

Amazing Garnishes to Elevate Your Everyday Desserts

What's the real purpose of a garnish?

- The obvious one: to make your plate look pretty!
- Add color and texture
- Compliment flavors of your main component
- Add height to your desserts
- Can be great little helpers in hiding blemishes on a dessert!

My 3 rules for garnishes

- Odd numbers: cluster things in groups of 3's, 5's, 7's etc...
- Your garnish should both balance and compliment your dessert in texture and flavor
- Your garnish should be an extension of your dessert not an afterthought just to put something on the plate



Blackberry and pistachio: blackberry custard, pistachio daquoise, mascarpone crèmes, candied pistachio



Chocolate and mint: black cocoa brownie, mint cheesecake, sweet pea ice cream, black cocoa rocks, black pepper chiboust chocolate chip crumble



Something lemon: lemon curd, lemon pudding, meringue, fresh fruit, whipped cream

Balancing your flavors

Salty

- Salted crumb
- Salted caramel sauce or cream
- A goat cheese custard
- Olive oil dust

Sweet

- Chocolate
- Fresh fruit
- Fruit compotes or sauces
- caramel

Tart/Sour

- lemon/lime curds, sauces, dusts
- Gastriques
- Marmalades

Balancing Your textures

Crunchy

- Candied nuts
- Cookie crumbs
- Strussel
- meringue

Smooth

- Coulis
- Caramel sauces
- Chocolate sauces

Rich

- Cremeux
- Whipped
creams/mousses
- Ganaches
- Crème anglaise

Crunchy

- Balances out desserts that have a “mushy, mousey, creamy” texture for example a mousse or a pudding
- Easy garnish to make and keeps well in freezer or fridge for large production. We always have a bucket of milk crumb around to add to a dessert that just needs a crunch
- Extremely versatile and customizable

My favorite go to crumbs

Momofuku's basic milk crumb recipe:

- $\frac{3}{4}$ cup milk powder
- $\frac{1}{4}$ cup all-purpose flour
- 2 tbsp cornstarch
- 2 tbsp sugar
- $\frac{1}{2}$ tsp kosher salt
- 4 tbsp unsalted butter, melted
- 3 oz white chocolate, melted

Feuilletine (Sugar cone) Crunch

Feuilletine + any kind of chocolate just to coat

- You can press this into a sheet pan to set and then cut shapes or let dry as is
- You can mix praline or any nut butter into the mix and use it in the same way

80 g Feuilletine + 40 g white chocolate + 160 g peanutbutter



Coffee panacotta with toffee crunch, espresso strussel and salted chocolate shortbread crumb

Cremeux

- Amazing way to add creamy rich texture to your plates
- Easy to customize and change flavors of
- Holds well at events (they contain agar agar which helps stabilize at room temperature)

2 basic cremeux recipes I use for garnish

Chocolate based cremeux

850 g cream

120 g sugar

145 g water

2.5 g agar agar

4 sheets gelatin sheets bloomed

400 g chocolate (white or dark)

-Heat cream and sugar

-In a separate pot heat water and shear in agar and boil for 1 min

-Add agar mixture to cream and dissolve gelatin. Strain over chocolate and emulsify

Custard based cremeux

520 g cream

100 g sugar

100 g cream

2.5 g agar agar

2 gelatin sheets, bloomed

70 g egg yolk

100 g butter, soft

-Bring 520 g cream and sugar to boil

-In a separate pot bring 100 g cream to boil and shear in agar, boil 1 min then add to other cream mixture

-Temper into yolks and return to pot to cook out to anglaise. Add gelatin and strain mixture. Cool slightly and emulsify in butter with an immersion blender

Chocolate based cremeux

- Rich and luxurious mouthfeel
- Great to “smoosh on a plate as a base for your dessert
- Can be piped into little mounds or dots on the plate
- Customizable: change your chocolate, add some toasted nuts replace some of your cream with a fruit puree

Custard based cremeux

- Pipeable, mouldable or can be pulled on a plate with a spoon
- I love to replace some of the cream with different ingredients (fruit purees, mascarpone, goat cheese, lemon juice, buttermilk)
- If using fruit puree omit egg yolks
- If using lemon juice or buttermilk do not heat and add last to avoid curdling (same goes for cheeses)

Gastriques...not just for savory dishes

500 ml wine (red/white or rose)

+

1-2 cups sugar (depends on how sweet you want it and what kind of fruit you are using)

500 ml vinegar (red/white/balsamic/cider etc..)

+

200-300 ml of fruit puree or juice (blackberry, cherry and rhubarb are some of my favorites!)

Bagel bread pudding with cream cheese ice cream and black current gastrique



Caramel sauces...more than the basic

Use different liquids/purees to deglaze your caramel to compliment the flavors in your dessert

- Apple juice makes a great vegan caramel
- Vinegar (white balsamic is awesome!)
- Fruit juices or purees
- Banana puree makes a delicious caramel



Watermelon and feta : kefir compressed watermelon, lime cremeux, feta icecream, white balsamic caramel, olive oil dust and shortbread crumb

Fluid gel

- A much smoother version of a coulis
- Holds better on a plate when piped into dots
- Can be made with any liquid(wine, fruit puree, vegetable purees and herbs such as basil or parsley)

Basic fluid gel recipe

500 g liquid

8 g agar agar

1 g xanthum gum

-Boil liquid and shear in agar and boil hard for 1 min

-Shear in xanthum gum until well combined

-Pour into a hotel pan to set in fridge for 1 hour min.

-Remove from fridge and blend in vitamix until smooth and shiny

-For a firmer gel increase agar

-If using an acidic base liquid increase agar by 1 g

**Coconut cake with raspberry
fluid gel and mascarpone
cremeux**



Fruit... and oldie but a goodie

- Fruit will always be a staple dessert garnish. It adds freshness and color but can be boring so to kick it up a notch...
 - Grilled strawberries
 - Dehydrate slices of pears, pineapple, apples, strawberries, or vegetables
 - Freeze dried fruits



Lemon curd cheesecake, poppyseed crumb, peppered strawberry compote and grilled strawberries

Dehydrated fruit

- Slice fruit or vegetable thin on a mandolin or slicer
- Dip in a mixture of simple syrup mixed with a squeeze of lemon (this helps make the chips shiny as well as retain their color)
- Dehydrate according to your manufacturer's instructions. I tend to leave mine overnight on really low
- Tip! Spray your parchment or tray liner lightly with baking spray before putting on your fruit to avoid sticking



Dehydrated strawberry petals

Dehydrated fennel chip



Contact me!

If you have any questions or need dessert advice I'm just an email away!

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