

11.2



Appetizers and Hors d'Oeuvre

READING PREVIEW

Key Concepts

- Identifying types of appetizers and hors d'Oeuvre
- Presenting appetizers and hors d'Oeuvre

Vocabulary

- antipasti
- appetizer
- bruschettas
- canapés
- carpaccio
- chef's tasting
- crostini
- crudités
- finger food
- hors d'Oeuvre
- hors d'Oeuvre variées
- kebobs
- pâtés
- sevicehe
- shrimp cocktail
- skewers
- tapas
- terrines

Types of Appetizers and Hors d'Oeuvre

A small, savory, flavorful dish, usually consumed in one or two bites, is called an **hors d'Oeuvre** (or-DERV), a French term that means “outside the meal.” This term is used for both the singular (“an hors d'Oeuvre”) and plural (“many hors d'Oeuvre”). The same dish, if it were served as the first course in a meal, would be called an **appetizer**. Although the same items may be served as either hors d'Oeuvre or appetizers, the appetizer portions tends to be slightly larger than the hors d'Oeuvre portion. As you can see, the main differences between an appetizer and an hors d'Oeuvre are both the context in which they are served (either outside the meal or part of the meal) and their size. There are hot and cold varieties of both hors d'Oeuvre and appetizers.

The purpose of both an hors d'Oeuvre and an appetizer is to stimulate the appetite and set a mood for the meal that will follow. A good menu includes appetizer offerings with a variety of flavors and textures that are complementary to the entrées but don't repeat them. For example, a ravioli appetizer might have the same basic flavor and texture as a lasagna, but a crisp texture is a good lead-in to a creamy pasta dish, while a stuffed mushroom would be a good lead in to a piece of grilled fish.

Hors d'Oeuvre are often served with a napkin and eaten with the fingers. When served this way, they are also called **finger food**. Hors d'Oeuvre rarely require a fork. Appetizers are usually served on a plate and are often eaten with a fork (although sometimes appetizers are also finger food).





FIGURE 11-3
Hors d'Oeuvre
or Appetizer?

Meatballs served on a wooden stick become an hors d'Oeuvre.

RECOGNIZING PATTERNS Why would large meatballs be served as an appetizer?

Source: Dorling Kindersley/Image Partners 2005/
Dorling Kindersley Media Library/Dorling
Kindersley

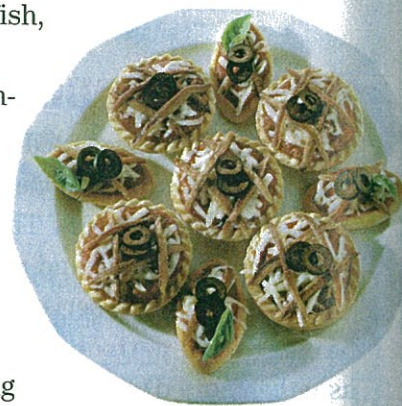


Spring rolls

Source: Clive Streeter and Patrick McLeavy/
Image Partners 2005/Dorling Kindersley
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Hot Appetizers and Hors d'Oeuvre There is an incredible diversity of hot appetizers and hors d'Oeuvre. In fact, virtually any type of savory food served in a small portion can be regarded as an appetizer. Any type of food that you can eat with your fingers or in bite-sized pieces could become an hors d'Oeuvre. The following are some common hot appetizers and hors d'Oeuvre:

- **Baked, sautéed, or grilled seafood.** Seafood, particularly scallops and shrimps, are quickly sautéed with herbs and served as an appetizer or hors d'Oeuvre.
- **Kebobs.** Meat, fish, poultry, or vegetables can be cooked on **skewers** (SKEW-ers), long, thin, pointed rods made of wood or metal. Small versions of these grilled or broiled skewers of food are called **kebobs** (kuh-BOBS). The food is usually marinated before cooking and is often served with a dipping sauce.
- **Fried food.** This includes batter-dipped fish, chicken, or vegetables, often served with some type of dipping sauce. Japanese tempura is an example.
- **Tartlets and turnovers.** Pie crusts lining small pans or molds can be stuffed with assorted savory fillings and baked. Fillings include custards, meat, poultry, vegetables, cheese, and seafood. The dough is sometimes folded around a filling to create a turnover. *Empanadas* are a Latin-American version of a turnover.
- **Meatballs.** Small meatballs or other highly seasoned ground-meat items are served with toothpicks as hors d'Oeuvre. Meatballs are often served in a sweet-sour sauce. Appetizer-sized meatballs are eaten with a fork. Hors d'Oeuvre-sized meatballs are often eaten on a skewer or sandwich pick.
- **Pasta.** Small portions of pasta can be served as an appetizer. Ravioli or other stuffed pastas can be served hot or cold, with a sauce or plain. In some cases, these pasta shapes are fried to make an appetizer.
- **Grilled, steamed, baked, or roasted vegetables.** Vegetables such as asparagus, artichokes, peppers, onions, garlic, zucchini, and carrots are cooked and often served with a dipping sauce or dressed with a vinaigrette. Mushroom caps are sometimes stuffed and baked.
- **Dumplings, egg rolls, and spring rolls.** These are the traditional hors d'Oeuvre and appetizers for Asian dinners.



Pizza tarts

Source: Dorling Kindersley/Image Partners 2005/
Dorling Kindersley Media Library/Dorling Kindersley

BASIC CULINARY SKILLS

Vegetable Tempura

- 1 Heat the oil to 375°F.
- 2 Blot the vegetables dry and season.
- 3 Coat the vegetables with batter.



Source: Culinary Institute of America

- 4 Place the vegetables in the hot oil.
- 5 Deep-fry until the batter is golden brown and puffy. Turn, if necessary, to brown and cook evenly.

- 6 Remove the vegetables from the fryer with tongs or a skimmer.



Source: Culinary Institute of America

- 7 Blot briefly on absorbent toweling.
- 8 Season, if necessary, and serve at once. Serve with a dipping sauce.

Recipe Cards

51. Vegetable Tempura

52. Shrimp Tempura

- **Crab cakes.** Crab meat is mixed with mayonnaise, herbs, and spices, formed into patties, and sautéed. Crab cakes are often served with a sauce.

Cold Appetizers and Hors d'Oeuvre It is possible to whet your guests' appetites with something as simple as a slice of smoked salmon on French bread. However, it is just as possible to whet their appetites with a much more elaborate offering, such as a bite-sized crab salad tartlet with mango chutney. The variety of possible cold appetizers and hors d'Oeuvre is endless. The only requirements are that the portion size is appropriate and the appetizer or hors d'Oeuvre is complementary to the main course offerings. A significant advantage of cold appetizers and hors d'Oeuvre is that you can prepare many of them well in advance. This can be extremely important in a fast-paced professional kitchen. The following are some common cold appetizers and hors d'Oeuvre:

- **Raw seafood.** This includes freshly shucked clams and oysters, served with a variety of sauces.
- **Smoked fish, meat, or poultry.** Often served with bread, condiments, and a sauce, smoked fish, meat, or poultry make an elegant appetizer or hors d'Oeuvre.



Crab cakes

Source: David Murray and Jules Selmes/
Image Partners 2005/ Dorling Kindersley
Media Library/Dorling Kindersley

Recipe Card

53. Crab Cakes

Recipe Card

54. Seviche of Scallops



Salmon canapés

David Murray and Jules Selmes/Image Partners
ring Kindersley Media Library/Dorling Kindersley



Bruschetta

Philip Wilkins/Image Partners 2005/Dorling
Kindersley Media Library/Dorling Kindersley



Pâté

Source: David Murray/Dorling Kindersley
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- **Cold cooked seafood.** **Shrimp cocktail**, which is cold, steamed shrimp served with a spicy cocktail sauce, is a traditional cold appetizer. **Seviche** (seh-VEE-chee), also spelled *ceviche*, the Latin American dish of fish and seafood that is cooked in citrus juice and flavored with onions, chiles, and cilantro, is another traditional cold appetizer or hors d'Oeuvre.
- **Open-faced sandwiches.** Small, bite-sized, open-faced sandwiches are often used as hors d'Oeuvre. Crackers or hard breads are often used rather than soft breads. **Canapés** (KAN-uh-pays) are bite-sized pieces of bread or crackers with a savory topping. They are used as hors d'Oeuvre. Toppings can range from a simple piece of cheese to an elaborate spread. Larger pieces of bread are used for appetizers. **Bruschettas** (brew-SKEH-tahs) and **crostini** (kroh-STEE-nee) are a type of open-faced sandwich served as an appetizer. They consist of toasted bread drizzled with olive oil and topped with tomatoes, olives, cheese, or other ingredients.
- **Raw or cured meats.** This includes prosciutto and **carpaccio** (car-PAH-chee-oh). Carpaccio is raw beef sliced very thinly and dressed with a sauce. Cured meats are sometimes served with complementary fruits, such as melons or peaches.
- **Pickled vegetables.** Usually included as part of an antipasto plate, marinated or pickled vegetables complement other hors d'Oeuvre and appetizers.
- **Cold grilled or roasted vegetables.** Vegetables that have been grilled or roasted may be served cold (or at room temperature) with a variety of sauces and relishes.
- **Salads.** Small-portioned salads, including mayonnaise-based salads, are outstanding served as appetizers. They are sometimes referred to as composed salads, to distinguish them from mixed green salads and salads served as a side dish (see Section 10.2).
- **Cheese.** Cubes of cheese with sandwich picks make ideal hors d'Oeuvre.
- **Raw vegetables.** Vegetables that have been cut into bite-sized pieces are called **crudités** (kroo-de-TAYS). They are often served with dips.
- **Pâtés and terrines.** **Pâtés** (pah-TAYS) are a well-seasoned, baked mixtures of ground meat, fish, poultry, or vegetables. Although pâtés can be served hot, they are usually served cold. They have a texture that ranges from a creamy spread to a crumbly meat loaf. You can cook pâtés in molds, which are called **terrines** (teh-REENS). When pâté is served in its mold, the pâté is called a terrine.



Crudités

Source: Christina Richards/Shutterstock

**READING CHECKPOINT**

What is the difference between an appetizer and an hors d'Oeuvre?

Presenting Appetizers and Hors d'Oeuvre

Presenting Appetizers Appetizers are presented to customers while they are seated, so it is acceptable to require the use of a fork, spoon, or even a knife.

Here are some general guidelines for presenting appetizers:

- **Serve small portions.** Appetizer portions should be small. They are supposed to stimulate the appetite, not satisfy it.
- **Use the correct balance of seasonings.** The correct balance of seasoning at the beginning of the meal affects the palate for the rest of the meal. If the flavor of the appetizer is overpowering, it takes away from the enjoyment of the courses that follow.
- **Make a good first impression.** Appetizers provide the customer's first impression of the food. Garnish should be minimal, yet add a touch of flavor and texture as well as color. The appetizer should be plated in an artistic and neat manner.
- **Consider a chef's tasting.** Appetizers are sometimes presented in a **chef's tasting**. This is a sampler plate with an assortment of different appetizers. The portions are often only one bite, just enough to sample the various appetizers.



FIGURE 11-4

Stuffed Mushrooms

Mushrooms stuffed with bread crumbs, garlic, and parsley.

RECOGNIZING PATTERNS Why is this an appetizer and not an hors d'Oeuvre?

Source: Martin Brigdale/Image Partners 2005/Dorling Kindersley Media Library/Dorling Kindersley

**READING CHECKPOINT**

What are four guidelines to remember when presenting appetizers?

Presenting Hors d'Oeuvre Hors d'Oeuvre can be served buffet style, on platters, or on individual plates. Platters are usually used for events where guests are standing and the platters are circulated by the wait staff. (This type of service is referred to as *butler service*.) Because people often have glasses in their hands, only one hand is free. The best hors d'Oeuvre for these occasions are ones that do not require a plate or utensils. In addition to being served before a meal, hors d'Oeuvre may be the only food provided at parties and receptions. The same guidelines for service apply for both.

Here are some general guidelines for presenting hors d'Oeuvre:

- **Use fresh ingredients.** Ingredients must be at the peak of quality. Although trimmings or leftover ingredients can be used in hors d'Oeuvre, they should be perfectly fresh.

FOCUS ON Safety

Double-Dipping

When serving hors d'Oeuvre, consider ways to discourage guests from double-dipping (dipping a chewed portion of food in a communal dipping sauce) such as providing a spoon or serving dips in individual containers.

Double-dipping increases the hazards of pathogens passed from the guests' hands and mouths to the food.

Spain

The cuisine of Spain is influenced by both its geography and its history. The country is bounded by both the Atlantic Ocean and the Mediterranean Sea. It is one of the most mountainous countries in Europe, with areas devoted to raising cattle, pigs, and sheep, as well as making cured meats such as the famous Serrano ham or sausages such as chorizo. Low-lying areas along rivers and near the shoreline produce a wide variety of goods, including the fruits and vegetables Spain is famous for. Also from these areas is the rice featured in one of Spain's most famous dishes, *paella* (pie-AY-yah), an elaborate dish of rice with a combination of vegetables, meats, and seafood.

The use of certain spices (anise, cloves, coriander, cumin, paprika, and saffron) as well as almonds, honey, and olives tells the story of a time when Spain was under the influence of the Moors. The importance of bread and olive oil remains, even though Roman rule has been over for hundreds of years. In fact, Spain's famous cold soup, gazpacho, is traditionally a soup made from three ingredients: bread, ripe tomatoes, and olive oil.

Spanish foods often feature the flavors of preserved, salted, and dried foods. These foods were critical to sailors on long trips, who relied on the salted and dried foods while they harvested tuna, mackerel, mullet, eels, and other seafood. The rivers and lakes in Spain's interior are another traditional source of foods, which accounts for the popularity of fresh water specialties such as trout, frog's legs, and snails.

The Spanish have a popular tradition of small dishes of food served as snacks, or tapas, along with a



Source: pavelena/Shutterstock

glass of sherry. Originally, these dishes were served and meant to tide you over from lunch (which may be served as late as two o'clock) to dinner (never earlier than eight o'clock). Today, most regions in Spain have their own specialty tapas, and tapas bars are popular worldwide.

Research

1. Serrano ham is one of the most famous foods that Spain produces. Name at least three other foods that Spain is noted for and research the region that they come from and the way that the food is produced. Find two recipes for each ingredient that you research.
2. Research the Moors to find out more about the ways that they influenced the cuisine of Spain. Consider specific ingredients, cooking tools, and equipment. Find four recipes that demonstrate the impact of the Moors on Spanish cuisine.



Source: goodtuz/Fotolia

Refrigerated display case containing tapas in Madrid, Spain

- **Make hors d'Oeuvre bite-sized.** One or two bites is the ideal size.
- **Complement other foods.** Hors d'Oeuvre should complement the other foods served, yet be different enough to avoid being repetitive.
- **Don't mix hot and cold items.** Hot and cold items should never be presented on the same plate or platter. Use multiple plates or platters if you are offering both hot and cold appetizers.
- **Serve a selection of hors d'Oeuvre.** Different cuisines feature different hors d'Oeuvre selections. The French serve **hors d'Oeuvre variées** (or-DEEV varee-AY), including pâtés, pickles, and marinated vegetables. The Spanish version is **tapas** (TAH-pahs), a collection of small bites featuring ingredients such as ham or eggs. The Italians serve **antipasti** (ahn-tee-PAHS-tee), a selection of sliced meats, cheeses, sausages, and olives served before the meal.



FIGURE 11-5
Hors d'Oeuvre Platter

This attractive platter contains a variety of cold hors d'Oeuvre.

APPLYING CONCEPTS *What rules of cold food presentation are shown in this hors d'Oeuvre platter?*

Source: Richard Embery/Pearson Education/PH College



READING CHECKPOINT

What are two tips for presenting appetizers? What are two tips for presenting hors d'Oeuvre?

11.2 ASSESSMENT

Reviewing Concepts

1. What is the difference between an appetizer and an hors d'Oeuvre?
2. What are two tips for presenting appetizers? What are two tips for presenting hors d'Oeuvre?

Critical Thinking

3. **Comparing/Contrasting** You are serving hors d'Oeuvre at a party where people will be standing. You are considering small seafood kabobs, chicken wings, or canapés. Which would you choose? Explain why.
4. **Analyzing Information** After a meal, a guest complained to the chef that the appetizer had too much garlic and basil. The main course was a gently poached chicken with a delicate sauce. Was the customer correct? Explain your answer.

Test Kitchen

Make a mayonnaise-based seafood salad for a cocktail party and divide it in half. Serve half as canapés and half as an appetizer salad. Taste the canapés while standing using one hand. Taste the appetizer salad while seated and using a fork. Which presentation method is preferable?

CULINARY MATH

Serving Hors d'Oeuvre

You are planning hors d'Oeuvre for a corporate party. Seventy-five people will be attending, and the client estimates that each person will eat ten hors d'Oeuvre. If there are five waiters, how many hors d'Oeuvre will each waiter eventually serve?