Food lover Maria Nguyen believes gastronomy is a form of high art, and she’s made it her mission to share beautiful plates of food. As editor-in-chief of digital magazine The Art of Plating, she charts trends in culinary presentation. Thanks to her, chefs and foodies can use #theartofplating on Instagram to show off their most outlandish work. theartofplating.com

Clockwise from top left: oyster cocktail with salmon roe · crab, apple and sorrel · mackerel, beets, haddock liver and sesame · fava beans, almonds, pickled mustard seeds, sour milk and dill oil