



We All Eat with Our Eyes First

Chef House

Sous Chef of The JDK Group

Chef Vo

Exec. Chef of CBK Catering & Events

Rules of 3s or 5s

- Psychologically, we as humans find things that come in 3s are inherently more satisfying and pleasing.
- When plating keep this in mind!
- Slice proteins into thirds

Universal Sauce/Puree

- Make a sauce that can be manipulated and plated in several different ways
 - Pushed, Splattered, Dots, Swirls
- Key is consistency of the sauce that is just right!
- Purees are perfect way to practice!
 - Rule of thumb: Always blend your purees while the product is hot and slowly add your liquid to get desired consistency



Negative Space

- Asymmetry is the new symmetry.
- Plate off centered
- Go onto the rims
- Find fun plates/vessels!

Micro Greens

- Quick, simple way to enhance a dish
- Opposites attract
- Buzz buttons



Gastronomy

- It's all around us!
- Start off simple with foams and pearls
- Endless possibilities to engage the guests



Allergy Friendly

- Build menus that are naturally allergy friendly (GF, Vegan)

