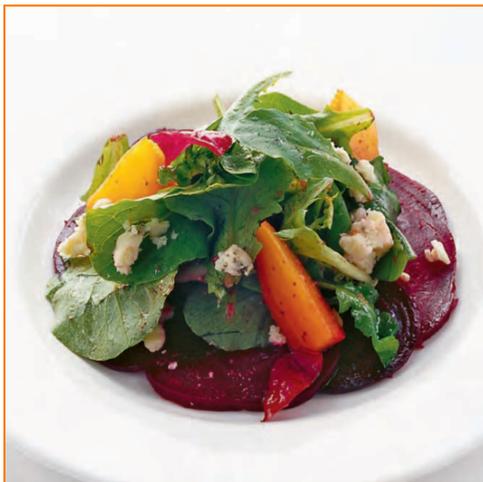


Salads: page (673)

Basic Food Production

Salads:



Salads:

- Freshness and variety of ingredients are essential for high-quality salads
- Easy to prepare in advance and refrigerate
- Healthy option for the modern day health conscious consumer

Types of Salads:

- **Appetizer**
 - should stimulate the appetite. Served whilst the main food is being prepared. Generally is a small portion
- **Accompaniment**
 - be served with the main course. They serve the same function as other side dishes. Must balance and harmonize with the rest of the meal. Light and flavorful
- **Main course**
 - Cold salad plates have become popular on luncheon menus, especially among nutrition and diet-conscious diners. Should be large enough to serve as a full meal and should contain a substantial portion of protein

Types of Salads cont.

- **Separate course**
 - Many fine restaurants serve a refreshing, light salad after the main course. Must be very light and in no way filling.
- **Dessert Salad**
 - Usually sweet and may contain items such as fruits, nuts, and cream



Salad Greens

- Iceberg lettuce Dandelion greens
- Romaine lettuce Watercress
- Boston lettuce Arugula
- Bibb or limestone lettuce Radicchio
- Loose-leaf lettuce
- Chicory or curly endive Mâche
- Frisée Microgreens
- Belgian endive Sprouts
- Chinese cabbage or Edible flowers
- Celery cabbage
- Spinach



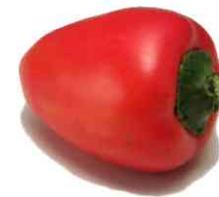
Raw Vegetables:

- Avocado
- Cucumbers
- Bean sprouts
- Jerusalem artichokes
- Broccoli
- Kohlrabi
- Cabbage, white, green, and red
- Mushrooms
- Carrots, Onions & Scallions
- Cauliflower
- Peppers, red, green, and yellow
- Celery Radishes
- Celeriac (celery root)
- Tomatoes



Vegetables: Cooked, Pickled & Canned

- Artichoke hearts
- Asparagus
- Leeks
- Beans (all kinds)
- Olives
- Beets
- Peas
- Carrots
- Peppers, roasted and pickled
- Cauliflower
- Pimientos
- Corn Potatoes
- Cucumber pickles (dill, sweet, etc.)
- Water chestnuts



Starches:

- Dried beans (cooked or canned)



- Grains



- Potatoes

- Bread (croutons)



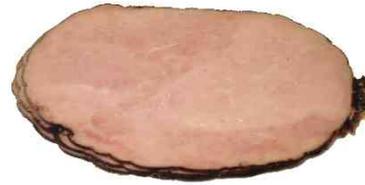
FRUITS: Fresh, Cooked, Canned or Frozen

- Apples, Melons
- Apricots, Nectarines
- Bananas, Oranges
- Berries, Papayas
- Cherries, Peaches
- Coconut, Pears
- Dates, Persimmons
- Figs, Pineapple
- Grapefruit, Plums
- Grapes, Prunes
- Kiwi fruit, Pomegranates
- Kumquats, Prickly pear
- Mandarin oranges & tangerines,
- Raisins
- Mangoes



Protein foods:

- Meats (beef,ham)
- Bacon
- Poultry (chicken,turkey)
- Eggs,hard-cooked
- Fish & Shellfish (Tuna, Crab, etc.)
- Shrimp, Lobster, Salmon,
- Cheese,aged or cured types
- Sardines, Anchovies, Herring
- any fresh cooked fish
- Salami, Prosciutto, Luncheon meats,etc.



Salad Structure:

1. Base/Underliner

The bottom layer. Cup-shaped leaves of iceberg or Boston lettuce make attractive bases.

2. Body

main part of the salad

3. Garnish

is an edible decorative item that is added to a salad to give eye appeal

4. Dressing

Dressing is a seasoned liquid or semi-liquid that is added to the body of the salad to give it added flavor, tartness, spiciness, and moistness.



Guidelines for arranging Salads

- Keep the salad off the rim (edge) of the plate
- Balance colours
- Arrange ingredients to add height
- Cut ingredients neatly
- Make every ingredient visible
- Keep salads simple

Salad Dressing Types

- **Oil and vinegar**
 - *Corn oil, Soybean oil, Peanut oil, Olive oil*
 - *Balsamic vinegar, Wine vinegar, rice vinegar*
- **Mayonnaise-based**
 - *Mayonnaise-based dressings are generally thick and creamy. Usually contain egg and seasoning.*
- **Cooked**
 - *Usually only contains a little oil*

