

# Amuse Bouche

## Lesson 3

### Advanced Garde Manger

The next step in *Advanced Garde Manger* is *Amuse Bouche*. Canapés and hors d'oeuvres are finger foods: silver tray service, etc. Once they're plated, the word changes to

*Amuse Bouche*.

Literal translation of word - Amuse is "to be happy," or "happiness."

Literal translation of word - Bouche is "mouth."



#### First technique detail about portion size of Amuse Bouche

1. Tiny, tiny, little taste of food. Bite size.
2. Served free before meal.
3. Garnish plate with a little something, for example: 3 little pools of oil.
4. The minute you take that canapé and plate it, it becomes an Amuse Bouche.
5. Sometimes a little knife and fork is given to eat it.

**Important: An Amuse Bouche has to be small and tight, to get your palate going.**

#### Amuse Bouche:



1. A good convenient way for a kitchen to use up a surplus of a certain item is to present it as an Amuse Bouche.
2. Do not expose tip.
3. Stay away from toothpicks.

# **Appetizers**

## **Portion Sizes**

1. General house rule for making salad dressing, pretty much stays the same.
  - ◆ Ratio is 3 to 1.
  - ◆ Vinegar and oil doesn't emulsify together - one floats on top of the other one.
  - ◆ Mustard will help emulsify it. When you use mustard, it becomes an emulsified dressing, because the mustard breaks the particles down.
2. Moisture and acid wilts greens.
3. Remember to take stems off of greens, such as spinach.
4. Remember to wash greens and dry them.
5. You can use gloves or tongs or 2 spoons when you work with greens.
6. Every single leaf has to be dressed or dress every leaf.
7. Portion size.
8. Salad dressed
9. Center Plate.

## **Chef David Ross**

1. Come up with one plated Amuse Bouche and one plated appetizer - per person.
2. Understand Amuse Bouche and Appetizer techniques. .
3. Emphasize nice garnishes.
4. Be creative: Think crunchy, soft, etc.
5. Amuse - happy.
6. Bouche - mouth.
7. One-bite.
8. When you plate Amuse Bouche, think about serving to a one, two, three or four top.
9. Dressing greens, so they look good, are shiny, taste good and have flavor.
10. You can make chicken and tuna shiny by having a glaze or a pot of clarified butter on the back of the stove.
11. You can add a sprig of parsley, dill or chive. Rotate each herb sprig.
12. You can extract a classic and natural green color from parsley and spinach. Put in the Robot Coupe with a little liquid.
13. Garde Manger has always been heavy on eye appeal.

# Plating Appetizers

## Demonstration

### Chef David Ross

1. Appetizer you're going to do is going to have some kind of salad.
2. Plate Designs: Ideally every plate needs 5 colors. Can do four, but 5 is the optimum.
3. Rim of plate is picture frame.
4. There is also a notional "no go" area - an invisible one on the inside of the plate.
5. Psychologically - your eye will lead the way. Keep eye focused on food.
6. Try to keep the rim of the plate clean.
7. Have plate towards you when you plate.
8. Think about the angle of the food.
9. Take a step back. Does it look strange>
10. Stay away from pairs of things - could be two eyes looking at the customer.
11. Study the handout: ***Golden Rules of Building Canapés.***  
T Has Five Color B M - TC  
  
T - Texture  
H - Height  
A - Angle  
S - Shadow  
Five Color - Five Colors  
B - Balanced  
M - Meal  
T - Tonal  
C - Contrast
12. It is almost impossible to get a straight line with round shapes.

13. Chef Ross demonstrated strong lines using bread shapes cut in triangles and squares.
14. There is a top to the oval mirror and a bottom where the customer is.
15. What is it called when you layer triangles and squares - shingles?
16. Make sure there is a smooth line on the outside and a jagged line on the inside.
17. Another key feature of plating is to make sure the protein is towards the customer because it's the most expensive item on the plate.
18. Put the base down first, usually a starch. Then put the vegetables on top and finally the protein.
19. Remember what a Gross Piece is.
20. The eye will follow one straight line to the next straight line.
21. The straight line will take the eye unconsciously and hold it in the frame.
22. Make sure there's a continuous flow and no gaps.
23. Step beyond the obvious and be creative.