



Culinary Institute
of America

Small Dishes, Big Flavors

Day 1: Hors d'oeuvres



Learning Objectives

- Demonstrate how to effectively set up your workstation and organize your mise en place.
- Identify different varieties of hors d'oeuvre.
- Discuss the basic components and preparation of canapés as well as hot and cold hors d'oeuvre.
- Explain and execute proper platter techniques.
- Discuss a variety of international-style hors d'oeuvre.

Appetizer vs. Hors d'oeuvre

What's the difference?

- Depends on when items are served
- Hors d'oeuvre: Served as prelude to meal
- Appetizers: Served as first course of a meal

Any similarities?

- Careful attention to portion size
- Proper technical execution and plating



Hors d'oeuvre



- French term “Outside the work”
- Foods served separate from the meal
- Small servings of very flavorful items
- Careful attention to portioning, technical execution, and plating
- Stimulate the eyes and taste buds
- Can be eaten in one or two bites
- Minimal mess and clean up

Ready to Eat Hors d'oeuvre

- Very simple
- Little if any preparation beyond slicing and presenting
- May be served with dips and spreads, crackers, or chips
- Examples:
 - Nuts (toasted, smoked, spiced, curried, or mixed)
 - Olives (plain or marinated)
 - Eggs (hard-cooked)
 - Sausages, pates, terrines
 - Cheeses
 - Smoked fish and meats



Composed Hors d'oeuvre

- Barquette
- Beignet
- Bouchée
- Bruschetta
- Canapé
- Crostini
- Crudité
- Croquette
- Croustade
- Dough-wrapped
- Pizza
- Profiteroles
- Quiche
- Rissole
- Spoon
- Tartlet



Spoons



Profiteroles

Canapés and Crostini

Canapés

- "Couch"
- Bite-size, open-faced sandwich
- Components: Base, Spread, Topping, Garnish
- All items must be complementary

Crostini

- "Little toasts"
- Italian variation of a canapé
- Small slices of toasted white bread with garnishes



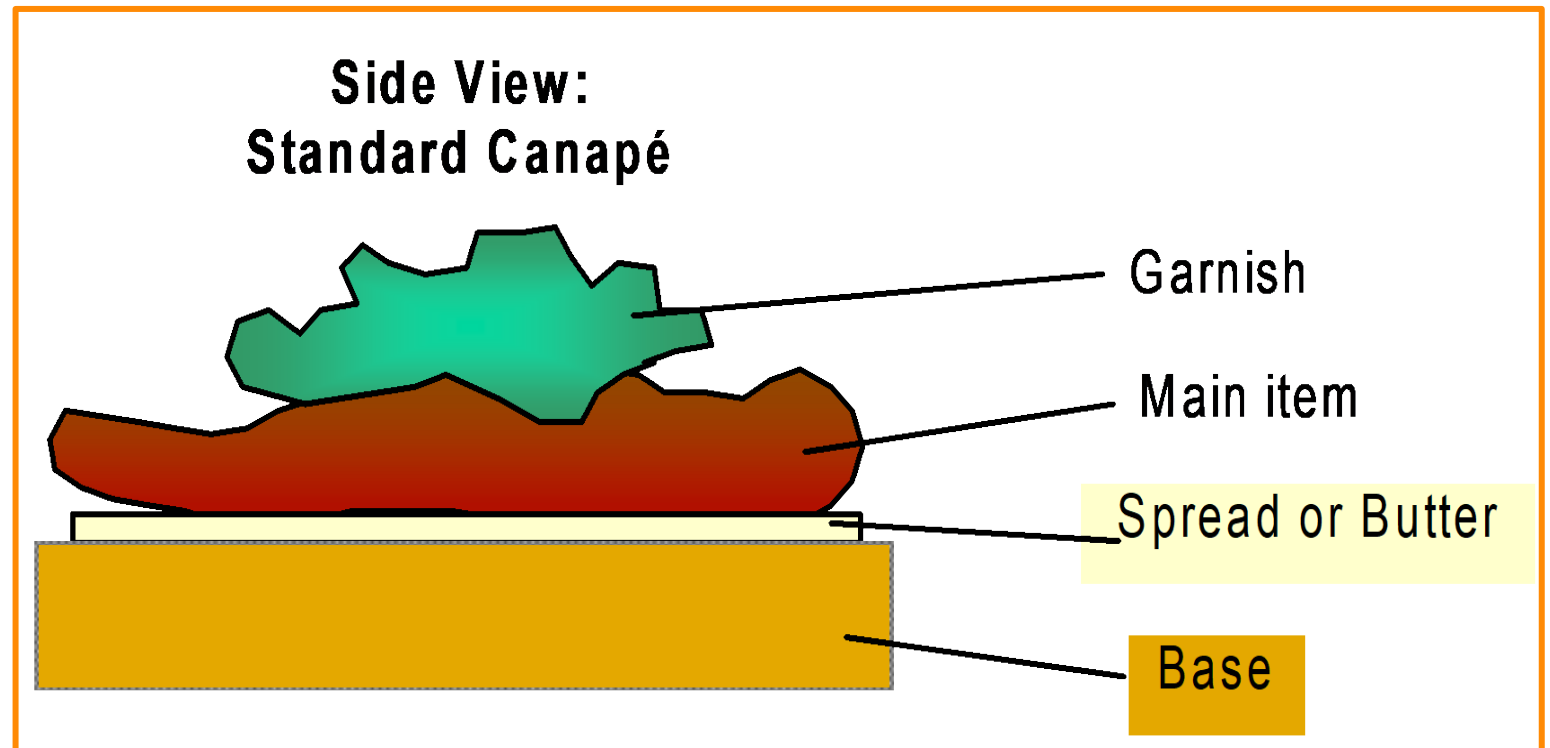
Canapé: Components and Composition

Base

- Provides firm foundation
- Usually made from toasted bread cut in different shapes
- Small and uniform

Spread or Butter

- Moisture barrier
- Adhere main item to base
- Add flavor
- Improve overall mouthfeel



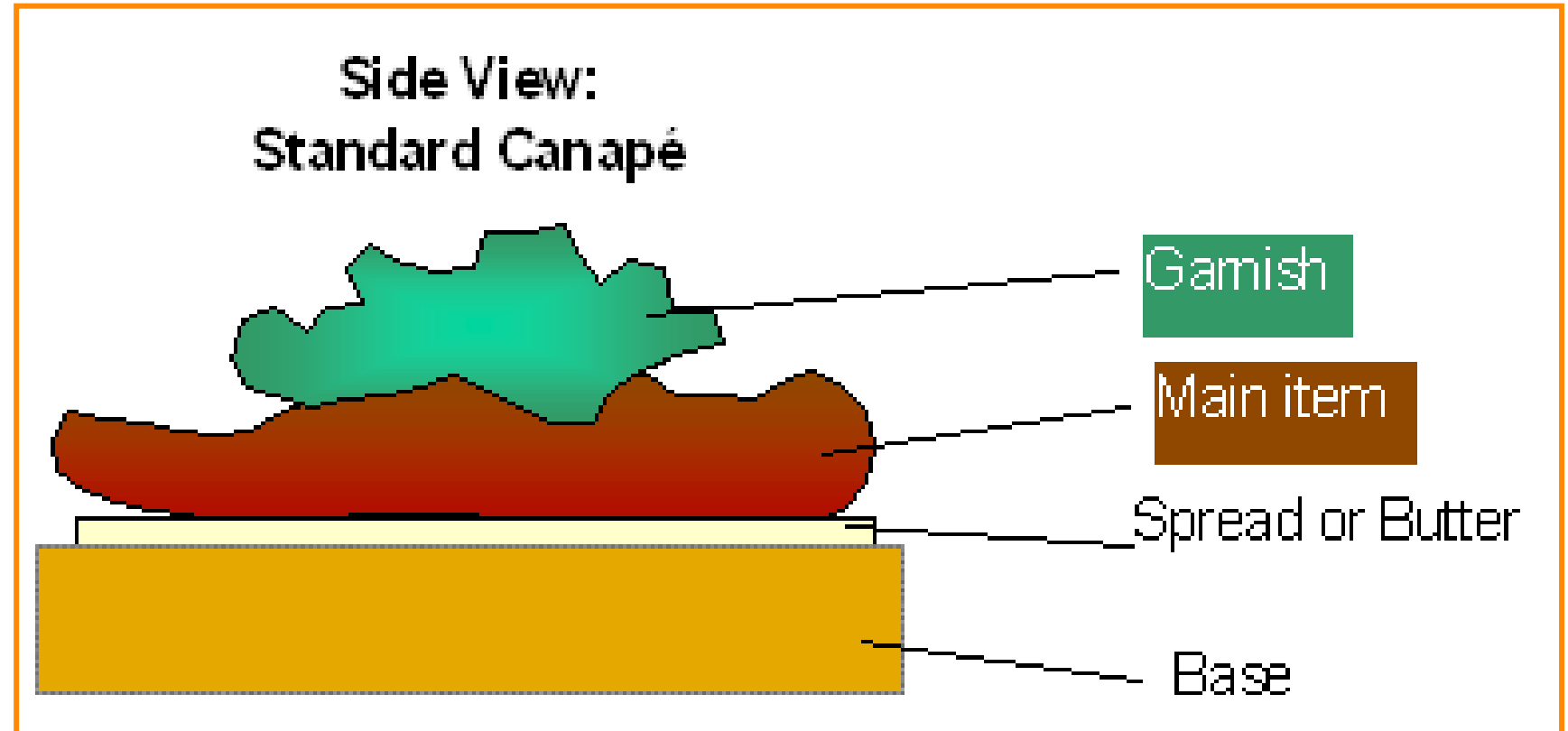
Canapé: Components and Composition

Main Item

- Major consideration
- Often a protein
- Must be neatly cut

Garnish

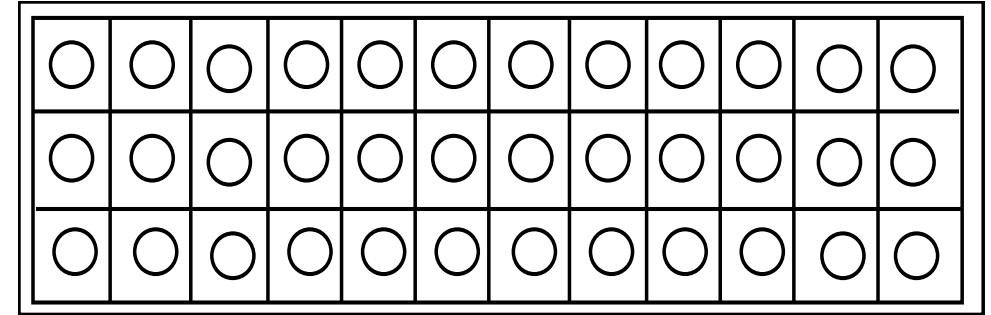
- Enhances eye appeal and taste
- Small
- Attractive



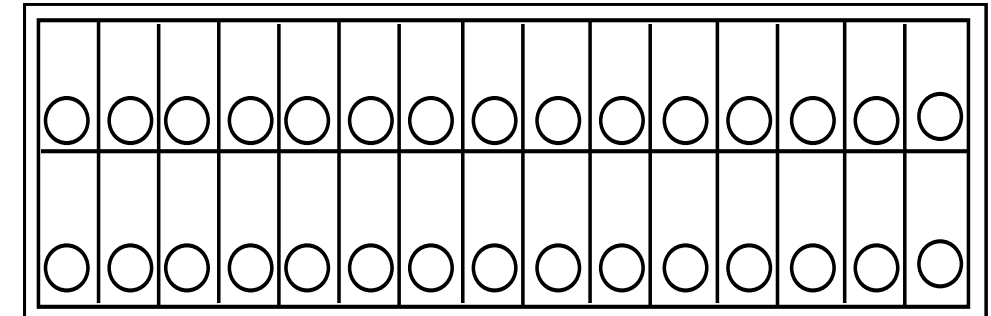
Canapé: Production

- Assemble close to service
- Make in assembly-line fashion
- Work neatly, cleanly, efficiently
- Design for minimal waste
- Minimize detailed handwork
- Garnish randomly for easy application

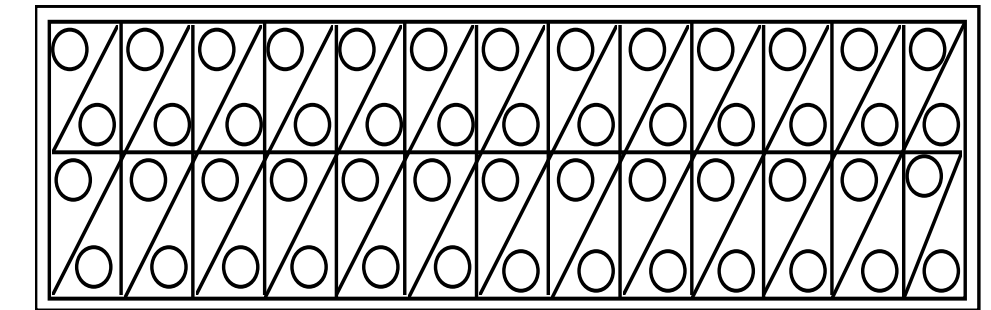
Squares



Rectangles



Triangles



Canapé: Mise en Place

Base

- Cut/ Trimmed
- Toasted

Spreads

- Well seasoned
- At room temperature

Toppings

- Cut appropriately

Garnishes

- Complementary
- Cut appropriately



Cold Canapés



Beet and Chèvre Dice



Chicory Babaganoush with Pomegranate

Hot Canapés



Baked Balsamic Bruschetta



Roasted Shallot and Goat Cheese

Crudités

- French for "raw things"
- Appetizers consisting of sliced or whole raw vegetables
- Typically dipped in a vinaigrette or other dipping sauce
- Popular options: celery sticks, carrot sticks, cucumber sticks, bell pepper strips, broccoli, cauliflower, fennel, baby corn, and asparagus



Crudité Platters

Raw seasonal vegetables

- Carrot sticks
- Cucumbers
- Cherry tomatoes
- Celery sticks
- Pepper strips



Crudité Dips



Base

- Mayonnaise
- Cream cheese
- Yogurt
- Sour cream

+ Flavoring ingredients

Examples:

- Curried mayonnaise dip
- Cheese dip
- Dill-flavored yogurt dip
- Onion dip

Spoons

- Spoon used as base
- Layer items
- Can add liquid item
- Utensil built into presentation



Barquettes and Tartlets



- Barquette = boat shaped
- Tartlet = round
- Edible containers made of dough
 - Pate dough – most common
 - Empanada dough
 - Dim sum
 - Spring rolls
- Filled with creamed filling and or mousse-type filling

Profiteroles

- Small, round, hallow puffs made from pâte à choux
- Filled with sweet or savory fillings
- Often baked, sliced, filled, and garnished
- Filling can also be piped in
- Very versatile
- Dough can be flavored



Kebabs, Brochettes, Skewers



- Vegetables, meats, poultry, seafood
- Must be uniform in size for even cooking
- Marinated or glazed before cooking



Additional Hors d'oeuvre

- Beignet
- Bouchée
- Bruschetta
- Chicken Wings/
Tenderloins
- Croustade

- Croquette
- Dough-Wrapped
- Pizza
- Quiche
- Rissolle
- Vegetables

Platters: Presentation and Layout

To produce a pleasing physical layout, consider the following:

- Balance
- Focal Point
- Visual Lines
- Flow and Sequencing
- Unity
- Height
- Shape
- Color
- Texture



Platter Presentation: Balance

Presentation

- Stimulate all the senses
- Enhance desire to taste food
- Balance simple with complex
- Beauty in simplicity

Color combinations

- Look natural
- Main colors: soft, natural, compatible
- Primary categories: earth tones, vibrant
- Reinforce freshness and quality



Platter Presentation: Balance



Cooking methods

- Enhance food's taste, texture, and appearance
- Use different yet compatible methods
- Will inherently add textural variety

Garnishes

- Enhance and complement
- Must be functional
- Not the focal point

Platter Presentation: Balance

Shapes

- Use a variety of shapes

Textures

- Crispy/Crunchy or Mushy/Soggy
- Heavy/Dense or Light/Fluffy

Flavorings/ Seasonings

- Avoid using the same herbs and spices in multiple preparations
- Flavors should be complementary

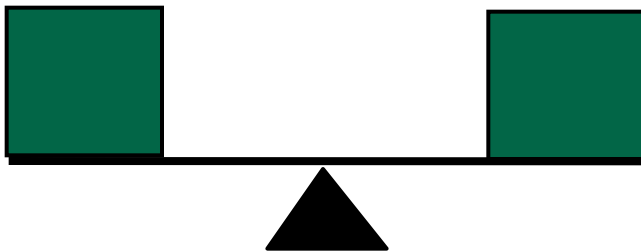


Platter Presentation: Focal Point

- Point or area to which the eye is automatically drawn
- Dependent on food components placement and relationship

Symmetric

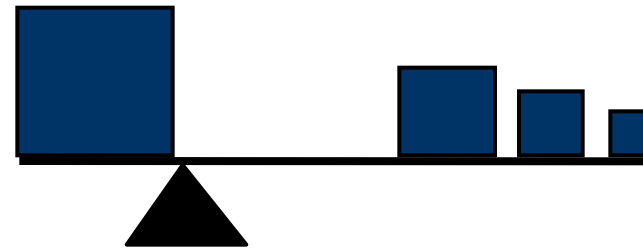
- Static feel
- Locks eyes to middle
- Boring



Symmetric Balance

Asymmetric

- Unified
- Strong flow
- Strong focal point



Asymmetric Balance

Platter Presentation: Unity and Flow

Unity

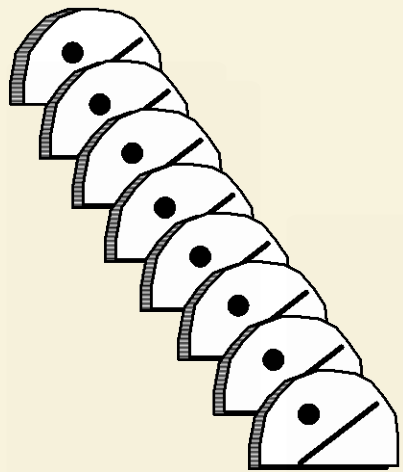
- Platter should form a cohesive unit
- Common thread to tie platter together
- Elegance in simplicity
- The fewer areas of focus, the better

Flow

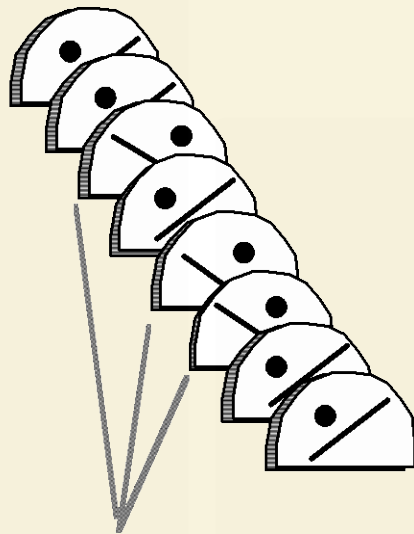
- Sense of movement on platter
- To achieve flow, the platter must have proper balance, focal point, and unity



Platter Presentation: Facing



Consistent Facing

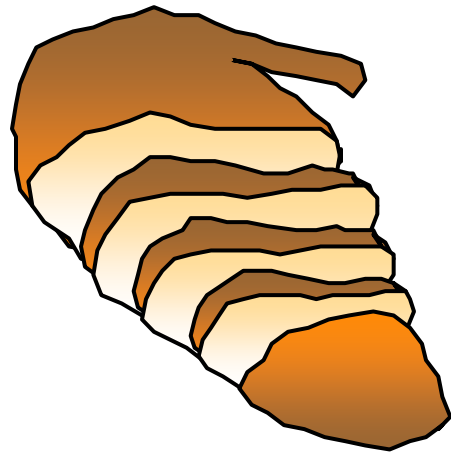


Reversal

- Arrange slices in a uniform direction
- Internal garnishes should appear consistent
- Reversals weaken the presentation

Platter Presentation: Sequencing

- Display items in same order as item was sliced
- Provides consistent progression



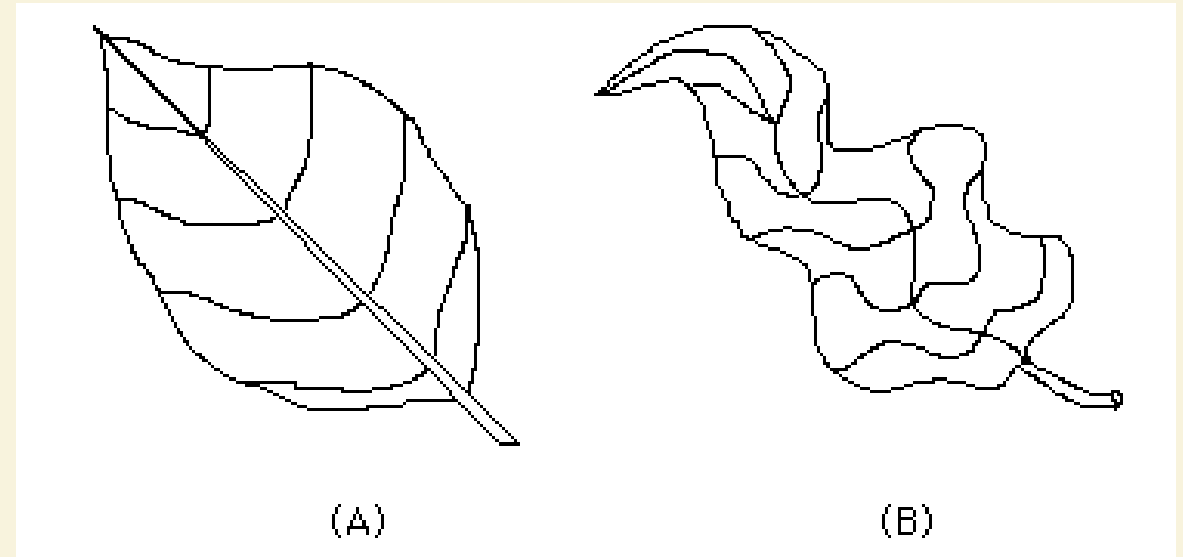
Properly Sequenced



Out of Order

Platter Presentation: Lines

- **Strong Lines (A):** Freshness, strength, structure, and direction
- **Weak Lines (B):** Age, decay, weakness, poor structure, and lack of definite direction



Platters



Platters



Platters



Platters



Small Dishes of Mexico

Antojitos

- Spanish for “little whims”
- Appetizers
- Examples: Empanadas, carnitas, tortillas



Small Dishes of Italy

Antipasto

- “before the meal”
- Served hot or cold
- Examples: Cheese, smoked meats, olives, fish, or marinated vegetables



Small Dishes of Spain

Tapas

- "covers"
- Snacks served with aperitifs
- Can be an entire meal
- Individual items sold separately
- Simple: olives, cubes of ham and cheese
- Elaborate: cold omelets, snails in a spicy sauce, stuffed peppers, and miniature sandwiches



Small Dishes of Greece, Turkey, Middle East



Mezze

- “a table full of mini-servings”
- Designed for sharing and conversation
- Examples: Purées, spreads, dips (hummus, baba ghanoush) pita, grain and vegetable salads, dolmas

Small Dishes of China

Dim Sum

- “heart’s delight”
- Variety of small dishes
- Available any time of day
- Individual items sold separately
- Examples: Steamed or fried dumplings, shrimp balls, steamed buns, pot stickers, pastries



Small Dishes of Japan



Sushi

- “vinegared rice”
- Specialty rice with toppings, fillings, condiments
- Maki: sushi rolled inside seaweed wrapper
- Nigiri: hand-formed sushi
- Temaki: cone-shaped hand rolls
- Inari: pouch of fried tofu filled with sushi rice
- Served with soy sauce, wasabi, and pickled ginger

Small Dishes of Russia and Scandinavia

Smorgasbord

- Scandinavian
- Examples: Herring, cheeses, and pickled foods

Zakushi

- Russian table served before banquets
- Examples: Smoked and pickled fish, blinis with caviar, specialty salads





Culinary Institute
of America

Any Questions?