

Food But Make It Fashion: Plating Hacks for **Aesthetic** Meals

Let's be honest—half the reason we go to fancy restaurants is for the vibe. But what if we told you that you can **bring that same aesthetic to your home kitchen?** Yup, we're about to turn your everyday meals into plated perfection because presentation matters

Whether you're flexing on the 'gram, setting the mood for a cute dinner, or just trying to make your instant noodles feel a little less sad, here's **how to plate like a pro** (no culinary degree required)

Plating like a boss – Hacks for **everyday meals**

The Power of the Plate:

White plates = the ultimate canvas. Dark plates? Moody and dramatic. Pick your vibe

Odd Numbers Win:

Ever noticed chefs always plate things in 3s or 5s? That's because odd numbers look more visually balanced

Sauce Like a Pro:

No more messy dollops—use a **spoon, brush, or squeeze bottle** to create smooth, elegant drizzles

Stack, Layer & Lean:

Create **height** for that 'chef's kiss' presentation. Stack elements instead of spreading them flat



Garnish Wisely:

A little sprinkle of **fresh herbs, edible flowers, or microgreens** instantly makes your dish pop. But remember, garnish isn't just for looks—it should complement the flavor too!

Keep It Clean:

No sauce smudges or stray crumbs—wipe the edges of your plate for that crisp, restaurant-quality finish



Food plating Red Flags

(Yes, They Exist)

- Sauce floods the plate like a crime scene
- Food touching too much—like, give it some personal space
- Uncooked herbs piled on top like a last-minute cover-up
- A smudge on the plate = instant heartbreak
- Messy, uneven cuts on anything—precision is key

What's Your Food Aesthetic?

Not everyone plates like a pro—some of us are more chaotic chef than Michelin-starred artist. Let's see where you fall:



The Minimalist:

You like clean, white plates, perfect symmetry, and an art-gallery-worthy drizzle of sauce

The Artist:

You're all about edible flowers, colorful sauces, and avant-garde plating that belongs in a museum



The Overachiever:

Your food has height, texture, and angles. You watch MasterChef for fun

The Lazy Genius:

You throw food on a plate and call it "rustic." Somehow, it still looks amazing



Secrets Behind **Spezia's** Picture Perfect Plates

Ever wondered why the **Nirvana Slice** at Spezia looks straight out of a dream? It's all in the plating.

A sprinkle of golden crumbs for texture, a pop of color with an edible flower, and just the right placement—it's proof that plating isn't just decoration; it's an experience. The right presentation makes every bite feel *extra indulgent*.

So, whether you're dressing up your homemade parantha or serving a fancy dessert, remember: **plating is the secret ingredient that takes your food from basic to breathtaking**



Can You Plate Like a Pro?

We wanna see YOUR plating skills! Take a pic of your best-plated meal, tag us (**@SpeziaBistro**), and you might just get featured.

Because at the end of the day, **food is art**, and you're the artist. So grab a plate, channel your inner Gordon Ramsay (minus the yelling), and let's get plating!

XO,
Team Spezia Bistro

We Asked a Pro,
and *Here's the Tea*

Because let's be honest—some of us can barely plate maggi without making a mess. So, we hit up, a plating genius, to spill the secrets on making your food look restaurant-worthy *without losing your mind*.

Be real with us— how do restaurants make food look SO good?

"It's all about balance. Every dish needs color, texture, and height. Oh, and sauces? Less is more—stop drowning your plate!"

What's the easiest way to make home cooked food look aesthetic?

"Stack it, don't splatter it! Layering your food gives it structure. Also, a tiny sprinkle of herbs or sesame seeds makes anything look fancy—even instant noodles."

What's the biggest mistake people make when plating?

"Overcrowding the plate. If your food is fighting for space, it's not a dish—it's a battlefield."

Any 'lazy genius' hacks for people who can't be bothered?

"Yes! Serve food in small bowls or plates—everything looks better when it's compact. Also, a quick sauce drizzle (neatly, please) instantly makes it look gourmet."