

# **Vegetable & Fruit Carvings**

## **Lesson 5**

### **Advanced Garde Manger**

**Fruit and Vegetable Carvings** go with **Chaud Froid** because they're all non-edible pieces of art work.



#### **Technique(s):**

1. Can use toothpicks, kebob sticks or skewers because they're hidden.

#### **Important: 5 (Five) Non-edible Decorations.**

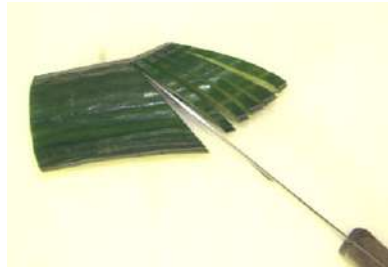
1. Fruit and Vegetable Carvings.
2. Chaud Froid.
3. Tallow
4. Salt Dough.
5. Ice Carvings

## **Visualization**

1. From the brain - to the eyes - to the hands. You have to use them in carving.
2. Gather your knives together: You'll use French, Carving, Boning, Tourne and/or Paring.
3. Classic French cuisine is the origin of fluted pieces of mushrooms as edible garnish. .
4. You can sauté off and rest a fluted mushroom on top - it'll give a little edge to the plate.

5. Warm-up exercise: White or green board with wet towel underneath; knives on dry towel; English cucumber, carrot, potato, apple and scallion on parchment paper.

## Cucumber Fans



1. Cucumber: take both ends off. Cut in half lengthwise. Place half of cucumber face down.
2. Cut on the bias cut - 45 degrees off of the angle.
3. Start with French knife or Paring knife.
4. Don't cut through. Leave 1/2 inch on left side, which holds cuts together.
5. Leave the first cut whole, fold the second cut back. Repeat until end. Note: Look up front at cuts for reference.
6. There is a fine line between too thick and too thin. The thick cut you can't bend and the thin cut - the eye won't see the green on the cucumber.
7. You can do the whole half of the cucumber. It will actually produce an arc.

## Mushrooms prior to being fluted





1. You can use a paring knife for fluting mushrooms as well as other knives.
2. Hold knife with fingers.
3. Bring thumb up to tip of knife. It's the technique for holding the knife.
4. Knife is touching the mushroom and the thumb regulates how deep the knife goes into the mushroom.
5. If right-handed, position the knife at a 45 degree angle.
6. If positioned correctly, the knife will go almost 180 degrees around mushroom.
7. The left hand helps turn the mushroom.
8. Your one hand and the hand with the knife will go in the opposite directions.
9. Make a twisting motion. "Twisting that round," or Rotate that round."
10. This is a combination of the techniques of cutting and peeling.



11. It's a 45 degree cut off your thumb or double turn blade down. Knife should be 45 degrees of thumb.
12. Technique for holding knife. Can cut mushroom from middle and twist it towards you. Knife can go away from you or you can bring it towards you.
13. Look for "furry" bits coming off of mushroom - pull them off.
14. It's a spiral cut going around.
15. 2 Options: can leave stem on - it helps to hold grip - or you can take it off.
16. Don't cut deep into mushrooms.

## Apple Fans



1. A series of cuts with a 45 degree angle.
2. You can make an apple fan from any fruit, including: apple, honeydew and cantaloupe.
3. A standard cut starts with your head above knife, so you can see where your knife is.
4. It's a series of 45 degree cuts. The first:   
And the second: 
5. A radish bird is smaller, but the same thing.
6. Use standard red apples. Reason for red apples is, you can see the actual design.
7. Rotate apple until you locate the lighter section, which is evident.
8. Lightly trim off lighter side for safety.
9. Keep slice for later.
10. Go in initially with knife: 45 degree cut right to left, 45 degree cut left to right, repeat.
11. Only cut into apple deep enough to make "V" section.
12. Visualize where head and tail of bird will be.
13. When doing wings, be careful you don't spin apple around.

14. Longer you fan slices out - the more elegant the wings will get.
15. First wing section - extend wings as far as you can.
16. Red apples oxidize very quickly and they turn a little brown. Drop in acidulated water (vinegar base or lemon juice) to keep them from getting brown.
17. Use base section you cut off for head of bird.
18. You symbolically want it to look like a bird.

Don't make neck section too thin or it will fall down.

19. With tip of knife create a little hole in apple and put in neck section.
20. Use straight part of boning knife, not tip because it's curved.
21. Hold apple at angle you want.
22. Score apple to get angle right.
23. Using flat part of knife, go in a little bit, but only deep enough to get slice out.
24. Don't be too fancy or make wing slices too thin.
25. You want to regulate angle so it's only deep enough for wing section to release. Then go back and cut another wing part.
26. Main Key: Try to keep knife parallel.
27. Technique is simple re-cuts.
28. Need minimum of five wing sections, but can go for seven wing sections.
29. Natural sugar will glue slices together.
30. Take a little bit of potato and use it as a platform to hold bird. Put apple bird on top of skewer.
31. When cuts are complete, then you fan it out.
32. Use same technique for radish bird (radishes are fantastic).

## Squash Birds



**(Arrow points to Squash Bird in Photo, courtesy of Google).**

1. Use tip of a carrot for beak.
2. Carrot tip is bigger than what the squash neck is, so you will have to pare it down.
3. Break a couple of kabob sticks up to hold beak onto squash.
4. Use two halves in a tip of the carrot. Force it in a little bit.
5. Put toothpicks in harder object first - in this case, the carrot.
6. 2 sticks will lock it in its place.
7. One stick will just rotate.
8. Push carrot into squash - you want the carrot to be bigger.
9. You want a tight fit between the carrot (head) and squash (body).
10. Be gentle - narrow down the carrot tip with knife.

11. Rotate carrot around to trim it to the size of the squash bird head - you want the same thickness as the neck. Make a couple of cuts on the beak's top and bottom and sides. You want it to look like a musical mouth piece.
12. Take a slice off of each side of bird for wings. You'll put them back on again with a toothpick - slide the wing up and out a little bit.
13. Take two little pieces of green onion. Hide sticks inside green onion pieces (these make his legs).
14. Webbed feet are made from carrots. You only need a couple of panels. Slice block, like you would for Julienne, and make webbed feet from two slices.



15. Use potato half for platform. Spike his feet in it with spring onion legs.
16. Find point (bottom of bird) where it will stand up.
17. You can take all of this a step further and set in eyes, wings; plumes coming out of the top of his heads and other fruits and vegetables for birds of some kind.