HOST THOUGHTFULLY 033

Let the Food Provide the Color

CHOOSE VISUAL CONTRAST THAT BELONGS IN THE MEAL.



Plan a plate whose ingredients provide the visual interest. Choose components for eating first, then arrange their colors so guests can recognize the meal.

1 Look at the planned colors

Picture the main, sauce and accompaniments together. Notice whether distinct ingredients disappear into the same background.

Why: A quick preview can reveal a plate that needs a clearer arrangement.

2 Choose an edible contribution

If you want another color, use an ingredient that also suits the flavor and preparation. Keep the addition part of the dish.

Why: The visual detail can contribute to the meal instead of becoming something to remove.

3 Place color deliberately

Arrange the components so their differences remain visible. Stop before scattering extra ingredients around the plate.

Why: A clear arrangement gives the food room to make its own impression.

PUT IT INTO PRACTICE

Start with the ingredients

A vegetable, a sauce or a fresh herb may already supply the color you want. Check before adding a new garnish.

Think about the plate too

Try the food against the actual dinnerware. A component may stand out differently on a cream, dark or patterned surface.

Keep the choice relevant

Use a colorful ingredient because it belongs with the meal. Brightness alone is not a reason to add it.

Finish simply

Once the main and accompaniments are easy to recognize, ask whether another decoration is useful. It is fine to stop.

THE PLATING MINDSET

Let ingredients bring the color and the flavor together. The best-looking detail should still belong in the bite.