

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 eager to take advantage of this treat.

- **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.
 - Colored **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, and that 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 one-tablespoon serving of whipped cream is just 20 calories and it makes an especially great touch 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 foods that come 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 either 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 fruits and their color. Blueberries look great with peach sauce. Kiwi puree complements watermelon.

