Professional Food Plating and Presentation Training Course

12 – 16 July 2027
Addis Ababa

AGILE LEADERS
Training Center

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Ref: 1567_224728 **Date:** 12 – 16 July 2027 **Location:** Addis Ababa **Fees:** 4500 Euro

Overview

Professional Food Plating and Presentation Training Course is a one-week foundation programme for chefs, cooks, culinary supervisors, catering professionals, and hospitality teams. Participants turn visual ideas into repeatable service standards through plate selection, composition, colour, texture, portion control, sauces, garnishes, hygiene, timing, and photographic review. The course focuses on practical restaurant and catering execution rather than culinary production. Agile Leaders Training Center uses structured tools and critique exercises to help teams present appetizing plates consistently.

Who Should Attend

- Chefs and cooks responsible for final plate assembly
- Culinary supervisors checking presentation consistency
- Catering teams preparing plated meals for events
- Restaurant staff supporting pass and service coordination
- Hospitality professionals developing presentation standards

Participants should understand basic food preparation. The course does not teach core cooking methods or commercial food photography.

Departments and Industries

The course supports operations where plated food must be attractive, practical, safe, and consistent.

- Hotels, resorts, restaurants, and cafes
- Banqueting and event catering operations
- Institutional and corporate food service
- Culinary production and kitchen supervision
- Hospitality quality and service departments
- Menu development and concept teams

Learning Objectives

By the end of this course, participants will be able to:

- Apply focal point, balance, proportion, and negative space to plate composition
- Select plate shapes, sizes, colours, and serviceware for different dishes
- Coordinate colour, texture, height, sauces, and garnishes
- Control portions while protecting food quality and hygiene
- Build repeatable plating guides for restaurant and catering service
- Evaluate finished plates through structured visual and service checks

Course Agenda

Day 1: Foundations of Plate Composition

- Food Plating Purpose and Guest Perception Map
- Focal Point, Balance, Proportion, and Negative Space
- Plate Shape, Size, Colour, and Serviceware Selection
- Clock, Landscape, Free-Form, and Structured Layouts
- Presentation Criteria and Visual Critique Checklist

Day 2: Colour, Texture, Height, and Portion

- Colour Harmony and Contrast Planning Sheet
- Texture Pairing and Sensory Variety Matrix
- Height, Layering, and Stability Techniques
- Portion Control and Plate Coverage Guide
- Temperature, Holding Time, and Plate Readiness Check

Day 3: Sauces, Garnishes, and Finishing Details

- Sauce Placement, Consistency, and Quantity Practice
- Functional Garnish Selection and Preparation
- Edible Elements and Allergen Awareness Check
- Clean Edges, Accurate Placement, and Final Inspection
- Style Board for a Menu or Catering Concept

Day 4: Consistency in Restaurant and Catering Service

- Plating Sequence and Mise en Place Plan
- Portion Tools and Standard Plate Specification
- Pass Communication and Timing Workflow
- Batch Plating for Banquets and Catering Events
- Presentation Quality Deviation and Correction Log

Day 5: Applied Plating Studio and Standards

- Suggested Exercise: Rework an Unbalanced Plate
- Suggested Exercise: Build Colour and Texture Contrast
- Suggested Exercise: Produce a Timed Plate Sequence
- Suggested Exercise: Review Plates from Service Photographs
- Capstone Exercise: Professional Plating Standards File

Practical Exercises

The course uses structured practice to connect visual design with fast, safe, repeatable service.

- Suggested activity: compare plate shapes and layouts for the same menu item.
- Suggested activity: build a colour, texture, height, and portion plan before plating.
- Suggested activity: create functional garnish and sauce placements that support the dish.
- Suggested activity: produce matched plates under a timed restaurant or banquet scenario.
- Suggested activity: photograph, score, and improve plates using a visual critique checklist.

FAQs

Who should attend a professional food plating and presentation training course?

The course suits chefs, cooks, supervisors, caterers, and hospitality staff who already understand basic preparation and need consistent presentation skills for service.

What is the difference between food plating and food styling?

Food plating prepares an appetizing, practical dish for guests and service conditions. Food styling may prioritise a camera image and can use different workflows.

How does plate composition improve food presentation?

Plate composition organizes the focal point, balance, proportion, spacing, colour, texture, and height so the dish appears intentional and remains practical to eat.

How can a kitchen maintain plating consistency during busy service?

A kitchen can use portion tools, plate diagrams, mise en place plans, sequence cards, pass checks, reference photographs, and brief coaching feedback.

What makes a garnish appropriate for professional food presentation?

An appropriate garnish is edible, safe, relevant to the dish, controlled in quantity, visually useful, and practical within the available service time.

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Conclusion

Participants take back a Professional Plating Standards File containing composition plans, plate specifications, portion guides, garnish and sauce decisions, service sequences, and review criteria. The file helps culinary teams convert creative choices into visible standards that can be explained, practised, checked, and repeated across restaurant and catering service.