

# Salads

**Unit:** Preparing Foods

**Problem Area:** Gardé Mangér

**Lesson:** Salads

- **Student Learning Objectives.** Instruction in this lesson should result in students achieving the following objectives:

- 1 Distinguish between flavors and shapes of salad greens.**
- 2 Identify the elements of a formally presented salad.**
- 3 Categorize salads.**

- **Resources.** The following resources may be useful in teaching this lesson:

Geary, George. *350 Best Salads and Dressings*. Robert Rose, 2010.

Gisslen, Wayne. *Professional Cooking*, 7th ed. Wiley, 2010.

Labensky, Sarah R., Priscilla R. Martel, and Alan M. Hause. *On Cooking: A Textbook of Culinary Fundamentals*, 5th ed. Prentice Hall, 2011.

McGreal, Michael J. *Culinary Arts: Principles and Applications*, 2nd ed. American Technical, 2012.

*TheSaladSite.com*. Accessed Aug. 17, 2012.

<http://salad.gourmetrecipe.com/types-of-salads>.

“Salad Types,” *Buzzle*. Accessed Aug. 17, 2012. <http://www.buzzle.com/articles/salad-types.html>.



## ■ **Equipment, Tools, Supplies, and Facilities**

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials

## ■ **Key Terms.** The following terms are presented in this lesson (shown in bold italics):

- ▶ accompaniment salads
- ▶ antipasto salad
- ▶ appetizer salads
- ▶ base
- ▶ body
- ▶ bound salads
- ▶ Caesar salad
- ▶ ceviche
- ▶ combination salads
- ▶ composed salads
- ▶ cooked salads
- ▶ dessert salads
- ▶ dressing
- ▶ formally presented salad
- ▶ garnish
- ▶ intermezzo salad
- ▶ main course salads
- ▶ mesclun
- ▶ palate
- ▶ salad
- ▶ sorbet
- ▶ vegetable salads
- ▶ vinaigrette
- ▶ Waldorf salad

## ■ **Interest Approach.** Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. Two possible approaches are included here.

**Approach #1:** *In a lab setting, prepare a salad: slices of fresh mozzarella, sliced tomatoes, and fresh basil leaves on a plate. The three elements could be*

stacked or alternated and then dressed with a drizzle of olive oil. When completed, ask students two questions: “Is the salad complete as presented?” “What type of salad is mozzarella, tomato, and basil considered to be?” The answers are: “No, the salad is not complete as presented. It needs a base and a garnish.” “The likely category is an appetizer salad (though it may fit into other categories).”

**Approach #2:** In a classroom environment, a similar approach could be taken by simply showing students images of different salads: coleslaw in a dish, gelatin salad in a bowl, tuna salad in a tomato, etc. Depending on the photos, the answers to whether or not the salad is complete may vary, but the discussion of the types of salads the students are viewing will open the topic that comprises the bulk of the lesson. Students may look at a gelatin salad and respond that the type of salad is “gelatin.” They may not, however, see it as a dessert salad.

## CONTENT SUMMARY AND TEACHING STRATEGIES

**Objective 1:** Distinguish between flavors and shapes of salad greens.

**Anticipated Problem:** What are some of the various flavors and shapes of salad greens?

I. Flavors and shapes of salad greens

A. A **salad** (in French: “salade”) is any cold dish assembled from meat, poultry, fish, dairy, fruit, or vegetable ingredients and served individually plated or in a buffet service, usually with some type of dressing. Generally, salads are considered wholesome and are packed with vitamins and minerals. The salad course is usually designed to complement the main dish. The artistry of the chef is often on display when a formally presented salad is on the menu. According to the *Professional Chef*, the basic principles of a good salad are:

1. Fresh, quality ingredients
2. Eye appeal, color contrast, and harmony
3. Simple assembly and garnish
4. Neat and within the rim of the plate (for an individual salad)
5. Appropriate ingredient combinations (e.g., onions and sour cream, not oranges and coconut, with tuna)
6. Identifiable food (e.g., carrots and mushrooms)

7. Served properly chilled on chilled plates but not ice cold; served warm/hot when appropriate (e.g., steak salad)
8. Flavorful, but not overly seasoned
9. Clean and crisp greens (not soggy; properly drained of excess water)
10. Properly cooked, not overcooked, ingredients

#### B. Types of greens

1. Head lettuce (in French: “laitue”) includes iceberg, butterhead, buttercrunch, bibb (limestone), red tip, Boston, little gem, and escarole. Head lettuce is typically milder in flavor than leaf varieties.
2. Leaf or loose-leaf lettuce includes green, red, and oak leaf varieties; dandelion greens; spinach; sorrel; and arugula. Loose-leaf varieties are generally mild or mildly tart in flavor. For example, dandelion greens and sorrel are mildly tart and a bit sour.
3. Endive (chicory family) is usually bitter, with greenish-white leaves. Belgian endive looks like praying hands and is white in color. Other types are French, curly, frisée, and escarole.
4. Romaine (cos lettuce) is a type of deep green to white head lettuce with a sturdy leaf and a thick rib down the center. The rib is somewhat bitter, so it is often removed. Romaine is the classic lettuce choice for Caesar salads. There is also a type of red romaine. It is often paired with anchovies, chives, olive oil, Parmesan cheese, bleu cheese, and lemon.
5. Cresses (mustard family) have a spicy, peppery flavor. Types are watercress (in French: “cresson”), garden cress, curly cress, and upland cress. Watercress looks much like Italian parsley in shape.
6. Arugula (pronounced ah-ROO-h-gu-lah; also known as rocket) is Italian cress and has a peppery mustard flavor. It is technically an herb and is usually sold in bunches. The individual leaves are smooth, dark green and a bit spiky. They are similar to dandelion leaves.
7. Radicchio is Italian chicory and is commonly found as a red leaf variety. Radicchio rosso and Treviso radicchio are common types. The Treviso variety has an elongated leaf. Radicchio may be grilled and pairs well with balsamic vinegar, cheese, garlic, pancetta, and butter.
8. Cabbage for salads includes green and red heads, collards, kohlrabi, kale (long, ruffled leaves), broccoli, Brussels sprouts, Chinese celery (crinkly and mild leaves), Napa, Savoy, and bok choy. All are generally mild in flavor.
9. Celery leaves have a mild peppery flavor. The most common variety is Pascal; another common variety is golden celery. Celery leaves are a wonderful garnish and pair well with walnuts, almonds, bleu cheese, dill, fennel, and parsley.
10. **Mesclun** (French for mixture) is a mix of young leafy salad greens, including arugula, bibb, dandelion, radicchio, and parsley. It is sometimes called spring mix or baby greens.
11. Herbs are flavorful plants used to season food. Common herbs used with salads and salad dressings are basil, chervil, cilantro, dill, fennel, mint, parsley, sage, tarragon, chives, oregano, rosemary, savory, and thyme.

12. Edible flowers are used in salads for flavor, color, and texture. Edible flowers used in salads include lavender, mustard, nasturtium, rose, scented geranium, sweet woodruff, and violets.
- C. Basic preparation for greens
1. It is essential to purchase crisp leaves with no brown spots and to use the greens as soon as possible after purchase. If the greens must be stored, it is important to remove any wilted or bruised leaves and to store the greens in a refrigerator.
  2. Wilted greens can be revived by soaking them in ice-cold water for about three minutes.
  3. It is best to allow about one cup of broken greens per serving.
  4. It is necessary to wash and dry greens thoroughly, as oil-based dressings will not cling to wet greens. Loose-leaf greens, spinach, and romaine can be sandy and should be washed carefully and then dried.
  5. It is important to break or tear greens rather than cutting them because cutting causes some greens to turn a rusty color at each cut. Also, torn greens are more attractive.
  6. Greens should be tossed with dressing immediately before serving to prevent wilting. Salads should be served cool, not ice cold.

**Teaching Strategy:** Use VM–A and VM–B. Have the class help you add more types of greens to those listed on the visual masters. Assemble an assortment of greens for students to view as you review the flavors. Then have the students draw the shape of each green in a notebook to use as a reference. Use VM–C and VM–D to review.

**Objective 2:** Identify the elements of a formally presented salad.

**Anticipated Problem:** What are the elements of a formally presented salad?

II. Elements of a formally presented salad

- A. A **formally presented salad** is a planned and thoughtful display in a manner that adheres to several specific elements and guidelines. In French cuisine, the salad is typically served as a separate course and is usually a green salad (“salade verte”). Formal salad presentation is typical in foodservice operations, but it is appropriate anywhere. Regardless of the category (type) of salad, formally presented salads have four basic elements:
1. The **base** is an edible platform on which the salad is displayed. It may, for example, be a large leaf of flowering kale, leaf lettuce (e.g., Boston, bibb, oak leaf, red leaf, romaine, or spinach), iceberg, Chinese cabbage, and/or an arrangement of several smaller leaves (e.g., Italian parsley, celery, basil, and arugula) arranged as a platform base.

2. The **body** is the main ingredients (the bulk) of the salad and is often the namesake. It could be, for instance, a tossed green salad, a scoop of tuna or potato salad, or a serving of coleslaw.
  3. **Dressing** is a savory liquid or emulsion for salads and should complement the body. Dressing typically comes in two types: thin vinaigrette or French style and creamy mayonnaise. Dressing adds flavor and moisture, binds ingredients, and/or gives the salad its characteristic flavor. Depending on the salad type, the dressing may be an integral part of the body (e.g., mayonnaise or crème fraîche), may be added just prior to serving, or may be served on the side. Virtually all salads include some type of flavorful dressing.
    - a. Heavy and/or creamy dressings (e.g., bleu cheese and Thousand Island) typically have a mayonnaise base. They are best suited to accompany heavier, crisper greens (e.g., iceberg and romaine).
    - b. Light dressings are a mixture of oil and vinegar with compatible herbs and spices. They are better suited to more delicate lettuce greens (e.g., Boston, bibb, and escarole). The combination of oil and vinegar, onions, garlic, herbs, and spices as a prepared mixture is a **vinaigrette**. Vinaigrette dressings are lighter in texture and taste. In addition, these dressings are often tart and crisp.
  4. **Garnish** is an edible visual enhancement or embellishment to a salad or other food items; it creates visual appeal and provides contrast. A garnish is small in size, often bright in color, and should be simple and appropriate to the salad. For instance, a large mushroom cap filled with bleu cheese and crabmeat would be overblown and inappropriate as a garnish for a simple serving of pasta salad. A garnish of chopped parsley or perhaps diced red peppers or black olives would be a more prudent choice.
    - a. A garnish is placed on top of a salad and is centered or off-center.
    - b. A garnish is placed on the plate to the side of the salad.
    - c. A garnish is fully edible.
- B. Salad additions come in a wide range.
1. Croutons add texture, flavor, and crunch to a green salad. Croutons are rarely used with starchy salads (e.g., potato, egg, and pasta).
  2. Nuts and seeds (e.g., pine nuts, sunflower seeds, and roasted walnuts or pecans) add flavor and crunch.
  3. Tomatoes and other thinly sliced or shredded raw vegetables (e.g., carrots, cucumbers, onions, peppers, and mushrooms) add color, flavor, and texture. To prevent tomato juices from thinning a dressing, tomatoes can be served to the side. Another option is to use whole tomatoes (e.g., grape, cherry, and pear varieties).
  4. Garlic is a common salad seasoning. Rubbing a cut clove inside the salad bowl prior to tossing the greens or mashing a clove and placing it in the bottom of the salad bowl before adding the dressing adds dimension when tossed with greens.

5. Dried fruit (e.g., cranberries, blueberries, and cherries) adds tang, color, and sweetness.
6. Other additions, based on complementary flavoring with the main dish, are:
  - a. Avocados
  - b. Crisp, crumbled bacon
  - c. Bleu cheese crumbles and other cheeses
  - d. Sliced fruit (e.g., apple, pear, orange, and mango)
  - e. Olives (pitted)
  - f. Sprouts
  - g. Hard-cooked eggs
  - h. Garbanzo beans
  - i. Hearts of palm

**Teaching Strategy:** Use VM–E. Divide the class into small groups, and have them find restaurant websites with excellent photos of formally presented salads.

**Objective 3:** Categorize salads.

**Anticipated Problem:** What are the common salad categories?

### III. Salad categories

- A. Salad categories are flexible. All of the salads classified below easily fall into a common classification, but numerous salads cross into multiple classifications, depending on the chef’s purpose. Based on the situation and the chef’s purpose, salads may have multiple category labels. For example, potato salad may be classified as a bound salad, an accompaniment salad, and an appetizer salad (if served as part of a relish tray). Salads that fit into multiple categories are **combination salads**. Salad pairings are usually based upon the entrée. For instance, a heavy and hearty entrée (e.g., boeuf bourguignonne) is best paired with a tart green salad. Grilled meat is often paired with a tangy coleslaw or potato salad.
- B. **Appetizer salads** are edibles designed to whet the appetite. They are usually small in size and light in nature and are intended to complement the forthcoming meal.
  1. A tossed green salad is a typical American appetizer salad comprised primarily of lettuce varieties with appropriate vegetables, including green peppers, onions, cucumbers, and tomatoes. It may include croutons.
  2. Shrimp cocktail is comprised of boiled and chilled shrimp, cocktail sauce, and chopped vegetables (optional). Celery and green peppers are traditionally placed beneath the shrimp.
  3. **Antipasto salad** (pronounced ahn-tee-PAHS-toh; literally “before the pasta”) is a classic hot or cold Italian appetizer salad that offers a wide variety of options for ingredients: thinly sliced cheese, thinly sliced smoked or cured

- meat and fish (e.g., ham, salami, and pepperoni; calamari, bass, and tuna), marinated vegetables, onions, greens, and olives.
4. Relish trays are sometimes considered a type of starter (appetizer) salad and include small portions of a variety of salads, such as:
    - a. Bean salad
    - b. Beet salad
    - c. Pasta salad
    - d. Cottage cheese
    - e. Pickled vegetables (e.g., cucumbers, beets, and baby corn)
    - f. Carrot sticks, celery ribs, and radishes
  5. **Ceviche** is a Latin American or South American appetizer salad of fish and/or shellfish marinated (and cooked) in an acidic liquid, such as lime or lemon juice and spices. The acid in the citrus coagulates the protein in the fish and cooks it. The dish is usually finished (garnished) with tomatoes, onions, chilies, and cilantro. Typical items used in ceviche are red snapper, sea bass, halibut, mahi-mahi, tilapia, shrimp, lobster, and scallops.
- C. **Accompaniment salads** are items served as a side for a sandwich or other main dish or entrée. There are no steadfast rules about the variety of accompaniment salad types, so the possibilities are endless. They simply need to be an element of the main meal. Some people may call these “side salads,” but side salads should not be confused with a tossed green dinner salad.
1. **Vegetable salads** are items comprised of single or mixed vegetables, commonly prepared as hot vegetables and served with an entrée. For example, broccoli or cauliflower florets could be blanched or steamed briefly, cooled, mixed with other ingredients (e.g., seeds and raisins), and enrobed with a light dressing or vinaigrette to be served as a salad. Beets, carrots, and artichokes are often prepared in this manner as accompaniment salads. Other vegetable salads are:
    - a. Coleslaw
    - b. Potato salad
    - c. Pasta salad
    - d. Numerous vegetable salads
  2. Accompaniment salads can be hot or cold. German potato salad is a good example of a hot salad.
  3. Legume salads are common accompaniments, including:
    - a. Lentil
    - b. Kidney bean
    - c. Three-bean
    - d. Chickpea (garbanzo bean)
- D. **Bound salads** are any salad ingredients mixed with a heavy creamy dressing, such as mayonnaise or crème fraîche, to bind the ingredients. Some examples are:
1. Potato salad



2. Pasta salad
  3. Egg salad
  4. Creamy coleslaw
- E. **Main course salads** are entrée salads; these salads are considered meals. To qualify as main course salads, they typically contain a serving of protein (e.g., chicken, fish, steak, egg, or cheese).
1. Julienne salads (chef salads) include tossed greens, tomatoes, cucumbers, and other vegetables in addition to julienne slices of turkey, ham, and cheese. These salads are often topped with chopped or sliced hard-cooked eggs, croutons, and dressing.
  2. Spinach salads contain fresh baby spinach, mushrooms, hard-cooked eggs, onions, and traditional hot bacon dressing.
  3. **Caesar salad** is a salad with romaine lettuce, grilled chicken breast or slices of steak, croutons, anchovies, Caesar dressing (olive oil, lemon juice, raw or coddled egg, and sometimes Worcestershire sauce), and freshly grated or sliced Pecorino Romano cheese.
  4. Lobster, shrimp, and salmon salads may be served hot or cold and are usually created in a composed format.
  5. Steak salad is served hot or cold; hot grilled (and/or grilled and chilled) steak sits atop a green arugula salad made of bite-size pieces of romaine and Belgian endive, red onion, and cherry tomatoes tossed with a red wine vinaigrette. A sprinkling of freshly ground salt and pepper and a good Gorgonzola cheese complete the salad.
- F. **Intermezzo salad** is a separate course salad or a light course that separates heavier courses in the meal. The purpose of an intermezzo salad is to cleanse the palate of heavy flavors, thereby cleansing it for the next course. It is a common fixture of elaborate multi-course meals (more typical of formal European fare). The **palate** is the tongue and mouth, which may become coated with fat (butter or oil) from the previous course. The intermezzo salad is designed to include an acid, a wine, or an element of citrus to “cut through” any heavy coating in the mouth and to clean and prepare it for the next course.
1. **Sorbet** is a small portion of smooth tart ice, typically in a citrus flavor, served with sugared grapes. Sorbet is a common intermezzo salad.
  2. A small green salad of bitter or spicy lettuce (e.g., curly endive or arugula) dressed with a light vinaigrette dressing is a popular intermezzo salad.
- G. **Dessert salads** are salads made with gelatins, whipped toppings, and fruits that are intended to be a light and refreshing end to a meal with a heavy main course. Dessert salads can be as simple as a serving of fresh mixed fruit. **Waldorf salad** is a sweetened dessert salad (sometimes used as an accompaniment salad) typically made of apples, raisins, marshmallows, oranges, nuts, and coconut as well as a sweet yogurt or mayonnaise dressing to bind it. (Those bound with mayonnaise would not be considered dessert salads).
- H. **Composed salads** are salads assembled in a preconceived physical arrangement on a plate or in a bowl. They have no real guidelines for appropriate ingredients.

The assembly is specifically laid out and is completed with care in terms of element placement with regard to all of the ingredients. Composed salads tend to be more common in high-end restaurants where presentation is a key component of the dining experience.

1. **Groupings**—A chef may tie five spears of blanched asparagus together with a thin strip of blanched red pepper and place it off center on a plate. Then the chef may tie hearts of palm together with a thin strip of blanched leek placed on the opposite side of the plate. In the middle of the plate may be a dollop of mango chutney. The vegetables may be drizzled with truffle oil.
  2. **Chef salads**—Chain restaurants often have extremely specific rules for arranging their version of a chef salad. The intent is to create an identical salad arrangement each time the salad is ordered.
- I. **Cooked salads** are salads in which the main ingredient is cooked prior to salad assembly. Examples are egg, tuna, chicken salad, pasta, potato, lobster, shrimp, steak, and salmon.

**Teaching Strategy:** Use VM–F and VM–G in a discussion. Assign LS–A.

■ **Review/Summary.** Use the student learning objectives to summarize the lesson. Questions at the ends of chapters in the textbook may be used in the Review/Summary.

■ **Application.** Use the included visual master(s) and lab sheet(s) to apply the information presented in the lesson.

■ **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

## ■ Answers to Sample Test:

### Part One: Multiple Choice

1. c
2. b
3. c
4. a
5. d
6. a

### Part Two: True/False

1. T
2. T
3. F
4. F

5. F
6. T

### **Part Three: Completion**

1. combination
2. vegetable
3. appetizer
4. composed
5. base
6. head
7. leaf or loose-leaf

# Salads

## ► Part One: Multiple Choice

**Instructions:** Circle the letter of the correct answer.

1. Which of these statements is true?
  - a. A tossed green salad is an example of a composed salad.
  - b. Mayonnaise-based dressings are a good choice for delicate lettuces.
  - c. A salad can fit multiple salad classifications.
  - d. Antipasto salad is Greek in origin.
  
2. The purpose of an intermezzo salad is to \_\_\_\_\_.
  - a. enrich the dining experience
  - b. cleanse the palate before the next course
  - c. complete the meal with something sweet
  - d. begin the meal with a light salad to whet the appetite
  
3. The four primary elements of a salad do not include \_\_\_\_\_.
  - a. a body
  - b. a garnish
  - c. herbs
  - d. a base
  
4. An example of a cooked salad is a \_\_\_\_\_.
  - a. pasta salad
  - b. Caesar salad
  - c. julienne salad
  - d. fruit salad
  
5. An appropriate garnish for a tossed green salad includes all of the following except \_\_\_\_\_.
  - a. freshly grated cheese
  - b. a wedge of tomato
  - c. a decoratively cut radish
  - d. slices of grilled chicken

6. Any cold dish assembled from meat, poultry, fish, dairy, fruit, or vegetable ingredients that is served individually plated or in a buffet service and usually with some type of dressing is a/an \_\_\_\_\_.
- salad
  - appetizer
  - main dish
  - dessert

### ► Part Two: True/False

**Instructions:** Write *T* for true or *F* for false.

- \_\_\_\_ 1. A vinaigrette is a proper dressing for delicate, tender greens.
- \_\_\_\_ 2. An example of a bound salad is potato salad dressed with mayonnaise.
- \_\_\_\_ 3. An example of a cooked salad is a julienne salad made with greens, hard-cooked egg, cucumber, tomato, sliced cheese, ham, and roast beef.
- \_\_\_\_ 4. Fruit salads are often part of a dessert salad. It would be inappropriate to include fruit in other salad types.
- \_\_\_\_ 5. Chicken salad is typically an accompaniment salad.
- \_\_\_\_ 6. Ceviche is an appetizer salad of fish and/or shellfish marinated (cooked) in an acidic liquid, such as lime or lemon juice, and spices.

### ► Part Three: Completion

**Instructions:** Provide the word or words to complete the following statements.

- A salad that fits multiple classifications is a/an \_\_\_\_\_ salad.
- A fresh broccoli and carrot salad is considered a/an \_\_\_\_\_ salad.
- A shrimp cocktail is an example of a/an \_\_\_\_\_ salad.
- A combination of ingredients in a salad that are carefully assembled for a specific appearance would be a/an \_\_\_\_\_ salad.
- A large leaf of lettuce often serves as the \_\_\_\_\_ for the presentation of the salad's main ingredients.
- Iceberg, butterhead, buttercrunch, bibb (limestone), red tip, Boston, little gem, and escarole are considered \_\_\_\_\_ lettuce.
- Green, red, oak leaf, dandelion greens, spinach, sorrel, and arugula are considered \_\_\_\_\_ lettuce.

# FLAVORS OF SALAD GREENS: MILD AND MILDLY TART

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## Mild

- ◆ Celery leaves
- ◆ Butterhead lettuces
- ◆ Crisp head lettuces
- ◆ Loose-leaf lettuces
- ◆ Romaine
- ◆ Spinach

## Mildly Tart

- ◆ Escarole
- ◆ Frisée
- ◆ Belgian endive
- ◆ Dandelion greens
- ◆ Kale
- ◆ Watercress

# FLAVORS OF SALAD GREENS: TART AND CABBAGE

Mesclun is a spring mix of baby greens, including arugula, mustard, radicchio, spinach, and romaine.

## ◆ Tart

- Arugula
- Mustard greens
- Radicchio
- Turnip greens
- Curly cress
- Mesclun (spring mix)

## ◆ Cabbage

- Napa
- Bok choy
- Komatsuna (mustard spinach)
- Baby kale
- Savoy



Bok choy is a type of Chinese cabbage commonly used in salad preparations.





# HERBS

Common herbs used in salad preparation are chives, oregano, lemon balm, savory, dill, and peppermint. Herbs are used in conjunction with the salad preparation and/or as a garnish.



# BASIC GREEN SALAD PREPARATION TECHNIQUES

1. Purchase crisp leaves with no brown spots, and use the greens as soon as possible after purchase. If you must store greens, remove any wilted or bruised leaves and store the greens in a refrigerator.
2. Revive wilted greens by soaking them in ice-cold water for about three minutes.
3. Allow about one cup of broken greens per serving.
4. Wash and dry greens thoroughly, as oil-based dressings will not cling to wet greens. Loose-leaf greens, spinach, and romaine can be sandy and should be carefully washed and dried.
5. Break or tear greens rather than cutting, as cutting causes some greens to turn a rusty color at each cut. Also, torn greens are more attractive than cut greens.
6. Toss greens with dressing immediately before serving to prevent wilting. Salads are served cool, not ice cold.



# ELEMENTS OF A FORMALLY PRESENTED SALAD

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- ◆ The base of a salad could be one large or multiple smaller leaves of lettuce, kale, or other flat attractive elements.



- ◆ The body of the salad is the main ingredient—in this case pasta. Notice the attractive and complementary garnishes: red pepper and spinach.



- ◆ The dressing is either creamy or, as shown, a vinaigrette—based on oil and vinegar.
- ◆ The garnish on a salad should be small, edible, colorful, and appropriate to the salad. In this case, it is a sprig of mint. The tangy taste of the mint leaves complements this fruit salad in hollowed orange shells studded with whole cloves.



# SALAD CATEGORIES: BOUND, APPETIZER, INTERMEZZO, AND ACCOMPANIMENT

- ◆ Any salad “held together” with mayonnaise, sour cream, or crème fraîche is considered a bound salad. If the main ingredient is cooked, as in this spring egg salad with wild garlic shoots, it could also be considered a cooked salad.



- ◆ A small tossed salad is considered an appetizer salad, as is this lobster ceviche, which is seafood marinated in citrus, chilies, onions, and other spices and herbs.



◆ This lemon-basil sorbet is considered an intermezzo salad. It is small, tart, and light. A sorbet, or a series of sorbets, is commonly served when a dinner is long and/or very formal to cleanse the palate between courses.



◆ Coleslaw is a common accompaniment salad. Others are potato salad, black bean and corn, avocado and heirloom tomatoes, asparagus with shrimp, etc.



# SALAD CATEGORIES: MAIN COURSE, VEGETABLE, COMPOSED, DESSERT, AND COMBINATION

- ◆ A Caesar salad with grilled chicken is an example of a main course or entrée salad. These salads have a substantial amount of protein. Others are chef salad, cobb salad, tuna Nicoise, etc.



- ◆ This broccoli salad with chives and red pepper is a vegetable salad. Vegetable salads have a body composed primarily of vegetables and may be served hot, room temperature, or cold.



- ◆ An example of an arranged salad—one that is specifically assembled—is this Caprese salad of tomato, basil leaves, baby mozzarella, and balsamic vinegar with breadsticks.



- ◆ Dessert salads come in several forms: a simple serving of fresh fruit, a gelatin salad, or a sweet Waldorf. This Waldorf salad includes apples, walnuts, baby spinach, yogurt, and cranberries.



- ◆ A salad of cooked beets, turnips, and carrots may be categorized as a vegetable salad, an accompaniment salad, and a cooked salad ... making it an example of a combination salad!



# Salads Crossword Puzzle

## Purpose

The purpose of this activity is to practice salad terminology.

## Objective

Identify proper salad terms through definition.

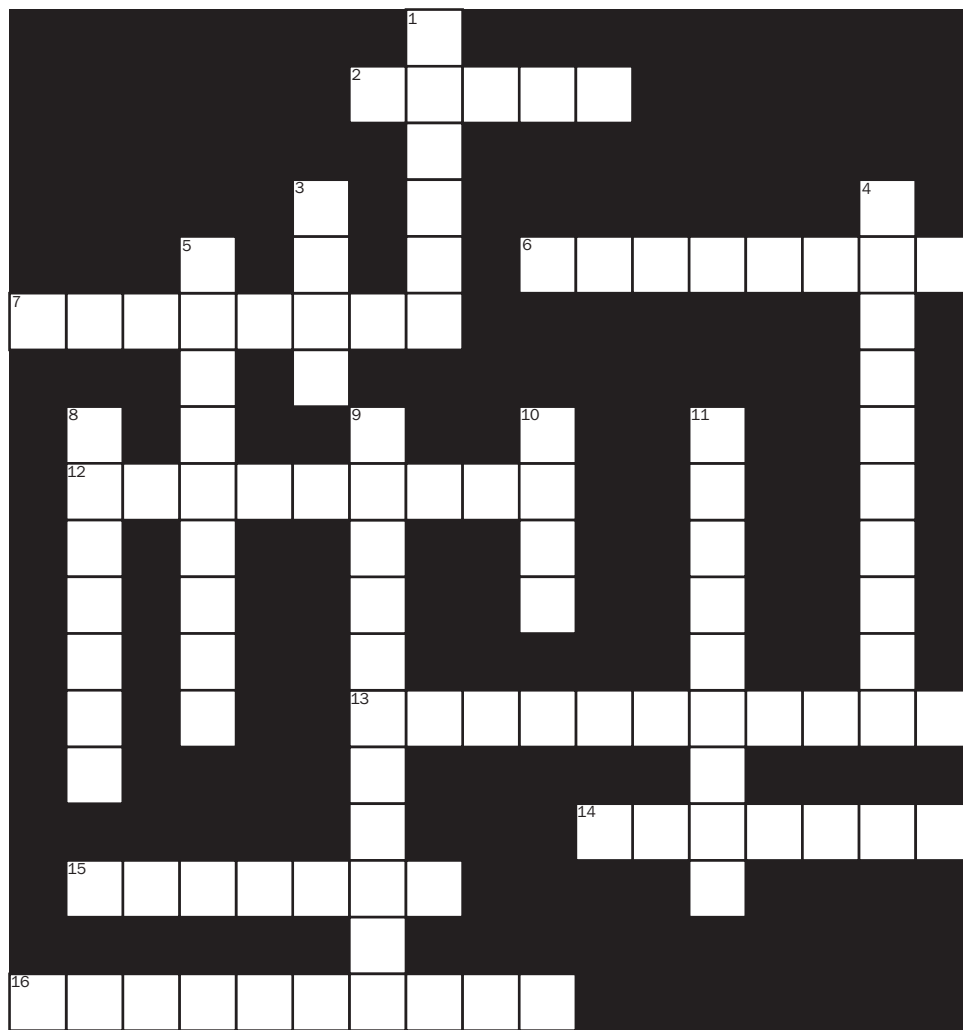
## Materials

- ◆ textbook
- ◆ cookbook
- ◆ reference books
- ◆ writing utensil

## Procedure

1. Complete the salad crossword puzzle by naming the elements and varieties of salads.
2. Turn in your completed lab sheet to your instructor.





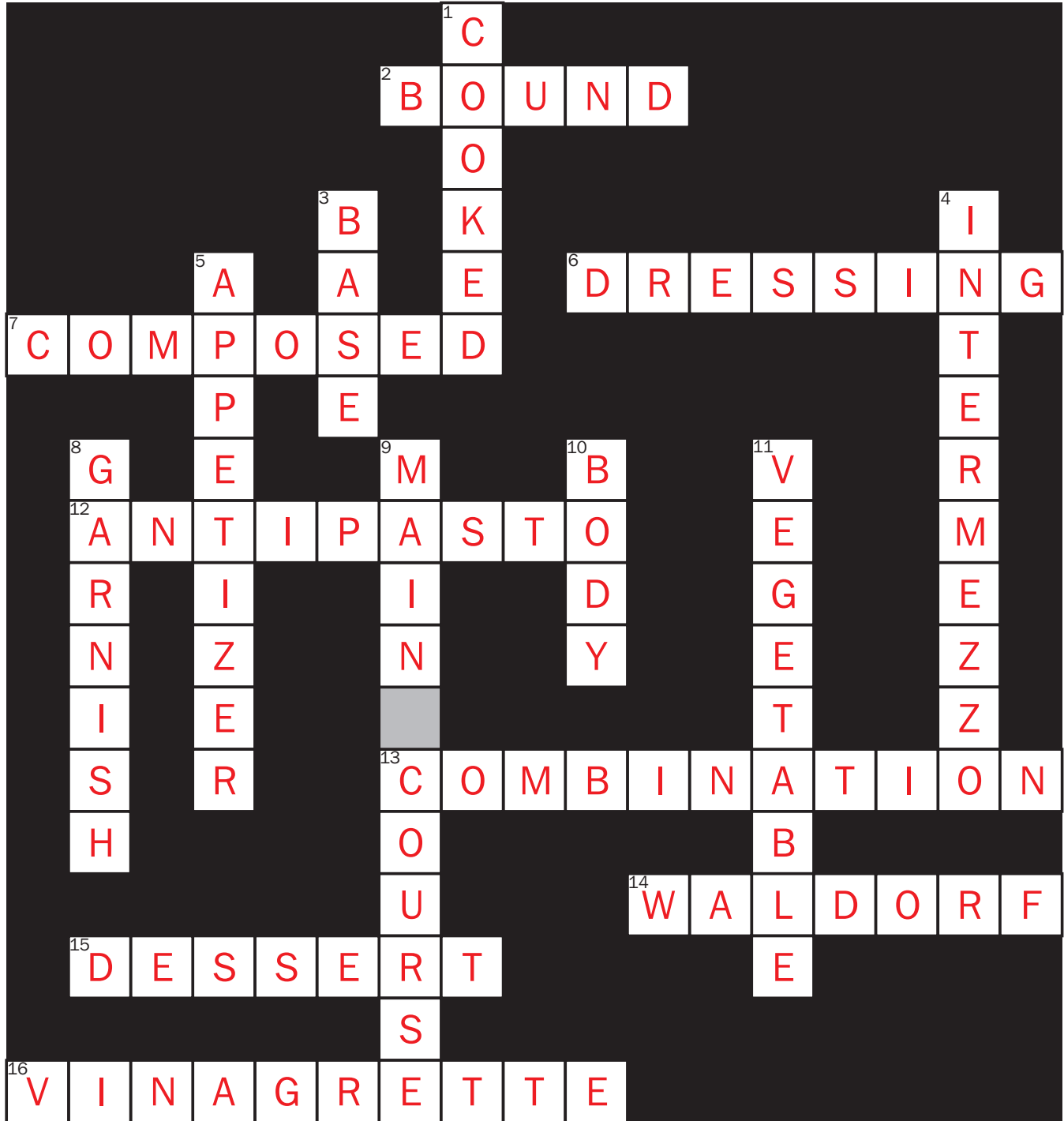
### ACROSS

- 2 Salads held together with mayonnaise
- 6 Heavy or light, it's the flavorful addition that adorns almost every salad...
- 7 This plate of food is carefully arranged
- 12 An Italian salad that includes greens, olives, and meats
- 13 A salad that crosses a number of different "types"
- 14 A sweet dressing holds various fruits and nuts together in this salad
- 15 Gelatin is a common example of this salad
- 16 A light salad dressing

### DOWN

- 1 Any salad where the main ingredient is heated before it's used in the salad.
- 3 It goes at the bottom of the salad
- 4 A small serving that's tart or acidic to cleanse the mouth between courses
- 5 A shrimp cocktail is a good example of this salad
- 8 An edible decoration on a salad
- 9 It's a meal in itself...
- 10 The main part of a salad
- 11 Salads made with produce meant more as part of dinner...

# Salads Crossword Puzzle





# Identify the Salad

## Purpose

This activity is designed to practice identification of salad type based on given information.

## Objective

Identify salad classification(s) based on provided information and needed research.

## Materials

- ◆ textbook
- ◆ cookbooks
- ◆ Internet access
- ◆ writing utensil

## Procedure

1. Work independently.
2. Classify each of the salads shown below. Place your answers in the space provided. You may use your textbook, cookbooks, and/or Internet websites to research and review recipes. Salads may have one or more classifications. Assess each salad carefully, and list as many classification types as you think fit the salad. Provide a brief note of your rationale for each classification (e.g., Main Course—This salad has at least one serving of protein).
  - a. Chicken Caesar salad (with romaine lettuce, onions, croutons, Caesar dressing, and slices of grilled chicken breast)
    - (1) Classification(s):
    - (2) Rationale:



- b. Kidney bean salad (with kidney beans, onions, green peppers, and mayonnaise)
  - (1) Classification(s):
  - (2) Rationale:
  
- c. Broccoli salad (with broccoli, raisins, sunflower seeds, oil, and vinegar)
  - (1) Classification(s):
  - (2) Rationale:
  
- d. Crab salad (with crabmeat, lemon juice, celery, and mayonnaise)
  - (1) Classification(s):
  - (2) Rationale:
  
- e. Egg salad (with hard-cooked eggs, onions, celery, relish, and mayonnaise)
  - (1) Classification(s):
  - (2) Rationale:
  
- f. Cobb salad (with iceberg lettuce, ham, bacon, avocado, tomato, bleu cheese, tomato, and chicken chunks)
  - (1) Classification(s):
  - (2) Rationale:
  
- g. Gelatin salad (with fruit gelatin, whipped cream, pineapple chunks, peaches, pears, cherries, and/or grapes)
  - (1) Classification(s):
  - (2) Rationale:
  
- h. Macaroni salad (with macaroni or other pasta, cheese, celery, and creamy ranch or mayonnaise dressing)
  - (1) Classification(s):
  - (2) Rationale:

- i. Artichoke salad (with artichoke hearts, garlic, onions, olive oil, and red wine vinegar)
    - (1) Classification(s):
    - (2) Rationale:
  
  - j. Greek salad (with lettuce, tomato, onion, kalamata olives, and feta cheese)
    - (1) Classification(s):
    - (2) Rationale:
3. Participate in a class discussion of salad classifications.
  4. Turn in your completed lab sheet to your instructor.

## **Identify the Salad**

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1. No rationale is shown for the salad identification, as recipes vary. Please use your professional judgment in reviewing the rationale and the salad categories. For example, the macaroni salad (2h) has a dairy ingredient, so some students may list main course as a category. It would depend on the recipe they chose whether or not a serving of protein is offered to the customer.
- 2a. Chicken Caesar salad = **Main course or entrée**
- 2b. Kidney bean salad = **Accompaniment, cooked, bound, appetizer, combination**
- 2c. Broccoli salad = **Vegetable, cooked, accompaniment, appetizer, combination**
- 2d. Crab salad = **Cooked, bound, main course or entrée, combination**
- 2e. Egg salad = **Cooked, bound, main course or entrée, combination**
- 2f. Cobb salad = **Main course or entrée**
- 2g. Gelatin fluff salad = **Dessert**
- 2h. Macaroni salad = **Cooked, accompaniment, bound, combination**
- 2i. Artichoke salad = **Cooked, appetizer, accompaniment, combination**
- 2j. Greek salad = **Appetizer**