HOST THOUGHTFULLY 042

Offer Seconds Without Pressure



LET THE FIRST PLATE BE A COMPLETE MEAL.

Serve the planned individual dinner first. If extra food remains, offer a modest additional portion as a choice rather than treating every empty plate as a request.

1 Make the first serving complete

Give every guest the intended main, accompaniments and sauce in the planned portions.

Why: Guests can enjoy the whole dish without needing to ask for a missing component.

2 Offer a specific extra

Say what is available and let people choose. Plate a small additional serving in the kitchen when someone wants one.

Why: The guest can decide how much more of the meal they would enjoy.

3 Accept the answer easily

Let a no remain a no. If the extra runs out, keep the evening moving without treating that as a hosting failure.

Why: A complete dinner for everyone matters more than unlimited seconds.

PUT IT INTO PRACTICE

An easy offer

'There is a little more chicken and vegetables if anyone would like some.' Keep the invitation simple.

Keep the service plated

Bring the requested second portion as an individual serving. The dinner does not need to turn into a table of shared sides.

Do not leave extras waiting

Keep reserved food under appropriate hot or cold holding, or refrigerate it promptly if it will not be served.

Leave room for the evening

Guests may be satisfied or saving room for dessert. There is no need to persuade anyone to eat more.

THE PLATING MINDSET Plan an equal, complete first meal and let any second portion remain an easy, optional extra.