desserts
  - Examples of Hot Desserts:
    - Classic Soufflé
    - Fruit Crisps, Cobblers and Turnovers
    - Fried Pastries: Fritters and Donuts
    - Tableside Flambé: Crepes Suzette, Bananas Foster
  - Requires only basic techniques
  - Great impression on customers

11

## The Plated Dessert

### ▪ Categories of Plated Desserts

- Custard and Cream Based Desserts
  - Variations of Crème Anglaise
    - Crème Brûlée
    - Crème Caramel
    - Pastry Cream
    - Sabayon
    - Panna Cotta
    - Bread pudding
  - Some needs specialized ramekins or molds
  - Flavor variations easily created by infusions, extracts and pastes

12

## The Plated Dessert

- Categories of Plated Desserts
  - Fruits-Based Desserts
    - Different Method of Preparations: Fresh, Grilled, Baked, Dried and Poached
    - Adds seasonal aspects to the dessert
  - Chocolate Based Desserts
    - Popular uses of chocolate in desserts include:
      - Mousse
      - Batter baked with a molten chocolate center
      - Chocolate based custards, creams and parfaits
    - The most expensive to produce

13

## The Plated Dessert

- Categories of Plated Desserts
  - Pastry and Cake Desserts
    - Individual pastries or slices of cakes used as desserts include:
      - Mousse Cake
      - Charlottes
      - Classic gateau and layered cakes
      - Baked batters
      - Tarts and pies
      - Strudels and phyllo based desserts
    - Large versions can be made then sliced for easier assembly and less labor intensive

14

## The Plated Dessert

- Categories of Plated Desserts
  - Cheese-Based Desserts
    - Main types of cheeses used in desserts include:
      - Cream cheese / Ricotta / Cottage / Curd cheese / Fromage frais / Mascarpone / Goat cheese
    - Popular cheese-based desserts:
      - Cheesecake
      - Crepe with cheese filling
      - Soufflés
      - Ricotta or Goat cheese fritters
    - Specialize the dessert by stating origin of the cheese

15

## The Plated Dessert

- The Menu
  - The dessert menu should complement the main course menu
  - Balanced menu including venue, season, style of presentation, current trends, ease of production and execution of service
  - Texture and temperatures diverse

16

## The Plated Dessert

- Considerations for Plated Desserts
  - Once the style of the menu is determined, choose the main component of the dessert first, then design the rest of the plate.
  - The number of components per plate ranges from two to five, depending on the style.

17

## The Plated Dessert

- The Menu
  - The Venue and Market
    - The desserts should suit to the venue of the restaurant or hotel.
    - Understand customer's expectations and how much they are willing to pay for it.
    - What is available in the establishment also affects on the menu. (equipment, fridge/freezer space, temperature control, number of staff, etc)

18

## The Plated Dessert

- The Menu
  - The Season
  - Consider Holidays and traditions and Use of fruits in season
    - Winter
      - Tropical fruits, chocolate, nuts, alcohol, warm and Hot dessert
    - Spring
      - Berries, rhubarb, cherries, herbs. Refreshing flavors
    - Summer
      - Berries, stone fruits, melons. Light, chilled desserts.
    - Fall
      - Tree fruits, figs, squash, grapes, dried fruits, liquors, wines, spices
      - Flavors from holiday specialties (pumpkin, cranberry, gingerbread, etc)

19

## The Plated Dessert

- Classic Flavor Combination

DOMINANT FLAVOR	FORMS	COMPLEMENTS
Chocolate	Bittersweet or dark	Coffee, cinnamon, orange Fruit, berry flavors, particularly those with some acidity: cherry, strawberry, raspberry Mint, spearmint or peppermint Milk, aquamarine or rum Dry fruit Coconut Toasted nuts, caramel Espresso, vanilla, whiskey
	Milk chocolate Cocoa	
Spices	Allspice Anise or fennice Cinnamon Ginger Peppermint Spearmint	Pears, apples, tree fruit Almonds and sweet cream Chocolate, apples, pears, caramel Most fruit and berries, especially apricot, pear and lemon Chocolate, sweet cream Chocolate, cherries, strawberries, peaches, melon
Citrus (lemon, lime, mandarin, orange)	Juice	Almonds and almond flavor Cream and cream cheese Other citrus, honey Mint Chocolate
	Zest	Sweet or tart creamy products, sour cream, cream cheese
Caramel		Most spices, toasted nuts Sweet or tart creamy products Apples, pears
Nuts	Raw	Fruit and berries Sweet or tart cream Citrus juice or rind Buttery pastry, caramel and chocolate, coffee
	Toasted	

20

## The Plated Dessert

- The Menu
  - Dessert Service
    - Consideration on how each dessert is prepared and served
    - Equipment and tool limitation, storage space, refrigerator and freezer space, skill level of the staff, etc

21

## The Plated Dessert

- Mise en Place and Service
  - Preparation of all necessary ingredients and equipments for cooking
  - Efficiency and organization of the preparation
  - Monitoring quality

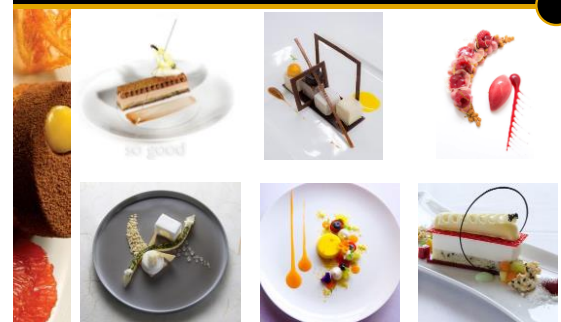
22

## Decorating Plates

- Plate decorating and garnish add dramatically to presentation This can be accomplished by:
  - Plate dusting
  - Garnishing with herbs and edible flowers
  - Decorating with sauces

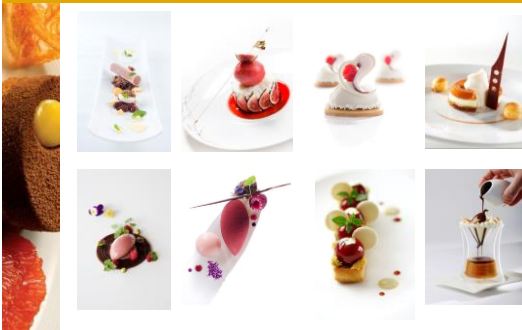
23

## Plated Desserts



24

## Plated Desserts



25

## Key Terms



- **Complementary.** Those that are similar to other flavors in a dish, e.g., chocolate and cocoa.
- **Composition..** A completed plate's structure of colors, shapes and arrangements.
- **Contrasting.** Flavors offering opposite tastes e.g., sweet and sour, sweet and bitter, fat and acid.
- **Plated desserts.** Desserts that combine several components and are presented in a manner similar to that of the main meal.
- **Presentation.** The process of offering selected foods to diners in a manner that is visually appealing.
- **Rose powder.** Fresh rose petals, dried and ground into fine powder and used to flavor chocolates, fillings and other toppings.

26

## Conclusion



- The final course of the meal that should complement previous courses
- Must have a knowledge of pastry arts and ability to plan and present artfully
- Organization of the workplace, production schedule and execution of service are needed to implement ideas

27