

18. F & B — Food Garnishing

The guests' experience of food and beverage starts when the serving staff brings **beautifully garnished food with the appropriate accompaniments** on their table. The service staff turns a guiding hand to the guests in suggesting which accompaniment will go well with the main food the guest is interested in having.

There are numerous interesting pairs of foods with their garnishes or accompaniments. Let us see in detail about garnishing, food accompaniments, and some typical food-garnishing paired with accompaniments.

What is Garnishing?

It is the way of decorating the food or beverage so that it is aesthetically appealing for the guests/customers. It works on the plate. Garnishing also harmonizes color, flavor, and taste of the main dish.

Chopped herbs or small twigs of herbs, leafy vegetables, twirls of carrots or tomatoes, swirls of fresh cream, fruit glaze, chopped nuts, seedless berries, and lemon zest or slices are used for garnishing.



Food and Beverage Services

Desserts are garnished with dried fruits, fresh fruit zests, glazes, roasted or candied nuts, frostings, chocolate curls, chocolate coated butts, or small pieces of sugar arts.

Drinks like cocktails and mocktails are garnished using fruit pieces and zests, mint leaves, and castor sugar. Milk based drinks are garnished mostly with fruit pieces, cherries, chocolates, or nuts.

Do's and Don'ts of Food Garnishing

The following are some important Dos and Don'ts to be understood in food garnishing:

- Place it where it seems just perfect.
- Contrast color schemes work best for garnishing.
- Do not overdo garnishing; this overshadows the main food.
- Do not reuse the garnish.
- Avoid being too elaborate.

What is Accompaniment?

There are dishes that come along with accompaniments. These accompaniments complement the main food and enrich its taste. It provides an aesthetic value to the main dish. The accompanying food or beverage itself can have a garnish of its own. An accompaniment can be inside the main dish or in a separate bowl.

The following are a few different types of accompaniments:

- Sauces and Dips
- Pickles
- Dressings
- Chips and Wedges
- Salads
- Gravies
- Beverages such as soft drinks or wines
- Breads

Food and Beverage Services



For example, grilled Hake fish served with potato chips and Pizza served with garlic bread, cheese dip, and a carbonated beverage.

Popular Food Items with their Accompaniments

The following are a few popular food items with their garnishing and accompaniments:

Food/Dish	Garnish	Accompaniment
Soups	Chopped Cilantro/Fresh leaf of Basil/Croutons/Cream swirls	Salads/Breads/Crispy starters
Bouillabaisse	Chopped herbs	Country bread slices spread with <i>Rouille</i> , a spicy mayonnaise.
Farineaux Spaghetti	Fresh basil leaves	Grated cheese, pepper powder, and Neapolitan tomato sauce.
Veg/Non-veg burger	Not essential	Potato/ Sweet potato chips, aerated drinks or ale.
Indian Snacks Idli, Vada, and Dhokla	Chhunk of clarified butter with mustard and cumin seeds, and curry leaves.	Coconut-Cilantro-Green Chili Chutney. Idli and Vada are often accompanied with lentil curry called 'Sambar'.
Indian Onion or Chili Fritters (Pakorás)	Not essential	Tomato sauce or hot and sour chutney.
Mutton/Chicken/ Veg Biryani	Chopped coriander and caramelized onion stripes.	Liquid gravy with lemon wedges and onion-tomato-cucumber salad in curds.
Indian one dish meal Pao-Bhaji (Pao=bread, Bhaji=Spicy Stew)	Pao is garnished with butter and Bhaji with chopped cilantro and butter.	Onion-Tomato-Cilantro salad with lemon wedges and mango pickle.
Barbequed/Braiied Beef/Game Meat	Herbs	Sauces
Roast Beef	Herbs, Butter	Horse Radish sauce

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Fruit Salad	Castor Sugar	Yogurt
Irish Stew	Herbs	Worcestershire sauce and Pickled red cabbage.
Poulet Grille Americain (American Grilled Chicken)	Herbs in butter.	Addition of grilled dices of tomato, mushroom, capsicum, and potato.
Sage and Onion Stuffed Goose	Pieces or Stripes of salad vegetables.	Apple sauce and roast gravy.
Fromage Assorti (Assorted Cheese)	Castor sugar for crème cheese.	Celery, Radish, Water Crest, and Cracker Biscuits.
Veg/Non-veg Stew	Chopped fresh coriander	Steamed Rice or Bread
Ice Creams	Vanilla/Chocolate/Raspberry/S trawberry Sauce, chopped nuts, Colorful candies, Rose Petals	Waffle sticks or stripes.

Cheese and Wine Pairings

There are no stringent rules for which wine goes well with which cheese but one must observe the following guidelines while pairing wines with cheese:

- Select wine and cheese originating from the same region.
- Dessert wines accompanying the desserts must be sweeter than the dessert itself.
- Cheeses go well with wines of contrast taste.

Wine	Cheese
Champagne Brut, Extra Brut (Dry)	Brie, Camembert
Champagne Sec, Demi-Sec, Doux (Sweeter)	Cheddar, Gouda, and Parmesan
Shiraz	Cambozola
Red Bordeaux	Cheddar
Chenin Blanc	Blue, Camembert
Pinot Blanc	Baby Swiss, Brie, Camembert, and Feta
Cabernet Sauvignon	Blue, Cheddar, Gorgonzola, Gouda, and Parmesan
Cabernet Franc	Blue, Brie, Cheddar, Gorgonzola, and Goat Cheese
Chianti	Mozzarella and Parmesan

Port (hails from Portugal and sweeter than other wines)	Blue and Gorgonzola
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Chocolate and Wine Pairings

Lighter chocolates contain more milk based-products and less chocolate. Chocolates with light and elegant tastes are paired best with light-bodied wines. The ones with more bitter taste are paired with intense flavored full-bodied wines.



Standardized Recipes

A critical standardized recipe is one that, "has been tried, adapted, and retried several times for use by a given food service operation and has been found to yield the same good results under same procedures, equipment, and quantity and quality of ingredients."

Generally, popular menu items are developed using standard recipes, ingredients, and presentation.

Benefits of Standardized Recipes

A standardized recipe can bring in the following benefits:

- Consistency in food quality.
- Consistency in nutrients per unit serving.
- Increase in customer satisfaction.
- Control on cost of food.
- Prediction of accurate yield.
- Reduction in food leftover and record keeping.
- Increase in the confidence of employees.

Components of a Standardized recipe

A typical standardized recipe is composed of the following description:

- **Recipe name/title:** It is the name that describes the recipe in brief.
- **Recipe section:** It is the section that the recipe should be classified under (grains, starters, desserts, etc.)
- **Ingredients:** Types (fresh/canned/cooked/uncooked/ground, etc.)
- Weight and measures of ingredients
- **Method:** This is a set of instructions to prepare a particular recipe. A method includes guidelines for steps such as mixing, selecting pans, and setting the right cooking temperature.
- **Time:** This includes preparation time, cooking time, and serving time.
- **Serving size:** It is the portion of food to be served.
- **Critical Control Points (CCP):** They are control measures taken to avoid food safety hazards. Every CCP includes control of time, preparation, and cooking temperature.

Critical Standardized Recipes

Predicting the total yield for a particular number of customers and calculating weights of ingredients accordingly is important in standardized recipes.

For recipe to be prepared for new lot of customers, the total yield changes. The new yield can be calculated in the following two steps:

Step 1: Calculate conversion factor as:

$$\text{Conversion Factor} = \text{New Yield} / \text{Old Yield}$$

Step 2: Multiply the measure of each ingredient by the conversion factor to obtain the new yield:

$$\text{New Yield} = \text{Old ingredient quantity} \times \text{Conversion factor}$$

19. F & B Services — Beverage Service

Beverages play an important role in accompanying food. Beverages also enhance flavor of main dish and help to cleanse the taste buds in between bites, and complement the dish.

Hot beverages such as hot tea or coffee, and hot chocolate are prepared in the kitchen and generally served from the kitchen pantry. Cold beverages such as mocktails and alcoholic beverages such as spirits, liquors, and cocktails come to the guests' tables from bars.

Types of Bars

A bar is a place where non-alcoholic and alcoholic beverages are served. It is equipped with a back bar with necessary equipment such as bar tools, and glassware to serve the beverages. The customers sit on tall push-down chairs around the counter. The **barmen** or **barmaids** commonly known as **bartenders** prepare drinks and serve them to the customers. There are some typical types of bars:

- **Public:** It is a bar in a public house which is open for public and not exclusive.
- **Service Bar:** It is for the staff.
- **Portable:** They are compact bars easy to set up for off-premise catering.
- **Mini:** It is a private bar located in VIP rooms, suites, or penthouses of the hotel.

Bar Tools

The following tools are necessary to serve beverages from bar:

- **Bar Linen and Cocktail Napkins:** They are used to save work area from any mess while pouring the beverage.
- **Pouring Spouts:** They make smooth serving of beverage apportioned equally into the glasses.
- **Juice Containers:** They are useful to save bartending time by keeping most demanded juices handy.
- **Cocktail Shaker Tins:** They are suitable for mixing the ingredients of cocktails and martinis well.
- **Short Shaker Tins:** They are used to shake small amount of drinks efficiently.
- **Cocktail Strainer:** It is used to sieve cocktails before serving.
- **Corkscrew or Wine Opener:** They are used to open corks of wine bottles.
- **Bottle Opener:** They are used to open caps of bottled beverages.

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- **Jigger:** It is an alcohol measuring two-sided cup.
- **Lemon Zester:** It is used for cutting lemon zest.
- **Bar Spoon:** Also called muddler, is used for mixing beverages briefly.
- **Masher:** It is used to mash ingredients to help release oils and flavors effectively.

Dram Shop Liability

The Dram Shop Liability in US is the body of law that governs the liability of alcohol stores and the commercial establishments where alcohol is served. This body endeavors to protect the society from the unpleasant outcomes of serving alcohol to minors and intoxicated people.

Verifying Legal Drinking Age

The legal age of drinking alcohol is different in different countries. The minimum age to purchase and consume alcohol ranges from 16 years to 25 years. In some countries, this age limit varies according to strength of the alcohol, premises of consumption, or whether the young customer is accompanied by an adult.

When the customer looks underage, the beverage serving staff is compelled to ask for the customer's driving license or any reliable identity card from a well-recognized institution as a proof of age before serving the alcohol.

Monitoring Alcohol Intake

It is up to the serving staff who has had enough drink as the drunk persons themselves often fail to be composed and know their own state. To keep the account of how much the customers are drinking, the bartenders must use standard measures for pouring drinks.

Cutting off Alcohol Service

The bartending staff needs to cut off alcohol service if the customer is on the way of binge drinking and seems not able to handle it. Refusal of alcohol service should be:

- Executed professionally by speaking firmly and clearly with the drunk/under-aged customers.
- Denied quietly without notifying other customers.