Appetizers 101

**Appetizer** refers to any small, bite-size food served before a meal to whet the palate or as a meal with cocktails. Usually savory, but also sweet; can be hot or cold. Also known as *Hors d’oeuvre*. They may be *canapés*, which are decorative pieces of bread (crostini) topped with a spread and a garnish. They may be *crudités*, raw vegetables served alone or with “dip”. They may be pastry filled bites. They can be skewered food, if small.

Basically any food that can be eaten in one or two bites, with or without utensils or a plate. Recipes should be attractive, delicious and easy to prepare. Use ingredients that are available.

**GUIDELINES:**

1. Keep it simple: a few platters of well-chosen choices will create more impact than attempting 20 recipes with just small quantities of each. Double or triple recipes that work.
2. Try not to repeat ingredients: don’t serve shrimp dip and peeled shrimp.
3. Think about mixing colors and textures. Presentation is everything.
4. Have complementary flavors: sour, salty, sweet, spicy, subtle, savory; hot and cold; try to create an interesting balance of light to more substantial.
5. Choose from items that can be made well ahead and frozen or refrigerated; finish off and garnish the day of party. Last minute should be avoided. Cook earlier in the day and reheat. Use oven at 200°.

**Appetizers** should always look fabulously tantalizing.
Presentation is everything. Decorate the platter or serving dish before placing food: use folded napkins, banana leaves, grape leaves, sprigs of fresh herbs, baskets, bowls, glass platters, tiles, and wooden bowls.

**Use your theme** as your guide for presentation.
Garnishes should be fresh and not overpower the main item. Usually, don’t mix more than 2 items on one serving dish. Pile one item on a platter for a sumptuous look.

compliments of BlueskyatHome.com
HOW MUCH TO SERVE:

1. How long your party is determines how many appetizers and quantity. Time of year: people are hungrier in the cold months. Time of day: people eat more in the evening.
2. Pre-dinner: 3-5 pieces per person per hour
3. Two-three hours: 4-6 pieces per per hour
4. Full length/in place of dinner: 8-14 pieces per hour
5. For 10-12 people have 6 different items

DRINKS:

1. 4 ~ 5 glasses of wine in a 750ml bottle
2. 2 hours – 1 bottle for 2 people
3. 2 bottles of white to 1 bottle of red
4. 6 glasses champagne in a 750 ml bottle
5. Keep it simple-only have an open bar if you’re hiring help.
6. Follow the theme of the party.
7. Always have soft drinks and water available.
8. Buy extra ice.
9. 2 glasses per person
10. Cocktails/aperitifs are good and popular.

Finally
- Have plenty of napkins
- Buy generic 10~ounce wine glasses by the case
- Stock up on party items and freeze: cream cheese, butter, nuts, chocolate
- Buy beautiful serving pieces on sale; they don’t have to match

Notes

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

compliments of BlueskyatHome.com