



The Art of Plating

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