



CHIC TECHNIQUES

Delaware Technical & Community College

Jack F. Owens Campus, Georgetown, Delaware



Artichokes

An artichoke is consumed using the fingers. Remove one leaf at a time and dip it into the sauce provided. Eat only the fleshy part of the leaf, scraping it off between your teeth. Then put the leaf on the side of your plate. After eating the large leaves, you will find some small leaves with sharp points at the top. Remove these to the side of your plate. The remaining part of the artichoke is called the heart. Cut the heart into sections using a fork and knife, and dip with the fork into the sauce to eat.

Asparagus

At a formal restaurant, it is best to use a fork and knife to eat asparagus. Cut one bite at a time. In a more casual setting, eating asparagus as a finger food is acceptable. If the asparagus is served in a butter sauce, hold it over the serving platter, allowing it to drain before placing it onto your plate.

Beverages

- Drinking coffee, tea, and other hot drinks from a mug is common in informal settings. A saucer may be provided underneath for you to put your teaspoon on. Most often, though, there isn't one. If there are paper mats, the spoon may be placed facedown on one of them, or on the edge of a butter or dinner plate. Don't drink from a mug with a spoon in it. You run the risk of poking yourself in the eye.

- Tea bags should be placed against the edge of your saucer after the excess liquid has been squeezed out, either by pressing the bag against the side of your cup or mug with a spoon or by setting the bag in the spoon and wrapping the string around the bowl of the spoon and bag. If there isn't a saucer or plate, ask for one. Remove long handled spoons from iced tea or coffee before drinking.

- If coffee or tea slops into your saucer, ask for a new saucer. If this is inconvenient to do and paper napkins are available, use one to absorb the liquid on the saucer and let it set there as a sponge. This is more advantageous than dripping across the table or on yourself.

- A glass of red wine is held at the base of the bowl. A glass of white wine is held by the stem to preserve its chill.
- A brandy snifter is warmed by rolling the bowl between both hands and is then cupped in one hand. The warming brings out the bouquet aroma.
- If there are olives, onions, or cherries in your drink, you may remove them with your fingers. However, it is easier to wait until all liquid is drunken – then you can tip the glass back to allow the garnish to slip into your mouth.
- Never put a glass down on an unprotected surface in someone's house. Ask for a coaster.
- Never dunk anything into your drink.
- Don't ever blow on a hot drink to cool it. Stir quietly and/or wait until it cools.



Bread & Butter

Break bread into moderately-sized pieces, or use a long serrated bread knife to cut a piece. After using the master butter knife to place butter on your bread plate, use your individual butter knife to spread enough butter for a bite-sized piece.

Chicken

Chicken is never eaten with the fingers in a formal dining

situation. In an informal setting, you can eat the smaller pieces (wing, leg, joints) with fingers. Larger pieces, such as chicken breast, must be cut using a place or steak knife.

Crackers with Soup

Crackers for soup are to be transferred onto the bread & butter plate from the serving plate or bowl. For oyster crackers, drop several into the soup. Larger crackers are broken up into smaller pieces and scattered into the soup.

Crepes, Blintzes, and Tortillas

- A dessert crepe (crepe suzette or blini) is eaten with a fork and spoon. Cutting and eating are done with the spoon; stabilizing with the fork.
- The blintze, a thin pancake rolled around a cheese or fruit filling, is eaten with a knife and fork. It is often accompanied by sour cream, a dallop of which can be placed on each pievce. Never dip a piece of blintze into the sour cream.
- The Chinese crepe may be filled with a mixture of meat (pork is typical), sauce, and lettuce. It is rolled and eaten from the hand.
- Hot tortillas may be folded in quarters and buttered. Another option: hold one flat in your hand or on a plate, put some beans or other mixture in the center and roll it like a cigar.



Fish

If a sauce is served separately, use a small sauce ladle to place it on top of your serving and return to the sauce dish. When provided, use the lemon fork to spear a piece of lemon before squeezing it over the fish.

Fondue

For cheese fondue, spear a piece of bread on a fondue fork and dip it into the pot of hot cheese. Coat it and remove it from the cheese, but hold it over the pot for a few seconds to drip and cool – then eat. Try not to touch the fork with your lips or tongue, because it goes back into the pot.

French Fried Potatoes

When served French fries at a formal dinner, they should be eaten with a fork. Texas size, or large fries, should be cut into bite size pieces. In an informal setting, they are considered a finger food.

Ice Cream

Ice cream is eaten with a small spoon. When it is served with cake or pie, or as part of a dish (Baked Alaska, for example), it is eaten with a dessert fork and a spoon.

Lobster

Before lobster is served, it is cracked at all points with the tail split in half. Use a cocktail fork to remove the meat and dip it into melted butter. If your lobster is served cold, it may be served with mayonnaise. Eat the tail meat by pulling out one piece at a time. If you pull out a particularly large piece, cut it with your dinner knife or fork before dipping. Place the empty shell pieces onto a separate waste bowl or plate.



Melon

The cut of a melon determines the way it should be eaten. If it is served cut in half or in a large wedge, use a melon spoon. It can be eaten with either a spoon or a knife and fork depending on the size of the wedge. Watermelon is usually served in a wedge and can be eaten with a knife and a fork. Extract the seeds with the fork. Melons can be

considered a finger food in an informal setting.

Oysters

Use an oyster server or large tablespoon to serve oysters. Oysters on the half-shell are usually served on ice with a small dish of cocktail sauce. Use your cocktail fork to spear the oyster and dip

it into the cocktail sauce. Eat the oyster in one bite. At an informal setting, it is acceptable to pick up the shell with your fingers and suck the oyster right off the shell.

Pastry

- Usually, a fruit tart is eaten with a fork. But if you are offered one along with both a fork and a dessert spoon, secure the tart with the fork and cut with the spoon – then eat it with the spoon.
- Pie is eaten with a fork unless its served a-la mode, in which case both a fork and spoon are used.
- If you are offered a creamy pastry, such as a napoleon or cream puff, it's advisable to use a fork rather than your hand, in order to keep the filing from oozing out the other end.

Pizza



A pie shaped wedge of pizza is held with your fingers with the sides curled up to avoid losing the topping. If the slice is large, you may eat it with a knife and fork.

Poached Pears

Eat with a spoon and fork. The fork holds the pear down against the dish, and the spoon is used to cut the fruit into small edible pieces. The fork can also be used to rotate the fruit around to get all of the flesh. If only a spoon is provided, use your hand to rotate the dish. Leave the core in the dish and the

spoon out of the wine or syrup.

Potatoes

Use a baked potato fork to serve a baked potato onto your plate. Cut the potato in half and add seasonings to taste. If you are served mashed potatoes and gravy is being passed, use the gravy ladle provided to top the potatoes.

Salad

There are normally at least two forks at each place setting on the left side of the plate. In America, the salad is usually served as a first course so the small salad fork is on the outside and is used first. If you are served large pieces or a whole wedge of lettuce, cut one bite at a time using the knife provided. If salad is the main

course, such as at a luncheon, use the entree fork. If the salad is served prior to the main course or after, use the smaller salad fork.

Shish Kabob

Holding the shish kabob in one hand, use the dinner fork to remove the pieces with the other. After all the food is transferred from the stick to your plate, place it on the side of the plate. Eat the meat and vegetables, using the dinner fork and knife.

Shrimp Cocktail

Small shrimp cocktail can be dipped into the cocktail sauce using the cocktail fork. If the shrimp are large, they must be placed onto the plate and cut with the fork provided before dipping them into the sauce. Use the condiment ladle to transfer cocktail sauce to your plate.



Soups

When you are served soup in a cup with one or two handles, it is acceptable to pick it up and drink the soup. When served soup in a bowl, always use a soup spoon, which you push away from you to fill it. Do not pick the bowl up to drink the soup and never make slurping sounds while eating. When you are finished with the

soup, place the soup spoon on the side of the plate. At a formal dinner, this notifies the server that you are ready for the next course.

Spaghetti

It may look difficult, but it is easy to eat spaghetti with a fork and place spoon. The place spoon serves as a base of operation. Place a forkful of spaghetti strands, not too much, into the bowl of the place spoon. Then twirl it around until the strands are firmly wrapped around the fork in a bite-size portion.



What to do with....

Chopsticks

Pick up one chopstick as you would a pencil, in the middle of the chopstick, holding it between the base of your thumb and your index finger, using your third and fourth fingers for support. This leaves your index finger free. Place the second chopstick parallel to the first, holding it firmly between the thumb and index finger. The first chopstick remains stationary, while the second one is used as a lever.

Rather than lowering your head to the plate, lift the small bowls of rice to just below your mouth for eating. Place the chopsticks across your bowl or plate between bites or at the end of the meal. Some Japanese restaurants provide a small ceramic piece on which to rest your chopsticks.

Don't be embarrassed to ask for help, and if you are more comfortable using a fork, ask for one.

Napkins

A large dinner napkin is placed on the lap folded in half. If it is a luncheon-sized napkin, open it all the way. If you leave the table during a meal (or when you do so at its conclusion), put your napkin on the chair.

Paper Wrappers

In case you have wondered, what you should really do with those little pieces of paper, remember this: sugar wrappers can be tucked under your saucer or next to your plate, lying flat. Leave butter wrappers or jelly containers on your butter plate.

Information Compiled from:
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