

INGREDIENTS

- 1 large Salad leaf (or 2-3 smaller leaves)
- Carrots (cut julienne)
- Mango (cut julienne)
- Red onions (cut half paysanne)
- 50g Sugar
- 50g Salt
- 50g Vinegar
- Celery (cut julienne)
- Edible flowers

INSTRUCTIONS

1. Cut all the vegetables as per requested size and shape. Size should not be large than the length of the salad leaves. Cut $\frac{2}{3}$ of the salad leaves length for best results. Cut width of all the vegetables must be as identical as possible.
2. Mix sugar, salt, vinegar and about 200g water. Bring the mixture to boil. Add in the julienned onions, take off the heat and let it cool down at room temperature. Once the onions and pickled and cooled down, strain and reserve the pickled onions for plating.
3. Take the longest carrot you have and shave it as thinly as possible. Cut into thin strip and reserve.
4. Arrange the lettuce leaf curve up, place all the vegetables inside in a mixed manner, top up with edible flowers to create a beautiful, colourful pattern and tie the bottom/step part of the lettuce with a thin strap of carrot, enclosing all the vegetables inside, a la Bouquet.



Bouquet Salad

This Bouquet Salad recipe is part of my Food Plating 101 online class, where I explain the rules of food plating, teach beautiful presentation on the example of 3 courses. Bouquet Salad is the 1st course and serves as a perfect illustration of how one can plate a simple vegetable salad in a creative and elegant way.

As I mention in the class, recipes are not important for the sake of the class. In fact I encourage my students to follow their own food preferences, and challenge to attempt create beautiful plating for their favourite salads. Nevertheless, if you're curious what's in this Bouquet Salad, here's the full recipe. It is very simple indeed.

INGREDIENTS

- 50g Honey
- 50g Soy sauce
- 10g Toasted Sesame oil

INSTRUCTIONS

1. Mix all the ingredients together until even consistency.
2. Transfer the sauce into a squeeze bottle for ease of plating.

Sauce

Part 2

INSTRUCTIONS

1. Take a flat white plate.
2. Pour a dollop of the sauce exactly in the centre of the plate.
3. Place the bouquet salad 2 inches away off the centre of the plate and the sauce.
4. Sprinkle some bee pollen on the side of the plate, close the bouquet salad, creating an illusion that it might have come from the flowers.
5. Enjoy!

Bouquet Salad plating

Part 3