Culinary Artists: Playing With Your Food

Course Outline

Mission

To show students that:

- Plating with intentionality and attention to aesthetic experience can be important and useful.
- Anyone, including home cooks and novices, is capable of employing fundamental plating techniques to create impressive food designs.

Course Description

Your eyes can taste, too. In fact, they make your most important taste of the meal: the very first one.

We will open the world of culinary play, allowing students to gain a new sense of confidence in their artistic abilities and cooking know-how. With plating techniques like quenelle, shmears, foams, and garnishes, students will expand their culinary tool belt that they can use in their daily lives. The class is organized around a set of hands-on activities in which students plate a variety of pre-made ingredients and sauces, learning as they go!

It doesn't take expensive, fancy food to have a beautiful and meaningful plate.

Learning Goal: Students will be able to appreciate the aesthetics and experience behind eating by observing and replicating classic plating techniques.

Lesson Plan

Group Canvas Plating
One instructor already in room, listening to Chef's Table and adding singular element to table canvas. Students select a tool and ingredient from table, and add to the canvas one at a time.

Improv Name Game (Icebreaker)

1. Name and pronouns
2. Step into middle and do an action with your name

Lecture (+ videos)
History of food - how it brings us together. Why do we care about aesthetics? Can aesthetics be made accessible?

Individual Technique Practicing
Cannelle, Sauce Plating (Spoon and Squeeze), Powdering, Nesting Noodles

Drawing as a Fast Medium to Experiment
Draw one of your favorite comfort foods
Draw a beautiful thing you've eaten

Group Silent "Add-One" Game
One at a time, without talking, each person in a group takes turn adding one element to the dish until the group decides (without speaking) that the dish is complete.

Group Competition
Group work limited to 5 mins. Then all teams roll tables to center to form long table and judging commences.

Clean-Up
*Epic Cleanup Music

College Q&A

Other Notes

Timing
0:00: Meet kids at Meeting Point H (near Building 100)
0:15: Enter Studio 1 in d.school. Begin group plating. Chef's Table Playing.
0:18: Name Game
0:25: Course Introduction

- 2 min: History/Background
- 1 min: Plating Video
- 3 min: Interactive Plating Critique

0:31: Techniques Practice, with 1 student volunteer per technique.

- 2 min: Cannelle
- 3min: Sauces
- 1 min: Garnish

- 3 min: Nest

0:40: Principles of Plating

0:45: Plating with Pens

- 5 min: Individual Drawing
- 1 min: Video
- 4 min: Individual ReDraw
- 4 min: Share with Group

1:00: Group +1 Activity

- 3 min: Demo
- ~5 min Team Activity
- 4 min Walk Around and Share

1:12: Group Competition: Plate a Stone. Switch Teams.

- 1 min: Discuss rules, prize.
- 8 min: Plating
- 3 min: Present to Class
- 1 min: Judging

1:25: Cleanup

1:35: Q&A/Buffer

1:45: Students Depart. Go Back to Original Competition. Edit and Refine.