

Fruit Desserts: 4 Presentation Secrets



Fresh fruit is a delicious choice for dessert. Follow these tips for fresh fruit desserts that will be sure to have your guests lining up for their share.

- **It is all about the china.** Don't be afraid to collect an assortment of plates and dishes. For better portion control, focus on small to medium plates, bowls, and glasses.
 - Collect **mini sauce dishes** from kitchen stores - they make great petite dessert dishes.
 - Use a variety of **glasses**, both tall and short.
 - Colorful **plates** add a serious "wow" factor and are even great as under-liners.
 - **White plates** draw attention to the colors of the foods you're presenting. Plus, they're just plain elegant.
 - **Glass bowls** are especially good for layered desserts and various fruit assortments.
- **Try to garnish desserts using items that can be eaten and that add to the dish in some way.** Mint, fruit zest, powdered sugar, and whipped cream each bring their own tricks to the table.
 - When chopping **mint**, shred it very fine. That way, it can add a nice, fresh flavor that compliments the fruit it is accompanying. Plus, your guests might think whole mint pieces are too pretty to eat, and no one wants that.
 - Try **citrus zest!** Orange, lemon, and lime zest all add fantastic flavors and colors to a dish. There are a few ways to zest these fruits, so pick what works best for you and

your dessert. Either grate the fruit's thin outer layer with a grater or microplane zester, or peel the fruit and slice the peels into long, thin strips.

- Sprinkle a tiny layer of **powdered sugar** over your finished desserts. That delicate touch of sweetness may be what moves the dish from good to great. Just don't get too heavy-handed, or the sugar might dominate the dish, which would not work out well for anyone. Cocoa powder adds a great accent as well, and the two contrast very nicely.
- Consider adding a dollop of **whipped cream** or nonfat yogurt for a simple and quick garnish. A single tablespoon of whipped cream has just 20 calories and makes an especially great accompaniment for warm desserts.
- **Use baby food** as a colorful fruit sauce. No really -- baby food! It's one of the best-kept secrets of delicious fruit toppings. The sauce is not too sweet, very colorful, and super smooth. What's not to love? For best results, look for baby food that comes in pourable foil packets.
 - Do you have fruit that is a little past its prime? **Cook it into a compote** and use it to top pancakes, ice cream, or even a bowl of fresh fruit. It's easy to make compote! Just cut the fruit into bite-sized pieces and bring to a boil with a little water, sugar, and spices. You can do this on the stove or in the microwave. Serve warm or chill for another use.
 - **Color** is important. Don't be afraid to experiment with various combinations of colorful fruits. For example, blueberries look great with peach sauce, and kiwi puree complements watermelon perfectly.

