

RECIPES FOR MAKING GARNISHES AND DIPS

VEGETABLE GARNISHES

A garnish can be described as the finishing touch on a prepared dish. Garnishing is a way of enhancing a meal's appearance and appeal with a creative, edible decoration.

Since attractive presentation of a dish is of great importance at any meal, garnishes can be used in many ways to stimulate interest in the foods being served. The garnish, however, should complement the food, not overpower or detract from it.

SAFETY POINTERS

Be sure your hands are clean and dry to prevent the knife from slipping. Use a knife to fit the task; for example, a small knife for cutting a small object like a radish.

Sharp knives are safe knives!

Cut away from you as often as possible.

Use a cutting board for cutting and chopping.

INSTRUCTIONS FOR MAKING GARNISHES

Carrots

1. Carrot curls - cut thin lengthwise strips with vegetable peeler. Wrap strips around finger and hold with toothpick. Chill until crisp.
2. Carrot zigzags - cut carrots accordion style. Chill.
3. Carrot crisps - with parer, slice carrots crosswise; drop the circles in ice water to chill.
4. Carrot sticks - cut pared carrot in half crosswise, then each half into lengthwise slices.

Celery

1. Celery fans: Cut tender celery stalks in 2-4 inch lengths. Make parallel cuts close together from one end almost to the other or slit both ends almost to the center. Chill in ice water until strips curl.
2. Celery circles: Fill two stalks of celery with cream cheese or cheese filling. Press together and chill. Cut into crosswise sections.
3. Celery sticks: Cut celery into thin, lengthwise strips.

Radishes

1. Radish accordions: Cut long radishes not quite through into 10-12 narrow slices. Chill in ice water so slices will fan.
2. Radish roses: Cut off root, then cut four or five thin petals around radish, leaving a bit of red between. Use grapefruit knife or tip of a paring knife.

Cucumbers

1. Cucumber accordion: Cut 3 inch lengths on a split, pared cucumber. Slice thin almost to flat side. Poke thin radish slice between cuts.
2. Cucumber petals: Run a sharp tine fork down the length of an unpeeled cucumber. Cut thin slices crosswise. Chill in ice water or chill in vinegar that has been seasoned with salt and pepper.
3. Cucumber wheels: Score cucumber lengthwise with a sharp-tined fork. Slice crosswise into circles.

Tomato flowers

Starting at the top, slice tomato through almost to the bottom. Do not let slices separate. Repeat so that there are at least 6 to 8 petals formed.

Other garnishes

1. Slice green peppers into crosswise sections or lengthwise strips.
2. Break fresh cauliflower into small florets.
3. Break fresh broccoli into small florets.
4. Mushroom cut outs.

FRUIT TASTERS

Prepare and allow students to taste the following. Other unfamiliar fruits and vegetables could also be used: kiwi, jicama, fresh coconut (demonstrate how to crack it open), papaya, star fruit

FRUIT SALAD

1 can fruit cocktail
1 can pineapple tidbits
1 can Mandarin oranges
2 apples - peeled, cored and sliced
2-3 bananas, sliced

Drain juice from fruit cocktail. Mix all the fruit together.

Mix together: 1 pkg. Dream Whip prepared according to directions
1 small pkg. lemon pudding (not instant) cooked and cooled

Fold into fruit mixture. Chill.

FRUIT DIP

1 pkg (8 oz.) cream cheese softened
3/4 cup marshmallow creme
1 tsp. grated lemon peel
1 tbsp. lemon juice
Optional: 1 cup flavored yogurt

Blend cream cheese and marshmallow creme. Mix in lemon peel and juice and chill.

VEGETABLE DIPS

Dips can be made from package mixes. Follow package directions.

OR

Mix and chill:

2 cups mayonnaise	1/2 cup buttermilk
1/2 tsp. garlic powder	1/2 tsp. onion powder
1 heaping tbsp. salad supreme	1/2 tsp. accent

OR

Mix and chill:

1 cup mayonnaise	1 cup sour cream
1 tbsp. dry onion flake	1 1/2 tsp. dill weed
1 1/2 tsp. seasoning salt	

OR

1 9-oz. pkg. cream cheese, softened	1/2 cup sour cream
1 bunch green onions, chopped	1 tomato, chopped
1 green pepper, chopped	2 tsp. dry mustard
1 tsp. salt	1/4 tsp. black pepper

Blend cream cheese and sour cream. Add seasonings. Mix well and fold in green onions, tomato, and green pepper.