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Hors d'oeuvres

Day Two:

International Small Dishes,

Menu Planning,

Balancing the Table

Learning Objectives

- Discuss a variety of international-style hors d'oeuvre.

- Identify flavor profiles for select cuisines.

- Compare and contrast recipes based on: contemporary applications, indigenous vs. local ingredients, type of service.

- List several criteria to consider when planning an hors d'oeuvre menu.

- Apply platter design principles to international hors d'oeuvre.

International Small Dishes

- A global phenomenon

- Flavor profile is more condensed

- A greater variety in one sitting

- Any time is the right time:
  - As a snack
  - Before a meal
  - As a meal
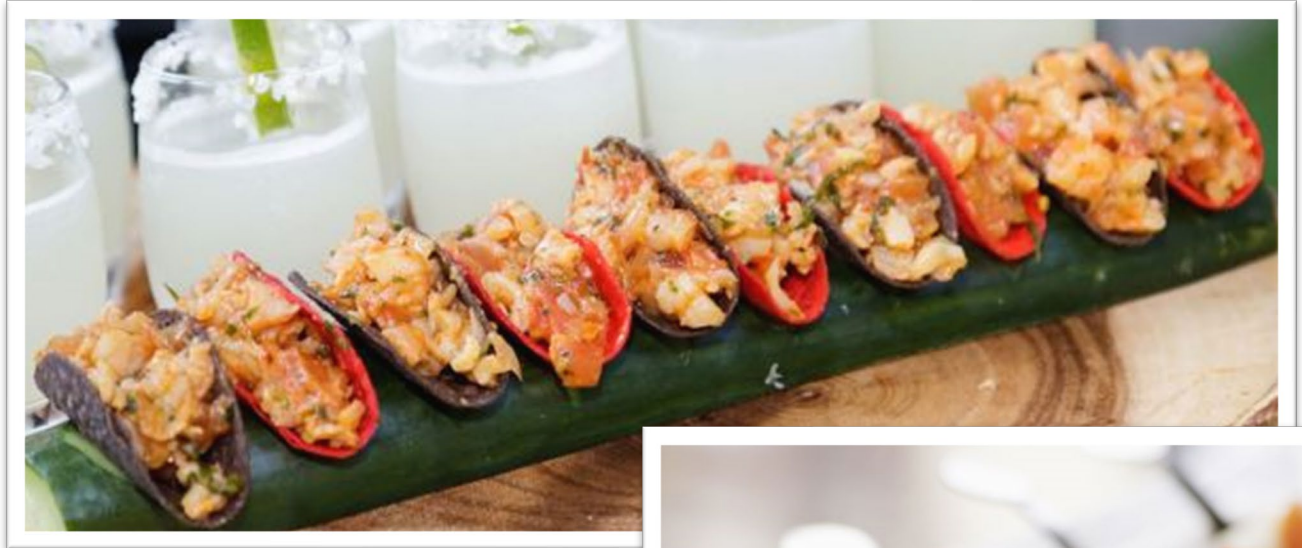
Small Dishes of Mexico

Antojitos
- "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, 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

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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, pickled ginger

Small Dishes of Russia and Scandinavia

Smorgasbord

- Scandinavian
- **Examples:** herring, cheeses, pickled foods

Zakushi

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

Presentation of Mezze, Tapas, Antipasti, and Antojitos

- Rustic presentation
  - Non-traditional, unusual, plating
  - Rough cut/ irregular-sized items
- Functional/ edible garnishes

Menu Planning: Item Selection

- **Season:** summer v. winter
- **Guests:** expectations, likes, dislikes; number of guests
- **Budget:** number of varieties, cost of ingredients
- **Theme:** be consistent

Menu Planning: Item Selection

Number of offerings:

- Less than 45 guests: 4 to 6 choices

- Greater than 45 guests: 6 to 8 choices

Mixture of hot and cold dishes

Passed vs. Stationary:

- Passed: only if staff is being used

- Stationary: primary

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Menu Planning: Quantities

- **Lunch hour:** 10 to 12 pieces per person per hour
- **Before a meal:** 4 to 5 pieces per person per hour
- **Dinner hour:** 12 to 15 pieces per person per hour

Platter Presentation

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, quality

Platter Presentation

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

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

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Any Questions?