The art of food presentation and styling

**Know the meal**
- **Weekend Family Meal**
- **Dinner party with friends**
- **Speedy weekend lunch for one**
- **Movie night for Teenagers**
- **Children’s Party**

**Serve with style**
- **Plain white china**
  - Remember to wipe the plate clean
- **Dark coloured china**
  - Black crockery can be very dramatic and elegant
- **Alternative plates**
  - Serve soup in coffee cups or pâté in a preserving jar
- **Natural wood or stone**
  - Provides a rustic style

**Plate up**
- **Consider portion size and current healthy eating advice**
- **Present in odd numbers for visual appeal**
- **Liven up your plate with vegetables or sauces in bright sharp colours**
- **‘Clock it’**
  - The classic way to plate food. Place the potatoes, pasta, or rice at ten o’clock, meat or fish at six o’clock and the vegetables at two o’clock

**Decorate with flair**
- **Arrange edible flowers or pea shoots**
- **Swirl, pipe or brush crème fraîche, jus or purée**
- **Sprinkle fresh herbs or ground spices**
- **Add crispy croutons for texture**

**Tell a story**
- **Highlight a theme or celebration**
- **Indicate a season or time of year**
- **Help evoke memories**
- **Demonstrate a meal occasion**

Patterns should be on the border of plates so as not to distract from the food.

The visual appearance of a dish is as important as its flavour. Taking time to present food in a thoughtful way can make a dish look “good enough to eat”!