

## **COLD HORS D' OEUUVRES ( APPETIZERS )**



They are small, delicate, flavorful and attractive food servings to stimulate the appetite, in anticipation of the meal to come.

The possible variations of these are almost limitless. They can involve the preparations of marinated meats, fish or vegetables. Hot or cold finely diced mixtures or mousses may be used. , or items which requires little or no preparation such as roasted nuts, brined olives, raw cut fruit or vegetables.

## **PRE-MEAL RECEPTION**

Appetizers are more often identified with **receptions**. A reception is a convenient and a pleasant way to allow for varied arrival times for guests.

Normally the guest is offered small eats and some type of beverage in a room other than the dining room while waiting for all the guests to gather.

This type of reception is followed by a full meal

There are certain guidelines to the selection of appetizers.

1. Keep the food light, delicate and unsubstantial. Guests should not feel full before sitting down for the main meal.
2. Limit the variety of the ingredients. Do not overwhelm the guests palate.
3. Avoid repetition of the ingredients that will be served in the main meal.
4. Avoid highly spiced or highly acidic food. They will interfere with the meal to follow.
5. Limit the number of appetizers served. This will prevent the guests from losing their appetites.
6. Best is to provide finger food so that the guests can savor them while standing and sipping their drinks.

## **FULL RECEPTION**

A meal does not follow this type of reception. It is an event in itself and can last on an average from 1.5 hours to 3 hours.

The full reception provides a setting for greater freedom in the menu.

## Guidelines

1. A wider variety of both hot and cold appetizers can be offered.
2. The range of flavors and textures used can be broader.
3. Finger foods and the spread can be laid on the buffet and a spoon and fork service can be given

## WITHIN THE MEAL

Appetizers served within the framework of the meal, should be planned as part of the overall balance of the meal.

The colors, textures and flavors of the total menu should be considered.

## Guidelines

1. As always, the portion should be small
2. No repetition of the ingredients
3. Finger foods are not normally served within the meal.

## INTERNATIONAL

RUSSIAN Zakuska are various preparations in the tradition of czarist Russia. They are laid out on the table to be had by the guests as they arrive before the dinner

ITALIAN antipasto means “ before the pasta “ A typical selection would include marinated mushrooms and artichoke hearts, sliced salamis and prosciutto ham, smoked sardines, stuffed olives, anchovies, caponata and roasted red peppers.

SPANISH Tapas means lid. The name comes from the practice of placing a piece of bread, over the wine glass to keep out the flies. Today it includes kidney beans in vinegar sauce with parsley, onion and red pepper, boiled sliced potatoes with garlic and mayonnaise, small meatballs in gravy, pickled cauliflowers, stewed salt cod with garlic and cayenne, tripe stew, black olives marinated with onions.

ENGLISH tea sandwiches are very traditional. They can be very tiny sandwiches of shrimp paste and other dainty ingredients which are called canapés.

SWEDISH smorgasbord means bread and butter table. It includes shrimp, pickles, meatballs, herring, smoked herring, pickled herring, smoked reindeer, asparagus, mushrooms, smoked salmon, fresh water cod and caviar.

JAPANESE SUSHI are tiny portions of raw fish, placed on mounds of vinegar rice.

GREEK mezes are the appetizers which include tiny meat balls, creamy pink cod roe paste.

## **COLD HORS D OEUVRES**

Is the general term for appetizers served in oblong dishes called rapiers.

He dish is needed as they are usually served with a marinade, sauce etc.

Portion size is generally small enough for a bite or two.

Normal variety of 6-8preparations are offered to the guest

## FINGER FOODS



The food is portioned so that it can be picked up with the fingers.

The basic principles of preparation and presentation are –



- The food should be prepared in such a way that fingers are left clean after eating the food. This is done by-
  1. A dry base to handle it by, such as a canapé.
  2. Use of skewers or toothpicks for the items.
- They should be neat and easily handled.
- They should be only one or two bites in size.
- The majority of these food are served cold

## CRUDITES



Essentially means the food eaten raw.

Common usage is limited to raw vegetables.

This is one of the simplest appetizers.

These vegetables are – bell peppers, carrots, celery, summer squash, red radish, cucumbers and cherry tomatoes.

Are served with one or more dip or dressings.

## **CANAPES**



Refers to toasted or fried rectangular or circular slice of crust less bread, also termed as a crouton.

It can also refer to open face sandwiches which may be topped with endless variety of ingredients.

**The canapés have four components – base, spread, main body and garnish.**

### **BASE**

- It must be firm enough for the guests to handle
- The breads can be toasted, fried or baked till crispy
- Bases can be cut into various interesting shapes as rectangle, square, circle, oval, crescent, diamond or a triangle.

## **SPREAD**

- Adds flavor and moisture to the canapés
- Acts as a glue helping to hold the main body of the canapés
- Spreads provide a fat barrier and prevents the base getting soggy.

There are two primary types of spreads used for the canapés-

1. 50 % butter and 50 % cream cheese
2. Any compound butter.

The spreads should be softened to allow easy spreading. It should not be melted as it will not form the protective covering.

## **MAIN BODY**

- This part of the canapé may be almost any savory food such as cold meats, seafood, vegetables.
- The main body of the canapé should be in consistent with the shape of the base.

## **GARNISH**

- It adds eye appeal
- It should enhance the main body and not over shadow it
- Can be a small piece of herb, sliced stuffed olives or any other color enhancing piece of vegetables.



## **STYLES OF CANAPES**

1. Banquet style- Are simpler designed, can be produced in large quantity, are made from less expensive food and sometimes leftover food, usually they sell for a lower price.
2. A la Carte- are individually prepared, they come with complex designs, and made few at a time. Premium ingredients are added and they command a higher price. These are made for special occasions.

## **BARQUETTES AND TARTLETS**



## BARQUETTES



## TARTLETS

- These are miniature pie shells, from a short pie dough
- The shells are filled with variety of fillings
- These can range from hot, finely diced mixtures to cold mousses.
- Tarts are round like miniature tarts
- Barquettes are elongated diamond cuts.

- The fillings for both are interchangeable
- These can have high degree of sauce in it since the filling is held within the dry walls of the crust.
- They should be prepared close to the service time as otherwise they will get soggy

## CHOUX PUFFS AND CAROLOINES



- Choux puffs are also called petit choux
- Carolines are small crusts made from unsweetened choux paste
- Shape is what differentiates the two
- Choux puffs are shaped like small balls
- Carolines are slightly elongated like miniature éclairs.
- They too need to be prepared just before the service.

## SANDWICHES

This is the most common version of finger food. Small fancy sandwiches are normally served. These have three categories –

### 1. TEA SANDWICHES



- Are most often close faced
- They are made of two pieces of bread
- They are small and delicate
- The fillings are usually finely chopped and mixed with butter or cream cheese
- The desired size is no more than 1 ½ inch by 3 inches, if they are rectangular
- Fancier shapes should also have the similar dimensions
- The thickness of the sandwiches should be ½ inch.
- Ham, chicken, salad vegetables, water cress .



## 2. FANCY SANDWICHES



- The fillings used are almost as fine as puree.
- Can also be made from paper thin slices of meats and vegetables
- Different breads can be used to create variations

## 3. SMORREBROD



- This means buttered breads



- These are Danish open faced sandwiches using substantial pieces of meats , fish or vegetables
- They are artfully arranged on slices of bread
- Normally sized to be a meal in itself but a smaller version is served as appetizers.
- A typical example would be –

1. butter a slice of rye bread
2. Place 2 slices of tomato on the bread
3. put 2 slices of smoked sardines
4. mound a small amount of scrambled egg at the tail end of the fish
5. top the eggs with a few capers
6. crisscross two chives on top of the whole sandwich.

## SPREADS AND DIPS



- A dip is the mixture that is loose or soft to cling to an item dipped into it
- Spreads are stiffer , harder, more solids which needs to be spread with a butter knife
- Spreads are used on crackers, breads etc.
- Spreads can be thick mixtures made of pureed meats, fish or cheese. It should have a high content of fat to give it a smooth rich mouth feel

- Cream cheese spreads are widely used, which can be suitably combined with onion, garlic, chives, scallions, minced seafood, and vegetable purees.
- Dips can be either hot or cold
- These can be hot or cold sauces, combined with pureed vegetables, sour cream and yogurt based, mayonnaise and cream based

## CHEESE



- Is a very good ingredient or can be served as its own as an appetizer.

There is a vast variety of cheese to choose from and each of it gives a different character to the appetizers.

## CAVIAR



- Is the ultimate Hors d'oeuvre
- Is the processed roe ( eggs ) of the sturgeon
- If any other fish roe is used then we need to mention the variety such as Salmon Caviar
- The finest caviar comes from Caspian Sea which is bordered by Russia and Iran.
- The three species of sturgeon harvested in this area are – BELUGA, OSETRA, SEVUGA
- Caviar is categorized not only by the type of fish it comes from but also by the method of processing and condition when sold.

FRESH CAVIAR is most perishable. The eggs make up 8-14 % of the fish body weight, depending on its age and species.

Once the fish is caught the eggs are removed immediately

In this process, the membrane around the eggs, are left intact

They are then filtered through a coarse mesh screen to separate them

Then salt is worked into them with hands

The salted eggs are then put into the fine sieve to drain them. Then they are hand packed into tins.

Fresh caviar is highly perishable, hence should be refrigerated always. It should never be frozen.

Once opened then it should be used within 3 days.

**PRESSED CAVIAR** is processed from the eggs of osetra and sevruga when the high percentage of eggs are ruptured.

The eggs are heated to about 100 degrees F in a saltwater solution.

The caviar is into fabric pouches and pressed to remove excess salt and oil.

Pressed caviar is drier and spreadable, having a jam-like consistency. This caviar is highly prized.

#### **PASTEURIZED CAVIAR**

Is prepared same as fresh caviar.

It is pasteurized and vacuum packed. This gives it a longer shelf life, up to 3 months without refrigeration.

It is best when used within 3 months.

The pasteurization has a negative impact on the taste.

#### **FROZEN CAVIARS**

Are roe from non- sturgeon type fish such as salmon, white fish, and lumpfish.

The berries are tougher and can withstand refrigeration

They are of lower quality.

They are also less expensive.

### BELUGA CAVIAR



Is from the largest species of sturgeon – the beluga

It has the largest delicate berries which burst easily against the tongue It ranges from light to dark gray in color.

It is the most expensive and highest quality caviar.

### OSETRA CAVIAR





From osetra sturgeon , has the second largest berries They are delicate with a slightly fruity flavour  
The color ranges from golden to dark brown or gray .  
The golden color is very rare and called “ royal caviar “  
It is the second most expensive caviar

#### SEVRUGA CAVIAR



Has smaller, delicate berries of a light to medium gray color  
This caviar is very popular in Europe and is least expensive of the Caspian varieties.

## AMERICAN STURGEON



Has medium sized delicate berries of light gray color.

It is inexpensive as compared to Caspian varieties.

## SERVICE OF CAVIAR



- The caviar is best presented in the original tin, set on crushed ice in a presentoir- a silver serving dish designed specifically for the presentation of caviar.
- Other elaborate presentations will involve small ice carvings designed to hold the tin.
- The accompaniments are buttered toast points, salted butter, lemon wedges, blinis dense bread or crackers can be served with the inexpensive varieties of caviar.
- The spoons and palettes should not be silver because silver has a chemical reaction with the eggs.
- Ivory, mother of pearl and gold plated spoons are used
- Traditionally caviar is accompanied by champagne or vodka.

## **TYPICAL HOT APPETIZERS**

### **ATTREAU**



They consist of small, identical sized slices of various food items placed on wooden or bamboo skewers

They are coated with a reduced sauce such as duxelle, béchamel or veloute. After chilling they are breaded and are deep fried for immediate service.

This can be frozen after breading

Classically the bamboo skewers are removed and replaced with decorative metal skewers, of the same name

They are arranged in a crown by sticking them in a large crouton or rice mold.

It is garnished with chopped parsley.

### **BEIGNET ( FRITTERS )**



An item or mixture of ingredients dipped in a batter and deep fried.

Solid items to be fried should be blotted dry and lightly dusted with flour before being dipped in the batter.

These should be then fried golden brown in fat that is heated to 375 degrees F . This temperature ensures crisp product with the least absorption of fat.

These have to be fried just before service.

Presentation of beignets should be done on a serviette

The traditional garnish is fried parsley

They should be served with appropriate sauces.

## **BOUCHEE**





Bouchee means mouth or mouthful

It is like miniature vol-au-vent , which is a puff paste patty shell It can have limitless variety of fillings.

They can range in size from 1 ½ to 3 inches in diameter.

They can have any shape- round, rectangle, square triangle.

After baking, these can be held well in airtight containers.

They can be stored at room temperature for up to 7 days

For longer storage they can be frozen

These should be reheated before service along with the filling , and then served immediately.

If served for a buffet, they should be served in the chafing dish to keep them hot.

## **BROCHETTE**



These are like atterreaux but are not coated with a sauce.

These are grilled or broiled instead of deep- fried.

It is normally marinated seafood or meat, interspersed on a skewer with colorful vegetables.

They are served with compound butters, piquant sauce .

## **RISSOLES**



Is the semi circular pocket of puff or unsweetened pastry dough.  
Filled with the finely diced mixture or a forcemeat.

It is deep fried

The fillings should be flavorful.

Rissoles freeze well and should be thawed unwrapped before cooking.

Is served as a finger food

It is not accompanied by a sauce.

### **OTHER HOT HORS D OEUVRES**



- Mini- eggrolls
- Mini-quiche
- Drummettes
- Swedish meat balls
- Cocktail franks
- Cocktail sausages
- Fried shrimps

- Sautéed prawns
- Oysters
- Calamari
- Fried cheese sticks

## SERVICE OF HORS D OEUVRES



- Buffet style service – the appetizers are laid on the buffet table Large trays are often used for these The appetizers are attractively presented

Mirrors are used for the displays

Hot appetizers should be served in chafing dishes

- Butler style service- it is the good option for smaller receptions with limited space

The waiters take the food to the guests

Lends a more elegant air to the function

Gives better control of the flow of the food and alcohol.

Smaller butler trays are needed .these are usually silver draped with a napkin or a doily.

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