

# Plating Like A Pro

(NAPSA)—They say presentation is everything, and while there is no denying that the most important attribute of every meal is taste, plating like a professional can take the next meal you serve from decent home cooking to decadent five-star fare. These simple steps can help you put your best plate forward:

## The Plate Picture

The plate is for the meal, both the frame and the canvas. It is important to choose a plate that will not distract from the food itself, but rather complement it instead. For example, if the dish being served is colorful, try serving it on a simple, single, complementary-colored plate.

## Keep It Neat

A purposefully placed artful drip or brush of sauce can be the perfect touch on a plated dish.

## Focus On The Focal

Choose a focal point of your dish. Typically, the focal point of the dish relies on the placement of the protein on the dish. Think of the plate as a clock: Always remember to serve the plate with the focal point facing your guest at 6 o'clock.

## Think About The Drink

Now that each plate is picture perfect, think about pairing them with beverages as beautiful as the main course. Consider serving a sparkling mineral water with red meats and robust sauces, and still, natural spring water with white meat, fish and light fare in elegant glass bottles. The ideal accompaniments to every meal, S.Pellegrino® Sparkling Natural Mineral Water and Acqua Panna® Natural Spring Water are both available in attractive 750-ml glass bottles. Not only do the bottles help to keep the water cool, they are the perfect size for sharing at the table. Practice plating with this delicious



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and beautiful recipe:

## STEAK 'N' ASPARAGUS

**When stalking the perfect steak, asparagus are usually nearby. Here's one example:**

### Ingredients:

- 3 pounds of rib steak**
- 18 asparagus stalks**
- 4 Idaho Potatoes, peeled and quartered**
- Butter**
- Olive oil**
- Salt**
- Paprika**

### Directions:

**Slowly grill the steak in plenty of butter and olive oil, turning with a tong so as not to pierce the meat. A 1-inch-thick cut should be done in 11 to 14 minutes.**

**Place potatoes in a 350-degree oven, salted and sprinkled with paprika a half hour before the steak.**

**Stir-fry the asparagus stalks when the steak and potatoes are nearly ready.**

**Artfully place the beef over the asparagus and roasted potatoes. When finishing the dish, a sprinkle of spice is nice.**