



MATERIALS NEEDED

Any of the following:

- Vegetable peeler
- Zucchini
- Carrots
- Chocolate bar
- Deviled eggs (ingredients)
- Salsa (ingredients)
- Lemons
- Gremolata (ingredients)
- Pipers
- Tomatoes
- Radishes

TIME NEEDED FOR LESSON

About 30-35 minutes



Garnishing

Learner Objectives:

The 4-H member will:

- Learn why garnishing is an important part of cooking.
- Be able to list at least 2 or more ways to garnish a plate.
- Be able to garnish their plate more efficiently.

Educational Lesson:

What is Food Garnishing?

- Food garnishing is adding a decorative piece of an edible ingredient such as parsley, lemon wedges, croutons or chocolate curls as a finishing touch to a dish or drink. There are many ways to garnish your food, and you have to be able to use your imagination and creative side.

Ways to garnish food

- Add curls & twirls: use a vegetable peeler to shave large curls of any food you want. This can vary from cheese to fruits or even chocolate. Some examples include: topping salads or pasta dishes with curls of parmesan, arranging chocolate curls on top of a cake or cupcakes, or making twirls with carrots and zucchini.
- Add Gremolata: you can top your entrees and soups with gremolata, this is an Italian garnish consisting of chopped parsley, garlic and lemon peel. You can try other combinations so that it compliments the main dish. For example: minced lime peel, cilantro, and toasted coconut on top of grilled shrimp or minced lemon peel, basil and shallot on top of baked chicken.
- Add chives: use chives to garnish any savory dish. You can use them whole or cut them into shorter sections.
- Slices and sprigs: lemon or lime halves paired with a sprig of cilantro or parsley will add a simple splash of color to your plate.
- Add specks of color: stir chopped fresh herbs into cooked rice or add avocado slices to brown rice.
- Piping can be used for other foods not just dessert: make deviled eggs with the help of piping. You can pipe food by filling a piping bag with an ingredient (chocolate, mayonnaise, etc.) and snipping off the tip. Then you are able to draw any shape that you would like on a cake or on your deviled eggs, piping makes precision much easier.
- Salsa: make salsas out of fruits or vegetables that compliment the entrée and top the main dish with the salsa. For example: stir together fresh corn, diced red pepper, green onions and a little lime juice. This will add both flavor and color to your dish.
- Skewers: use large toothpicks or small wooden skewers to present the food that is complementary to the main dish. For example: thread pieces of cooked sausage and cubes of crusty bread onto the toothpicks and serve with hearty bean soups.

Activity: Cooking Demonstration

For this activity, you will demonstrate to the children a few examples of simple garnishing.

- Curls & Twirls using a vegetable peeler.
- Teach how to make gremolata (Italian garnish consisting of chopped parsley, garlic, and lemon peel) then place it on the chicken breast.
- How to make deviled eggs by piping.
- How to make a salsa and add it as a topping to the chicken breast.
- Adding slices and sprigs to an entrée.

Throughout this lesson, ask the children what they think would look good on certain plates.

Once you are done with the demonstration, allow the students to practice the garnishing skills that were demonstrated.

Reflection:

- What is the definition of garnishing?
- List 3 ways to garnish a plate.
- If you had to decorate a plate of chicken alfredo, what kind of garnishing would you add?

References

- Campbell's Kitchen (n.d.). *Top Ten Garnishes*. Retrieved on March 9, 2015, from <http://www.campbellskitchen.com/cookingtips/gettingcreative/top%20ten%20garnishes>.
- BBC (n.d.). *How to pipe chocolate decorations*. Retrieved on April 7, 2015, from http://www.bbc.co.uk/food/techniques/how_to_pipe_chocolate_decorations.