



TEACH IT FORWARD

GARNISHES

<i>PLAN IT</i>	<i>Completed/ Comments</i>
<p>Supplies/Materials</p> <ol style="list-style-type: none"> 1. Paring, Utility and Chef's knives 2. Cutting board mise en place (board, damp cloths from sanitizer bucket, trays) 3. Vegetable peeler 4. Carrots (one for each attendee) and parsley or cilantro bunch (washed, drained and rolled in disposable paper towel) 5. Container(s) of ice water 6. Toothpicks 7. VAV Handout "Garnishes" and/or photos of garnished menu items/serving pans 	
<p>Location</p> <ul style="list-style-type: none"> • Kitchen Production Area 	
<p>Date, Time, Duration</p> <p>Day: _____; Time: _____; Duration: 15 minutes</p>	
<p>Resources and Talking Points</p> <ul style="list-style-type: none"> • Students select items based on visual appeal • Garnishes are the "fashion accessory" for chefs • Color and shape of presented item will influence acceptance • Many easy to prepare garnishes 	
<p>Demonstration and Activities</p> <p>Demonstrate AND Practice by all</p> <ul style="list-style-type: none"> • Preparing garnishes – carrot curls, chopped or sprig parsley/cilantro 	
<p>NOTES:</p> <p><i>TIF Chef Ambassador may identify specific garnishes to prepare for upcoming menu item. Carrot curls are the task used as an example.</i></p>	



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<i>PRESENT IT</i>	<i>Comments</i>
<p>KNOW – 3 minutes Knowledge Transfer</p> <ol style="list-style-type: none"> Improving the Look – SAY: How something looks greatly influences its acceptance. Our menu is no different. Garnishes are one way to accessorize a dish; these improve the appearance by adding an accent of color or shape. Ease in preparation – SAY: There are several garnishes we can prepare very easily. Some can accent a pan on the line and others may be quick touches for portioned items. Types of Garnishes – SAY: The new recipes have suggested garnishes included. Some of these include simple fabrication techniques with carrots or parsley using our knife skills. Or we can use a “new look” in serving foods, such as use of display pans. <p>ASK: Look at these photos. See how the garnished pan attracts your eye?</p>	
<p>SHOW – 4 minutes</p> <p>Garnish Preparation – SAY and SHOW:</p> <ul style="list-style-type: none"> A <u>carrot curl</u> is easily made with a vegetable peeler and a carrot – simply peel a flat strip from the carrot, curl, adhere with a toothpick and set in ice water. Orange will be a good accent color for salad mix. <u>Parsley sprig</u> is an inexpensive garnish and easy to prepare. Simply take washed and drained parsley and snip sprigs. The green is a good contrast for Italian dishes. Further, the chlorophyll in parsley is a natural breath freshener – nice with spicy foods. <u>Chopped cilantro</u> is also easily prepared. Rinse, drain and dry cilantro in disposable paper towel. Roll into tight bundle and cut into thin strips. May be further chopped into fine pieces. This is nice for Mexican dishes. <p>ASK: Can you see the differences? Are these easy enough to prepare?</p>	
<p>DO – 7 minutes</p> <p>Now – let’s practice preparing carrot curls.</p> <ul style="list-style-type: none"> Gather around workstations. You can share ice water baths. When I say “GO”, each of you will make as many carrot curls as you can in one minute. Place in water baths. After one minute, discuss challenges and share tips. Have attendees place carrot curls on lined trays, cover tightly with film wrap and refrigerate for tomorrow’s service. <p>LISTEN and COACH</p>	



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RECAP – 1 minute

SAY:

- Today we talked about easy-to-prepare garnishes that can accent menu items and enhance visual appeal. Using these will positively influence students' acceptance of school nutrition meals.
- **CONGRATULATIONS!** You have earned a Certificate of Completion for .25 hours in the Learning Topic of Serving Food.