

Salads

Guide to Good Food : Chapter 22 pages 357-360.

Salad - a combination of raw and/or cooked ingredients, usually served cold with a dressing.

Kinds of Salads:

- Protein salads - usually served as a main dish (2 types)
 - Protein food cut up into small pieces and mixed with a dressing (chicken ham crab and egg)
 - Protein food cut into strips or slices and arranged on plate with cold vegetables or fruit (chef's salad)
- Pasta Salads - served as an accompaniment
 - Usually contain cooked pasta, vegetables and a dressing. May contain a protein
 - Toss the ingredients together with the dressing several hours prior to serving to allow the flavors to blend.
- Vegetable salads - served as an accompaniment or appetizer
 - Meant to stimulate the appetite
 - Salad greens, raw vegetables or cold cooked vegetables
 - Tossed salad, coleslaw and three bean salad
- Fruit salad - served as accompaniment or dessert
 - Arrange fruit on plate and add cottage cheese for a main meal
 - May use fresh, canned or frozen fruit
- Gelatin salads - served as an accompaniment or dessert
 - May contain fruit, vegetables, protein foods or a combination of all three.
 - Ingredients are suspended in a flavored liquid thicken with gelatin.
 - Do not use fresh pineapple, kiwi or papayas in a gelatin salad. They contain enzymes that will prevent the gelatin from setting.

Parts of a salad:

- Base - foundation upon which you place the salad ingredients
 - Provides contrast in color with the body of the salad
 - Often use salad greens (keeps serving dish from looking bare)
- Body - Main part of the salad
 - Type of salad determines the body of the salad.
- Dressing - a sauce served on or with a salad
 - Adds flavor and sometimes serves as a garnish.
 - Avoid too much dressing
- Garnish - optional
 - Main purpose is to add eye appeal
 - Should be simple and complement the other ingredients.

Preparing Salad Greens:

- Must be treated carefully to preserve texture and nutrients.
- Trim all bruised and inedible portions
- To remove the core from iceberg - strike the bottom of the head sharply against the counter and remove core with fingers.
- Wash green to remove all soil and pesticides
- Wrap greens loosely in plastic wrap or bag
- To prevent nutrient loss - do not clean too far in advance
- Never cut salad greens, but tear them. Cutting can cause bruising.

Preparing other ingredients:

- Wash all fruits and vegetables - Do not soak
- Drain canned fruits and vegetables before using
- Use ingredients as soon as possible to prevent nutrient loss.

Salad dressing:

- French - combination of oil, vinegar and seasonings. Will separate. Must be shaken before using (temporary emulsion)
- Mayonnaise - combination of vinegar, oil, seasoning and egg yolk. Uncooked. Does not separate (permanent emulsion)
- Cooked salad dressing - Looks like mayonnaise but is thickened with food starch. Also contains milk, acid ingredient and a small amount of oil. (permanent emulsion)

Notes:

- Treat apples, peaches, bananas and pears with lemon juice to prevent enzymatic browning
- Consider flavors, textures and color when you choose salad ingredients.
- Prepare as close to serving as possible
- Add dressing just before serving as not to wilt the salad
- Serve well chilled

Using 5 different cookbooks find the examples of the 5 different types of salads. List the information pertaining to each example in the proper columns.

<u>Type of Salad</u>	<u>Name of Recipe</u>	<u>Name of Cookbook</u>	<u>Page#</u>
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1. Protein

2. Vegetable

3. Fruit

4. Pasta

5. Gelatin