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SALAD DRESSINGS AND SALADS

In the days before modern refrigeration, the pantry was the storeroom where food products were kept before being brought into the kitchen. Because this room was cooler than the kitchen, it was especially suited as a work area for the production of cold food, especially aspics, chaud-froids, and other elaborate buffet preparations. In kitchens around the world, this department is often referred to by its French name, *garde manger* (gard mawn zhay).

Today, the pantry is the department responsible for cold foods and related items. This does not mean that no cooking is done in the pantry. On the contrary, garde manger chefs must be masters of a wide range of cooking techniques. In addition, they must have artistic judgment as well as the patience and dexterity to perform a great many hand operations quickly and efficiently.

This chapter deals with two groups of items prepared in the pantry: salads and salad dressings.

AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO

1. Prepare basic salad dressings, including vinaigrettes and emulsified dressings.
2. Identify basic salad ingredients and judge their quality.
3. Prepare and arrange the common types of salads to achieve maximum eye appeal.
4. Prepare green salads, vegetable salads, bound salads, fruit salads, composed salads, and gelatin salads.



SALAD DRESSINGS

Salad dressings are liquids or semiliquids used to flavor salads. They are sometimes considered cold sauces, and they serve the same functions as sauces—that is, they flavor, moisten, and enrich.

Most of the basic salad dressings used today can be divided into three categories:

1. Oil and vinegar dressings (most unthickened dressings).
2. Mayonnaise-based dressings (most thickened dressings).
3. Cooked dressings (similar in appearance to mayonnaise dressings, but more tart and with little or no oil content).

A number of dressings have as their main ingredient such products as sour cream, yogurt, and fruit juices. Many of these are designed specifically for fruit salads or for low-calorie diets.

Most salad dressings are **emulsions**, either temporary or permanent. As background to the study of salad dressings, review the discussion of emulsions in Chapter 6 (p. 125).

INGREDIENTS

Because the flavors of most salad dressings are not modified by cooking, their quality depends directly on the quality of the ingredients.

Most salad dressings are made primarily of an oil and an acid, with other ingredients added to modify the flavor or texture.

Oils

Kinds

Corn oil is widely used in dressings. It has a light golden color and is nearly tasteless, except for a mild cornmeal-type flavor.

Cottonseed oil, **soybean oil**, **canola oil**, and **safflower oil** are bland, nearly tasteless oils. **Vegetable oil** or **salad oil** is a blend of oils and is popular because of its neutral flavor and relatively low cost.

Peanut oil has a mild but distinctive flavor and may be used in appropriate dressings. It is somewhat more expensive.

Olive oil has a distinctive, fruity flavor and aroma and a greenish color. The best olive oils are called **virgin** or **extra-virgin**, which means they are made from the first pressing of the olives. Because of its flavor, olive oil is not an all-purpose oil but may be used in specialty salads such as Caesar salad.

Walnut oil has a distinctive flavor and a high price. It is occasionally used in fine restaurants featuring specialty salads. Other nut and seed oils, such as **hazelnut oil** and **grapeseed oil**, are sometimes used.

Quality Factors

All-purpose oils for dressings should have a mild, sweet flavor. Strongly flavored oils can make excellent salad dressings but are not appropriate with every food.

Winterized oil should be used with dressings that are to be refrigerated. These oils have been treated so they remain a clear liquid when chilled.

Rancidity is a serious problem with oils because even a hint of a rancid flavor can ruin an entire batch of dressing. A thin film of oil, such as might be left on containers through careless washing, becomes rancid very quickly. Clean all dressing containers thoroughly, and never pour a fresh batch into a jar containing older dressing.

Vinegar

Kinds

Cider vinegar is made from apples. It is brown in color and has a slightly sweet apple taste.

White or **distilled vinegar** is distilled from grain alcohol and purified so that it has a neutral flavor.

Wine vinegar may be white or red, and it has, naturally, a winy flavor.

Flavored vinegars have had another product added to them, such as tarragon, garlic, or raspberries.

Sherry vinegar is made from sherry wine and, consequently, has the distinctive flavor of that wine.

Balsamic vinegar is a special wine vinegar aged in wooden barrels (see sidebar). It is dark brown in color and has a noticeably sweet taste.

Other specialty vinegars include malt vinegar, rice vinegar, and vinegars flavored with fruits.

Quality Factors

Vinegars should have a good, clean, sharp flavor for their type.

Strength of acidity determines the tartness of the vinegar—and of the dressing made from it. Most salad vinegars are about 5 percent acidity, but some range as high as 7 or 8 percent. Read the label for this information. Vinegar that is too strong should be diluted with a little water before it is measured for a recipe.

White vinegar is used when a completely neutral flavor is desired for a dressing. Other vinegars are used for their characteristic flavors. Wine vinegars are usually preferred for the best-quality oil-and-vinegar dressings.

Lemon Juice

Fresh lemon juice may be used in place of or in addition to vinegar in some preparations, when its flavor is desired.

Verjus

Verjus, also called **verjuice**, is the unfermented juice of unripe green grapes. It has a high acidity level, although not as high as vinegar. Like lemon juice, it can be used in place of vinegar in salad dressings.

Egg Yolk

Egg yolk is an essential ingredient in mayonnaise and other emulsified dressings. For safety, pasteurized eggs should be used (p. 776 and Appendix 5, p. XXX), and the finished product should be refrigerated to guard against spoilage.

Seasonings and Flavorings

Nearly any herb or spice can be used in salad dressings. Fresh herbs are preferable to dried herbs as flavorings, especially when the dressings are used for simple, light mixed green salads. Remember that dried herbs and spices need extra time to release their flavors if they are not heated in the product. This is why most dressings are best made at least two or three hours before serving. Review Chapter 6, pages 129–136, to refresh your memory on the use of herbs and spices.

Other ingredients added for flavoring include mustard, ketchup, Worcestershire sauce, and cheeses.

A note on blue cheese and **Roquefort cheese**: Many restaurants sell “Roquefort dressing” that is actually blue cheese dressing. Roquefort is a brand name for a special kind of blue cheese made in Roquefort, France. It is made of sheep’s milk, has a distinctive taste, and is expensive. Do not use the term **Roquefort** for blue cheese dressings unless you are actually using this brand of cheese.

BALSAMICO TRADIZIONALE (TRADITIONAL BALSAMIC VINEGAR)

True balsamic vinegar is made by small artisan producers, as distinguished from the industrial product found in most kitchens and supermarkets. It is made not from wine or wine vinegar but from grape juice, usually from white Trebbiano grapes, although four other grapes are permitted by Italian law. Balsamico tradizionale is aged in a series of small wooden barrels for at least 10 but as long as 50 years. The result is an intensely flavorful, thick, almost syrupy, dark brown liquid.

Because of the small production and the long aging, true balsamic vinegar is very expensive, the oldest bottlings being among the most expensive foods anywhere.

The familiar inexpensive balsamico vinegars most of us are familiar with are made in large quantities from wine vinegar and caramelized sugar, sometimes with the addition of a quantity of aged balsamico. The quality of inexpensive balsamic vinegars ranges from terrible to good. The better ones can be excellent salad ingredients. True balsamico tradizionale is too costly to be mixed with salad dressings. It is generally used by itself as a condiment, measured out in mere drops.



OIL-AND-VINEGAR DRESSINGS

Basic **vinaigrette**, the first recipe in this section, is a simple mixture of oil, vinegar, and seasonings. It can be used as is, but it is usually the base for other dressings, such as the variations that follow.

The ratio of oil to vinegar in a basic vinaigrette is 3 parts oil to 1 part vinegar. This is not a divine law, however, and the proportions may be changed to taste. Different acids (primarily vinegars and citrus juices) and different oils (such as some very flavorful olive oils) have varying effects on the balance of flavors. Taste the vinaigrette and adjust the ratio as necessary. In general, less oil makes the dressing more tart, while more oil makes it taste milder and oilier.

A very strong vinegar, more than 5 percent acid, may have to be diluted with water before being measured and added to the recipe.

For guidelines in the preparation of vinaigrettes, review the discussion of temporary emulsions on page 126. The emulsion in the basic vinaigrette recipe holds only a short time because the formula contains no stabilizers, with the minor exception of a little pepper. To make a good emulsion, mix some mustard with the vinegar, as in the first variation of the basic recipe.



Basic Vinaigrette



YIELD: 1 QT (1 L)

U.S.	METRIC	INGREDIENTS
1 cup	250 mL	Wine vinegar
1 tbsp	15 mL	Salt
1 tsp	5 mL	White pepper
3 cups	750 mL	Salad oil, olive oil, or part salad oil and part olive oil

PROCEDURE

1. Mix the vinegar, salt, and white pepper until the salt is dissolved.
2. Using a wire whip, a mixing machine, or a blender, begin adding the oil a few drops at a time. Gradually increase the oil to a thin stream. (See discussion of temporary emulsions, p. 126.)
3. Mix again before using. (The best way to re-emulsify a separated vinaigrette is to put it in a blender and spin at high speed until it is recombined.)

Per 1 fl oz (29.57 mL): Calories, 180; Protein, 0 g; Fat, 21 g (100% cal.); Cholesterol, 0 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 220 mg.

VARIATIONS

Mustard Vinaigrette

Add 1–2 oz (30–60 g) prepared mustard (French or Dijon type) to the basic recipe. Mix with the vinegar in step 1.

Herbed Vinaigrette

Add to the basic recipe or to the Mustard Vinaigrette variation $\frac{1}{2}$ cup or 1 oz (30 g) chopped parsley, 1 tsp (5 mL) chopped fresh basil, 1 tsp (5 mL) chopped fresh marjoram or oregano, and 2 tsp (10 mL) chopped chives. If fresh herbs are not available, use half their volume of dried herbs.

Lemon Vinaigrette

In place of the wine vinegar in the basic recipe or the Mustard Vinaigrette variation, use $2\frac{1}{2}$ fl oz (75 mL) wine vinegar and $5\frac{1}{2}$ fl oz (175 mL) fresh lemon juice.

Balsamic Vinaigrette

Use balsamic vinegar in place of half to three-quarters of the wine vinegar in the basic recipe.

Italian Dressing

Use all or part olive oil. Add to the basic recipe $1\frac{1}{2}$ tsp (7 mL) minced garlic, 1 tbsp (15 mL) dried oregano, and $\frac{1}{4}$ cup (60 mL) chopped parsley.

Piquante Dressing

Add to the basic recipe 2 tsp (10 mL) dry mustard, 2 tbsp (30 mL) finely chopped onion, and 2 tsp (10 mL) paprika.

Chiffonade Dressing

Add to the basic recipe the following ingredients, all chopped fine: 2 hard-cooked eggs, 4 oz (125 g) cooked or canned red beets (drained), 2 tbsp (30 mL) chopped parsley, and 1 oz (30 g) onion or scallions.

Avocado Dressing

Add 1 lb (500 g) puréed avocado to the basic recipe or to Herbed Vinaigrette. Beat until smooth. Increase salt to taste.

Blue Cheese or Roquefort Vinaigrette

Mix 4 oz (125 g) crumbled blue cheese or Roquefort cheese and 4 fl oz (125 mL) heavy cream in a mixer with a paddle attachment or by hand in a stainless-steel bowl. Gradually beat in $1\frac{1}{2}$ pt (750 mL) Basic Vinaigrette.

American French or Tomato French Dressing

YIELD: 2 QT (2 L)

U.S.	METRIC	INGREDIENTS	PROCEDURE
4 oz	125 g	Onion	1. Grate the onion on a hand grater or grind in food chopper. 2. Combine all ingredients except the oil in a stainless-steel bowl. 3. Mix with a wire whip until well combined and sugar is dissolved. 4. Using a wire whip or a mixing machine, gradually beat in the oil. 5. Beat or stir again before serving.
12 oz	375 mL	Cider vinegar	
2½ cups	625 mL	Ketchup	
4 oz	125 g	Sugar	
1 tsp	5 mL	Mashed garlic	
1 tbsp	15 mL	Worcestershire sauce	
1 tsp	5 mL	Paprika	
¼ tsp	1 mL	Hot pepper sauce (such as Tabasco)	
½ tsp	2 mL	White pepper	
1 qt	1 L	Salad oil	

Per 1 fl oz (29.57 mL): Calories, 140; Protein, 0 g; Fat, 14 g (86% cal.); Cholesterol, 0 mg; Carbohydrates, 5 g; Fiber, 0 g; Sodium, 115 mg.

Sauce Gribiche

YIELD: 1½ PT (750 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
6	6	Hard-cooked egg yolks	1. Mash the yolks or force them through a sieve into a bowl. 2. Add the mustard, salt, and pepper, and mix well. 3. As when making mayonnaise (p. 674), very gradually beat in the olive oil a few drops at a time at first. Because the cooked yolks do not enable a stable emulsion like raw yolks do, the mixture curdles easily. When it does, beat in a little hot water. Continue adding oil alternately with hot water. The mixture should have the consistency of a thin mayonnaise. 4. Add just enough vinegar to give the dressing a slightly tart taste.
1½ tbsp	45 mL	Prepared mustard, French or Dijon-style	
to taste	to taste	Salt	
to taste	to taste	Pepper	
1 pt	475 mL	Olive oil	
as needed	as needed	Wine vinegar or water	
2 tbsp	30 mL	Chopped parsley	5. Stir in the herbs, capers, cornichons, and egg whites. 6. Taste and add more salt if necessary.
2 tbsp	30 mL	Chopped fresh chervil	
2 tbsp	30 mL	Chopped fresh tarragon	
2 tbsp	30 mL	Capers	
2 tbsp	30 mL	Cornichons or sour gherkin pickles, chopped	
6	6	Hard-cooked egg whites, cut julienne	

Per 1 fl oz (29.57 mL): Calories, 180; Protein, 2 g; Fat, 19 g (96% cal.); Cholesterol, 50 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 70 mg.

Oriental Vinaigrette



YIELD: 1½ PT (750 ML)

U.S.	METRIC	INGREDIENTS
¾ cup	200 mL	Rice vinegar or white vinegar
¼ cup	60 mL	Soy sauce
1 tbsp	15 mL	Grated fresh ginger root
2 tsp	10 mL	Pepper
¼ tsp	1 mL	Crushed garlic
½ tsp	2 mL	Hot pepper sauce (such as Tabasco)
1¾ cups	425 mL	Salad oil
¼ cup	60 mL	Sesame oil
as needed	as needed	Salt

Per 1 fl oz (29.57 mL): Calories, 160; Protein, 0 g; Fat, 18 g (100% cal.); Cholesterol, 0 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 150 mg.

- PROCEDURE**
- Combine all ingredients except the oils and salt in a bowl and mix well.
 - Taste the dressing and add salt if necessary (the soy sauce may contain enough salt).
 - Using a wire whip or a mixing machine, gradually beat in the salad oil and then the sesame oil.
 - Mix or stir again before using.

Reduced-Fat Vinaigrette

YIELD: 1 QT (1 L)

U.S.	METRIC	INGREDIENTS
1 cup	250 mL	Wine vinegar
1 pt	500 mL	Jus Lié (p. 192) made with white stock, vegetable stock, or vegetable juice
1 tbsp	15 mL	Salt
1 tsp	5 mL	White pepper
1 cup	250 mL	Salad oil, olive oil, or part salad oil and part olive oil

Per 1 fl oz (29.57 mL): Calories, 60; Protein, 0 g; Fat, 7 g (100% cal.); Cholesterol, 0 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 220 mg.

- PROCEDURE**
- Mix the vinegar, jus lié, salt, and white pepper until the salt is dissolved.
 - Using a wire whip or a mixing machine, mix in the oil.
 - Mix or stir again before using.

Fat-Free Vinaigrette



YIELD: 10 FL OZ (300 ML)

U.S.	METRIC	INGREDIENTS
8 oz	250 g	Onions, whole, with peel
2 tbsp	30 mL	Prepared mustard, French or Dijon style
2 fl oz	60 mL	Wine vinegar
4 fl oz	125 mL	Vegetable stock or juice
2 tbsp	30 mL	Chopped parsley
to taste	to taste	Salt
to taste	to taste	Black pepper

Per 1 fl oz (29.57 mL): Calories, 15; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 80 mg.

- PROCEDURE**
- Roast the onions at 350°F (175°C) until they are completely soft, 45 to 60 minutes.
 - Cool until they are cool enough to handle. Peel.
 - Purée the onions in a blender or food processor.
 - Add the mustard, vinegar, and stock. Blend to mix well.
 - Stir in the chopped parsley.
 - Season to taste with salt and pepper.

VARIATIONS

Substitute chicken stock for the vegetable stock.

Fat-Free Roasted Garlic Vinaigrette

Substitute roasted garlic for the roasted onions in the basic recipe. See the variations following Basic Vinaigrette for other flavoring ideas.

EMULSIFIED DRESSINGS

Mayonnaise is the most important emulsified dressing. It is sometimes used by itself as a salad dressing, but more often it serves as the base for a wide variety of other dressings. Mayonnaise-based dressings are generally thick and creamy. In fact, many of them are made with the addition of sour cream.

Emulsified French dressing is similar to basic French dressing, except egg yolk is added to keep the oil and vinegar from separating. Its preparation is similar to that of mayonnaise. Emulsified French dressing is given a red-orange color and a subtle flavoring through the addition of Spanish paprika.

Preparation of Mayonnaise

Good-quality prepared mayonnaise is readily available on the market, and few establishments make their own. But it is such a basic preparation and, like the mother sauces you studied in Chapter 9, the foundation of many others. Therefore, it is important to know how to make it.

Homemade mayonnaise is not as stable as the commercial product, which is prepared with special equipment that creates a finer emulsion and which may have added stabilizers to increase its shelf life. Also, the commercial product is usually less expensive. Nevertheless, making mayonnaise in your operation takes only minutes with a power mixer, and by carefully selecting your ingredients you can make a superior-tasting product.

To make mayonnaise, you must observe several conditions in order to get an emulsion. Study the guidelines on page 674 before proceeding with the recipe.

Standards of Quality for Vinaigrette and Mayonnaise-Based Salad Dressings

Vinaigrettes

1. Oil and vinegar should be in emulsion at the time the dressing is used. If the temporary emulsion has broken, the dressing should be reemulsified. A properly emulsified dressing of the right texture clings lightly to the greens when tossed without looking excessively oily.
2. Oil and vinegar should be in proper balance, so that the dressing doesn't taste too oily or too acidic.
3. Flavors of additional ingredients should be pleasing and in good balance with each other and with the flavors of the oil and vinegar.

Mayonnaise-Based Dressings

1. Dressing should be pourable, not too thick. Excessively thick dressings are difficult to mix and can damage delicate greens.
2. The dressing should have an appropriate level of acidity to balance the richness and creaminess of the mayonnaise and of dairy ingredients (if any).
3. The flavors of additional ingredients should be pleasing and in good balance.

GUIDELINES for Making Mayonnaise

1. Use fairly bland ingredients if the mayonnaise is to be used as a base for other dressings.

The mayonnaise will be more versatile as a base if it has no strong flavors. Olive oil and other ingredients with distinctive flavors may be used for special preparations.

2. Use the freshest eggs possible for the best emulsification. For safety, use pasteurized eggs.

3. Have all ingredients at room temperature.

Cold oil is not easily broken into small droplets, so it is harder to make an emulsion.

4. Beat the egg yolks well in a bowl.

Thorough beating of the yolks (Fig. 22.1(a)) is important for a good emulsion.

5. Beat in the seasonings.

It is helpful to add a little of the vinegar at this time as well. The emulsion will form more easily because the acidity of the vinegar helps prevent curdling of the egg yolk proteins. Also, the vinegar helps disperse the spices and dissolve the salt.

6. Begin to add the oil very slowly, beating constantly.

It is critical to add the oil slowly at first, or the emulsion will break. When the emulsion has begun to form, the oil may be added more quickly. But never add more oil at once than the amount of mayonnaise that has already formed in the bowl, or the emulsion may break.

7. Gradually beat in the remaining oil alternately with the vinegar.

The more oil you add, the thicker the mayonnaise gets. Vinegar thins it. Add a little vinegar whenever the mayonnaise gets too thick to beat.

Beating with a power mixer using the wire whip attachment makes a more stable emulsion than beating by hand.

8. Add no more than 8 ounces (240 mL) oil per large egg yolk, or no more than 1 quart (950 mL) per 4 yolks.

The emulsion may break if more oil is added than the egg yolks can handle.

9. Taste and correct the seasonings.

Finished mayonnaise should have a smooth, rich, but neutral flavor, with a pleasant tartness. Its texture should be smooth and glossy, and it should be thick enough to hold its shape.

10. If the mayonnaise breaks, it can be rescued.

Beat an egg yolk or two or some good prepared mayonnaise in a bowl, and very slowly begin to beat in the broken mayonnaise, as in step 6. Continue until all the mayonnaise has been added and re-formed.

Alternative repair method: Place the broken mayonnaise in a blender and spin until the emulsion is re-formed.

FIGURE 22.1 Making mayonnaise by hand



(a) Whip the egg yolks until light. Whip in this first quantity of vinegar and seasonings.



(b) Slowly pour in the oil in a thin stream, whipping constantly.



(c) The finished mayonnaise should be thick enough to hold its shape.



Mayonnaise

YIELD: 1 QT (1 L)

U.S.	METRIC	INGREDIENTS	PROCEDURE
4	4	Egg yolks, pasteurized	1. Review the guidelines for making mayonnaise on page 674.
1 tbsp	15 mL	Vinegar	2. Place the egg yolks in the bowl of a mixer and beat with the whip attachment until well beaten.
1 tbsp	15 mL	Water	3. Add the first quantity of vinegar and the water and beat well.
1 tsp	5 mL	Salt	4. Mix the dry ingredients and add to the bowl. Beat until well mixed.
1 tsp	5 mL	Dry mustard	
pinch	pinch	Cayenne	
25 fl oz	850 mL	Salad oil	5. Turn the mixer to high speed. Very slowly, almost drop by drop, begin adding the oil. When the emulsion forms, you can add the oil slightly faster.
2 tbsp	30 mL	Vinegar	6. When the mayonnaise becomes thick, thin with a little of the second quantity of vinegar.
1½–2 tbsp	25–30 mL	Lemon juice	7. Gradually beat in the remaining oil alternately with the vinegar. (If the emulsion breaks, see step 10 in the basic procedure to repair it.)
			8. Adjust the tartness and the consistency by beating in a little lemon juice.

Per 1 fl oz (29.57 mL): Calories, 220; Protein, 0 g; Fat, 25 g (100% cal.); Cholesterol, 25 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 75 mg.

Mayonnaise-Based Dressings

For each of the following dressings, add the listed ingredients to 1 qt (1 L) mayonnaise, as indicated.

Thousand Island Dressing

8 fl oz (250 mL) chili sauce, 1 oz (30 g) minced onion, 2 oz (60 g) finely chopped green bell pepper, 2 oz (60 g) chopped drained pimiento, and (optional ingredient) 1½ chopped hard-cooked eggs.

Louis Dressing

Prepare Thousand Island Dressing without the chopped eggs. Add 8 fl oz (250 mL) heavy cream.

Russian Dressing

8 fl oz (250 mL) chili sauce or ketchup, ¼ cup (60 mL) drained horseradish, 1 oz (30 g) minced onion, and (optional ingredient) ½ cup (125 mL) lumpfish or whitefish caviar.

Chantilly Dressing

8 fl oz (250 mL) heavy cream, whipped. Fold the whipped cream into the mayonnaise carefully to retain volume. Do this as close as possible to service time.

Blue Cheese Dressing

12 fl oz (60 mL) white vinegar, 1 tsp (5 mL) Worcestershire sauce, a few drops of hot red pepper sauce, and 8 oz (250 g) crumbled blue cheese. Thin to desired consistency with 4–8 fl oz (125–250 mL) heavy cream or half-and-half. Variation: Substitute sour cream for up to half of the mayonnaise.

Ranch Dressing

1½ pt (750 mL) sour cream, 2½ cups (625 mL) buttermilk, 4 fl oz (125 mL) wine vinegar, 3 fl oz (90 mL) lemon juice, 3 fl oz (90 mL) Worcestershire sauce, 3 tbsp (45 mL) chopped parsley, 2 tbsp (30 mL) chopped chives, 3 crushed garlic cloves, 2 chopped scallions, 1 fl oz (30 mL) prepared mustard, 1½ tsp (7 mL) celery seed.

Aïoli II

Mash 1–2 oz (30–60 g) garlic with the salt in the basic recipe. Add this to the egg yolks. Use olive oil or half olive oil and half salad oil. For another version of Aïoli, see page 222.

Emulsified French Dressing

YIELD: 1 QT (1 L)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1	1	Eggs, preferably pasteurized	1. Place the eggs in the bowl of a mixer and beat with the whip attachment until well beaten. 2. Mix the dry ingredients and add to the bowl. Beat until well mixed. 3. Turn the mixer to high speed. Very slowly begin adding the oil, as when making mayonnaise. 4. When the dressing becomes thick, thin with a little of the vinegar. 5. Gradually beat in the remaining oil alternately with the vinegar. 6. Beat in the lemon juice.
1½ tsp	7 mL	Salt	
1½ tsp	7 mL	Paprika	
1½ tsp	7 mL	Dry mustard	
¼ tsp	1 mL	White pepper	
1½ pt	700 mL	Salad oil	
4 fl oz	125 mL	Cider vinegar	
2 fl oz	60 mL	Lemon juice	7. The dressing should be pourable, not thick like mayonnaise. If it is too thick, taste for seasonings first. If the dressing is not tart enough, thin with a little vinegar or lemon juice. If it is tart enough, thin with water.
as needed	as needed	Vinegar, lemon juice, or water	

Per 1 fl oz (29.57 mL): Calories, 190; Protein, 0 g; Fat, 21 g (100% cal.); Cholesterol, 5 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 110 mg.

Caesar Dressing

YIELD: 1 QT (1 L)

U.S.	METRIC	INGREDIENTS	PROCEDURE
25	25	Anchovy fillets (see Note)	1. Mash the anchovies and garlic together to make a paste.
2 tsp	10 mL	Crushed garlic	
4	4	Eggs, pasteurized	2. Place the eggs in the bowl of a mixer and whip with the whip attachment until well beaten. 3. Add the anchovy and garlic paste and the first quantity of lemon juice. Whip until well mixed.
3 fl oz	90 mL	Lemon juice	
2½ cups	600 mL	Olive oil	4. With the mixer on high speed, slowly begin adding the oil, as when making mayonnaise. 5. When the dressing becomes thick, add a little of the remaining lemon juice. 6. Gradually beat in the rest of the oil alternating with the rest of the lemon juice. 7. Mix in the parmesan cheese and salt.
3 fl oz	90 mL	Lemon juice	
2 oz	60 g	Parmesan cheese, grated	
to taste	to taste	Salt	

Per 1 fl oz (29.57 mL): Calories, 170; Protein, 2 g; Fat, 18 g (93% cal.); Cholesterol, 30 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 160 mg.

Note: Anchovies are a main ingredient in traditional Caesar salads but may be omitted according to taste.



KEY POINTS TO REVIEW

- What kinds of oils and vinegars are used in salad dressings? What are their quality factors?
- In addition to oil and vinegar, what are the other major ingredients in most salad dressings?
- How do you make a basic vinaigrette?
- How do you make mayonnaise?

OTHER DRESSINGS

Cooked salad dressing is similar in appearance to mayonnaise, but it has a more tart flavor, while mayonnaise is richer and milder. Cooked dressing is made with little or no oil and with a starch thickener. It may be made in the kitchen or purchased already prepared. Formerly, it was little used in commercial kitchens because of its strong flavor and tartness, but now it is preferred to mayonnaise in some regions.

You will find in many cookbooks a great variety of dressings based on neither mayonnaise nor oil and vinegar. They include dressings based on sour cream and on fruit juice and yogurt (for fruit salads), and low-calorie dressings that appeal to the dieter. The important thing to remember is that these dressings should have well-balanced flavors with a pleasant tartness, and they should harmonize with and complement the salad with which they are served.

Cooked Salad Dressing ♥

YIELD: 1 QT (1 L)

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 oz	60 g	Sugar	1. Mix the sugar, flour, salt, mustard, and cayenne in a stainless-steel bowl.
2 oz	60 g	Flour	2. Add the eggs and yolks and beat until smooth.
1 tbsp	15 mL	Salt	3. Place the milk in a saucepan and bring to a simmer. Be careful not to scorch it.
1 tbsp	15 mL	Dry mustard	4. Gradually beat about half the milk into the egg mixture. Then return the mixture to the saucepan.
1/8 tsp	0.5 mL	Cayenne	5. Cook over low heat, stirring constantly, until very thick and no raw flour taste remains.
2	2	Eggs	
2	2	Egg yolks	
1 1/2 pt	750 mL	Milk	
2 oz	60 g	Butter	6. Remove from heat and stir in the butter.
6 fl oz	180 mL	Cider vinegar	7. When the butter is melted and mixed in, stir in the vinegar.
			8. Immediately transfer the dressing to a stainless-steel container. Cover and cool.

Per 1 fl oz (29.57 mL): Calories, 50; Protein, 2 g; Fat, 3 g (49% cal.); Cholesterol, 35 mg; Carbohydrates, 5 g; Fiber, 0 g; Sodium, 250 mg.

Low-Fat Buttermilk Yogurt Dressing ♥

YIELD: 1 PT 12 FL OZ (850 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 pt	500 mL	Fat-free or low-fat yogurt, unflavored	1. Mix all ingredients until uniformly blended.
8 fl oz	250 mL	Buttermilk	
1 tbsp	15 mL	Prepared mustard, French or Dijon style	
1 fl oz	30 mL	Wine vinegar	
1 fl oz	30 mL	Lemon juice	
1 fl oz	30 mL	Worcestershire sauce	
1 1/2 tbsp	22 mL	Chopped parsley	
1 tsp	5 mL	Finely chopped garlic	
1/2 oz	15 g	Shallots, chopped fine	
1/2 tsp	2 mL	Celery seed	
4 tsp	20 mL	Sugar	
to taste	to taste	Salt	
to taste	to taste	Pepper	

Per 1 fl oz (29.57 mL): Calories, 15; Protein, 1 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 45 mg.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Fruit Salad Dressing

Honey Lemon Dressing

Sour Cream Fruit Salad Dressing

SALAD INGREDIENTS

Freshness and variety of ingredients are essential for high-quality salads. Lettuce, of course, is the first choice for most people, but many other foods can make up a salad.

The following tables list, by category, most of the ingredients used in popular salads. You will be able to think of others. Add them to the lists as they occur to you or as they are suggested by your instructor. The lists will be useful when you are creating your own salad ideas.

Following these lists are detailed descriptions of two groups of food that have not been covered in previous chapters and belong especially in the pantry: salad greens and fresh fruits.

SALAD GREENS

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

VEGETABLES, RAW

Avocado	Cucumbers
Bean sprouts	Sunchokes (Jerusalem artichokes)
Broccoli	Kohlrabi
Cabbage, white, green, and red	Mushrooms
Carrots	Onions and scallions
Cauliflower	Peppers, red, green, and yellow
Celery	Radishes
Celery root (celeriac)	Tomatoes

VEGETABLES, COOKED, PICKLED, AND CANNED

Artichoke hearts	Hearts of palm
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)	Macaroni products	Bread (croutons)
Potatoes	Grains	

FRUITS, FRESH, COOKED, CANNED, OR FROZEN

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

PROTEIN FOODS

Meats (beef, ham)	Bacon
Poultry (chicken, turkey)	Eggs, hard-cooked
Fish and shellfish (tuna, crab, shrimp, lobster, salmon, sardines, anchovies, herring, any fresh cooked fish)	Cheese, cottage
Salami, prosciutto, luncheon meats, etc.	Cheese, aged or cured types

MISCELLANEOUS

Gelatin (plain or flavored)	Nuts
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LETTUCE AND OTHER SALAD GREENS

Iceberg Lettuce

The most popular salad ingredient. Firm, compact head with crisp, mild-tasting pale green leaves. Valuable for its texture because it stays crisp longer than other lettuces. Can be used alone but is best mixed with more flavorful greens, such as romaine, because it lacks flavor itself. Keeps well.

Romaine or Cos Lettuce

Elongated, loosely packed head with dark green, coarse leaves. Crisp texture, with full, sweet flavor. Keeps well and is easy to handle. Essential for Caesar salad. For elegant service, the center rib is often removed.

Boston Lettuce

Small, round head with soft, fragile leaves. Deep green outside shading to nearly white inside. The leaves have a rich, mild flavor and delicate, buttery texture. Bruises easily and does not keep well. Cup-shaped leaves excellent for salad bases.

Bibb or Limestone Lettuce

Similar to Boston lettuce, but smaller and more delicate. A whole head may be only a few inches (less than 10 cm) across. Color ranges from dark green outside to creamy yellow at the core. Its tenderness, delicate flavor, and high price make it a luxury in some markets. The small, whole leaves are often served by themselves, with a light vinaigrette dressing, as an after-dinner salad.

Loose-Leaf Lettuce

Forms bunches rather than heads. Soft, fragile leaves with curly edges. May be all green or with shades of red. Wilts easily and does not keep well, but is inexpensive and gives flavor, variety, and interest to mixed green salads.



Iceberg lettuce



Romaine or cos lettuce



Boston lettuce



Bibb or limestone lettuce



Loose-leaf lettuce



Escarole or broad-leaf endive



Chicory or curly endive



Frisée



Belgian endive or witloof chicory



Chinese cabbage



Spinach



Watercress



Arugula or rocket



Mesclun



Red oak leaf



Lola rossa

Escarole or Broad-Leaf Endive

Broad, thick leaves in bunches rather than heads. Texture is coarse and slightly tough, and flavor is somewhat bitter. Mix with sweeter greens to vary flavor and texture, but do not use alone because of the bitterness. Escarole is frequently braised with olive oil and garlic and served as a vegetable in Italian cuisine.

Chicory or Curly Endive

Narrow, curly, twisted leaves with firm texture and bitter flavor. Outside leaves are dark green; core is yellow or white. Attractive when mixed with other greens or used as a base or garnish, but may be too bitter to be used alone.

Frisée

Frisée is the same plant as curly endive or chicory, but it is grown in a way that makes it more tender and less bitter. Except for the outer layer, the leaves are pale yellow, slender, and feathery, with a distinct but mild taste.

Belgian Endive or Witloof Chicory

Narrow, lightly packed, pointed heads resembling spearheads, 4–6 inches (10–15 cm) long. Pale yellow-green to white in color. Leaves are crisp, with a waxy texture and pleasantly bitter flavor. Usually expensive. Often served alone, split in half or into wedges, or separated into leaves, accompanied by a mustard vinaigrette dressing.

Chinese Cabbage

Elongated, light green heads with broad, white center ribs. Available in two forms: narrow, elongated head, often called *celery cabbage*, and thicker, blunt head, called *napa cabbage*. Tender but crisp, with a mild cabbage flavor. Adds excellent flavor to mixed green salads. Also used extensively in Chinese cooking.

Spinach

Small, tender spinach leaves are excellent salad greens, either alone or mixed with other greens. A popular salad is spinach leaves garnished with sliced raw mushrooms and crisp, crumbled bacon. Spinach must be washed thoroughly, and the coarse stems must be removed.

Watercress

Most commonly used as a garnish, watercress is also excellent in salads. Small, dark green, oval leaves with a pungent, peppery flavor. Remove thick stems before adding to salads.

Arugula

Also known as *rugula* or *rocket*, these pungent, distinctively flavored greens are related to mustard and watercress. They are tender and perishable, and they often are sandy, so they must be washed carefully. Arugula was once found almost exclusively in Italian restaurants, but it has since become more widely available and popular.

Mesclun

Mesclun is a mixture of tender baby lettuces. It is available as a mixture, but some chefs prefer to buy individual baby lettuces and make their own mixture.

Baby Lettuces

The small, tender leaves that make up a mesclun mix are also available separately. These include baby Bibb (both red and green), baby romaine, baby red oak leaf, and lola rossa (a red lettuce with ruffled leaves).

Sprouts

Sprouts are young plants that have just emerged from their seeds, before the true leaves develop. Sprouts from mung beans are commonly used in Chinese cooking. Alfalfa, daikon radish, and mustard sprouts are often used in delicate salads. Alfalfa sprouts have a mild flavor, while radish and mustard sprouts have a peppery flavor.



Alfalfa sprouts

Microgreens

These are the first true leaves that develop after a seed sprouts. Tiny herb leaves and tiny leaves from lettuce and other salad greens, younger and smaller than baby lettuces, are used mostly as garnish for other dishes, both hot and cold.



Microgreens

Tatsoi

Tatsoi is a small, round, dark green leaf. Its flavor has a pleasant bite similar to that of arugula, watercress, and other members of the mustard family. It is sometimes included in mesclun mixtures, although it is not actually a lettuce.



Tatsoi

Mizuna

Mizuna, also known as *Japanese mustard greens*, is a dark green leaf with jagged edges resembling dandelion leaves. It has a mild, mustardy taste.



Mizuna

Mâche

Also called *corn salad*, *lamb's lettuce*, *lamb's tongue*, and *field salad*, mâche is a small, very tender green with spoon-shaped leaves. It has a delicate, nutty flavor.



Mâche

Radicchio

Radicchio (ra dik ee oh), a red-leafed Italian variety of chicory, has creamy white ribs or veins and generally comes in small, round heads. It has a crunchy texture and a slightly bitter flavor. Radicchio is expensive, but only a leaf or two are needed to add color and flavor to a salad.

Treviso

Treviso is a red-leafed plant like radicchio, but with elongated leaves somewhat like Belgian endive. Like radicchio and endive, it belongs to the chicory family and has a slightly bitter flavor.

Dandelion Greens

The familiar lawn ornament is also cultivated for use in the kitchen. Only young, tender leaves may be used. Older leaves are coarse and bitter, though cultivated varieties are milder than wild dandelion. Best in spring.

Precleaned, Precut Salad Greens

Precut greens are sold in large, sealed plastic bags. They save labor costs in large operations but are more perishable than unprocessed greens. Keep refrigerated, and do not open until ready to use. Unopened bags will keep for two or three days. Taste before serving to make sure the greens do not have too much antioxidant on them, making them bitter.



Radicchio



Treviso



Dandelion greens

FRESH FRUITS: EVALUATING AND PREPARING

The following is a summary of the most commonly available fresh fruits. Emphasis is on the qualities to look for when purchasing them and on how to trim and prepare the fruit for use. In addition, identification information is included for certain exotic items. Nearly everyone knows what apples, bananas, and strawberries are, but not everyone can identify a persimmon or a passion fruit. Trimming yields are also given. How to use these percentages is explained on pages 88–89.

WHY DO WE LIKE FRUITS?

As discussed in Chapter 11, a fruit is the portion of the plant that bears the seeds. As plants developed over millions of years, they evolved various ways to spread their seeds rather than just dropping them on the ground. Some seeds are able to be carried by wind, some by sticking to the coats of passing animals, and some by dropping into the water and floating away. Edible fruit-bearing plants can spread their seeds because animals—and people—like to eat the fruits, consequently carrying the seed-bearing part of the plant to other locations. Plants that developed the tastiest fruits are thus especially successful at spreading their seeds. So that the seeds aren't removed from the plant before they are fully developed, the fruits stay relatively unappealing until the seeds mature, at which point the fruits ripen and become tasty.



Granny Smith apple

Golden Delicious apple



Rome apple



Round Gala apple



Macintosh apples



Red Delicious apples



Apricots



Bananas

Apples

Mature apples have a fruity aroma, brown seeds, and a slightly softer texture than unripe fruit. Over-ripe or old apples are soft and sometimes shriveled. Avoid apples with bruises, blemishes, decay, or mealy texture. Summer varieties (sold until fall) do not keep well. Fall and winter varieties keep well and are available for a longer period. Apples with a good acid content are usually better for cooking than bland eating varieties like Red Delicious. Granny Smith and Golden Delicious are widely used for cooking. To prepare, wash; pare if desired. Quarter and remove core, or leave whole and core with a special coring tool. Use a stainless-steel knife for cutting. After paring, dip in solution of lemon juice (or other tart fruit juice) or ascorbic acid to prevent browning.

Percentage yield: 75%

Apricots

Only tree-ripened apricots have sufficient flavor, and they keep for a week or less under refrigeration. They should be golden yellow, firm, and plump, not mushy. Avoid fruit that is soft, blemished, or decayed.

Wash, split in half, and remove pit. Peeling is not necessary for most purposes.

Percentage yield: 94%

Bananas

Look for plump, smooth bananas without bruises or spoilage. All bananas are picked green, so you don't need to avoid unripe fruit. Avoid overripe fruit, however.

Ripen at room temperature for three to five days; fully ripe fruit is all yellow with small brown flecks and no green. Do not refrigerate, or fruit will discolor. Peel and dip in fruit juice to prevent browning.

Percentage yield: 70%

Berries

This category includes blackberries, blueberries, cranberries, black currants (cassis), red currants, white currants, lingonberries, raspberries, and strawberries. Berries should be full, plump, and clean, with bright, fully ripe color. Watch for moldy or spoiled fruits. Wet spots on carton indicate damaged fruit.



Blackberries



Blueberries



Cranberries

Refrigerate in original container until ready to use in order to reduce handling. Except for cranberries, berries do not keep well. Sort out spoiled berries and foreign materials. Wash with gentle spray and drain well. Remove stems from strawberries. Red currants for garnishing are often left on the stem. Handle berries carefully to avoid bruising.

Percentage yield: 92–95%

Cherries

Look for plump, firm, sweet, juicy cherries. Bing or black cherries should be uniformly dark to almost black.

Refrigerate in original container until ready to use. Just before use, remove stems and sort out damaged fruit. Rinse and drain well. Pit with a special pitting tool.

Percentage yield: 82% (pitted)

Coconuts

Shake to hear liquid inside; fruits with no liquid are dried out. Avoid cracked fruits and fruits with wet eyes.

Pierce eye with ice pick or nail and drain liquid. Crack with hammer and remove meat from shell (easier if placed in 350°F/175°C oven 10–15 minutes first). Peel brown skin with paring knife or vegetable peeler.

Percentage yield: 50%

Figs

Calimyrna figs, also called *Smyrna figs*, are light green; Black Mission figs and Black Spanish figs (also called *Brown Turkey*) are purple. All figs are sweet when ripe, and soft and delicate in texture. They should be plump and soft, without spoilage or sour odor.

Keep refrigerated (although firm, unripe figs can be left at room temperature, spread in one layer, for a few days to ripen slightly). Rinse and drain, handling carefully. Trim off hard stem ends.

Percentage yield: 95% (80–85% if peeled)

Grapefruit

Select fruit that is heavy for its size and has a firm, smooth skin. Avoid puffy, soft fruits and those with pointed ends, which have low yield and a lot of rind. Cut and taste for sweetness.

For sections and slices, peel with a chef's knife, removing all white pith (p. 150). Free sections from membrane with a small knife.

Percentage yield: 45–50% (flesh without membrane); 40–45% (juiced)

Grapes

Look for firm, ripe, good-colored fruits in full bunches. Grapes should be firmly attached to stems and should not fall off when shaken. Watch for rotting or shriveling at stem ends.

Refrigerate in original container. Wash and drain. Except for seedless varieties, cut in half and remove seeds with the point of a paring knife.

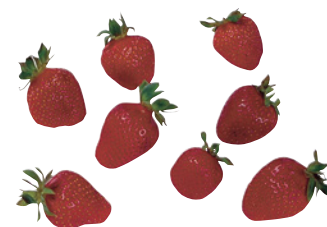
Percentage yield: 90%



White currants



Raspberries



Strawberries



Cherries



Coconut



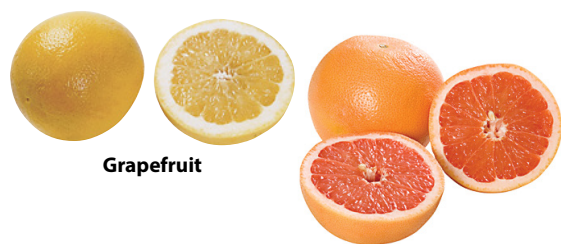
Figs



Black mission figs



Calimyrna figs



Grapefruit

Red grapefruit



Grapes



Guava

Guava

There are many varieties of these small, tropical fruits. They may be round, oval, or pear-shaped, with aromatic flesh that may be green, pink, yellow, red, or white, sometimes full of seeds and sometimes nearly seedless. The flavor is complex and ranges from sweet to sour. Select tender fruits with a full aroma.

Cut in half and scoop out the flesh. For many uses, the flesh is puréed in a food processor or blender, seeds and all. Alternatively, cut into dice or other shapes as desired.

Percentage yield: 80%



Kiwi fruit

Kiwi Fruit

Kiwis are firm when unripe; they become slightly softer when ripe but do not change color significantly. Common kiwis have green flesh; golden kiwis are also available. Allow them to ripen at room temperature. Avoid fruits with bruises or soft spots.

Pare thin outer skin. Cut crosswise into slices.

Percentage yield: 80%



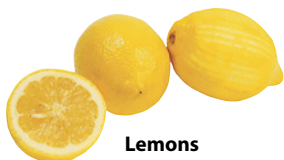
Kumquats

Kumquats

These look like tiny, elongated oranges, about the size of a medium olive. The skin and even the seeds can be eaten. In fact, the skin is sweet, while the flesh and juice are tart. Avoid soft or shriveled fruit. Kumquats keep well and are usually in good condition in the market.

Wash, drain well, and cut as desired.

Percentage yield: 95–100%



Lemons



Limes

Lemons and Limes

Look for firm, smooth skins. Colors may vary: Limes may be yellow, and lemons may have green on the skin.

Cut in wedges, slices, or other shapes for garnish, or cut in half crosswise for juicing. Wash first if using the zest.

Percentage yield: 40–45% (juiced)



Litchis

Litchis (or Lychees)

This Chinese fruit is about the size of a walnut or ping-pong ball. Its rough, leathery outer skin, which ranges from reddish to brown, is easily peeled away to reveal aromatic, juicy white flesh that surrounds an inedible pit. Look for heavy, plump fruit with good color.

Peel, cut in half, and remove the seed.

Percentage yield: 50%



Mangoes

Mangoes

This tropical fruit comes in two main types: oval, with a skin that ranges from green to orange to red, and kidney-shaped, with skin that is more uniformly yellow when ripe. Mangoes have a thin but tough skin and yellow to yellow-orange flesh that is juicy and aromatic. Fruit should be plump and firm, with clear color and no blemishes. Avoid rock-hard fruit, which may not ripen properly.

Let ripen at room temperature until slightly soft. Peel and cut flesh away from center stone, or cut in half before peeling, working a thin-bladed knife around both sides of the flat stone.

Percentage yield: 75%



Cantaloupe

Melons

Look for the following characteristics when selecting melons:

Cantaloupes: Smooth scar on stem end, with no trace of stem (called **full slip**, meaning the melon was picked ripe). Yellow rind, with little or no green. Heavy, with good aroma.

Honeydew: Good aroma, slightly soft, heavy, creamy white to yellowish rind, not too green. Large sizes have best quality.

Crenshaw, Casaba, Persian, Canary, Santa Claus: Heavy, with a rich aroma and slightly soft blossom end.

Watermelon: Yellow underside, not white. Firm and symmetrical. Large sizes have best yield. Velvety surface, not too shiny. When cut, look for hard, dark brown seeds and no white heart (hard white streak running through center).

To prepare hollow melons, wash, cut in half, and remove seeds and fibers. Cut into wedges and cut flesh from rind, or cut balls with ball cutter. For watermelon, wash, cut in half or into pieces, and cut balls with ball cutter, or cut flesh from rind and remove seeds.

Percentage yield: Watermelons: 45%; others: 50–55%

Nectarines

See Peaches and Nectarines.

Oranges, Mandarins, and Tangerines

To buy high-quality oranges, use the same guidelines as for grapefruit. Mandarins may feel puffy, but they should be heavy for their size. Unusual varieties include blood oranges, with dark red flesh and juice and intense flavor, and Seville oranges, with tart rather than sweet flesh. Seville oranges are prized for making marmalade.

Peel mandarins by hand and separate the sections. For juicing, cut oranges in half crosswise. For sections, see Grapefruit.

Percentage yield: 60–65% (sections with no membranes); 50% (juiced)

Papayas

Papayas are pear-shaped tropical fruits with a mild, sweet flavor and slightly floral aroma. The flesh is yellow or pinkish, depending on the variety, and the center cavity holds a mass of round, black seeds. Papayas may weigh from less than 1 pound to several pounds (less than 500 g to more than 1 kg) each. Their skin is green when unripe, becoming yellow as they ripen. For best quality, select fruits that are firm and symmetrical, without bruises or rotten spots. Avoid dark green papayas, which may not ripen properly.

Let ripen at room temperature until slightly soft and nearly all yellow, with only a little green. Wash. Cut in half lengthwise and scrape out the seeds. Peel, if desired, or serve like cantaloupe.

Percentage yield: 65%

Passion Fruit

These are tropical fruits about the size of eggs, with a brownish purple skin that wrinkles when ripe. (There is also a yellow-skinned variety.) They are mostly hollow when ripe, with juice, seeds, and a little flesh inside. The tart juice has an intense, exotic flavor and aroma greatly prized by pastry chefs. Select fruits that are large and heavy for their size. If they are smooth, let ripen at room temperature until the skin is wrinkled.

To use, cut in half, taking care not to lose any juice. Scrape out the seeds, juice, and pulp. Seeds can be eaten, so do not discard. If you need only the juice, it is much more economical to buy the frozen juice, as fresh fruits are expensive.

Percentage yield: 40–45%



Honeydew



Canary melon



Watermelon



Crenshaw melon



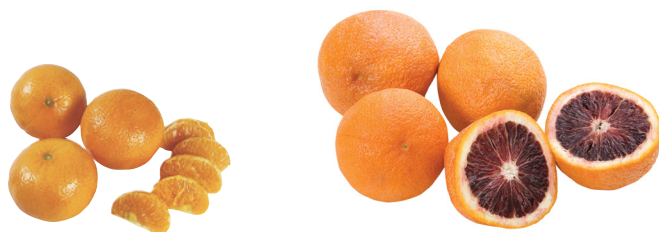
Piel de sapo melon



Nectarines



Oranges



Tangerines

Blood oranges



Papayas



Passion fruit

**Peaches****Bartlett pears****Bosc pears****Butter French pear**

Courtesy of the
California
Pear Advisory Board

**Comice pear**

Courtesy of the California
Pear Advisory Board

**Seckel pear**

Courtesy of the
California
Pear Advisory Board

**Forelle pear**

Courtesy of the
California
Pear Advisory Board

**Starcrimson pear**

Courtesy of the
California
Pear Advisory Board

Peaches and Nectarines

Peaches should be plump and firm, without bruises or blemishes. Avoid dark green fruits, which are immature and will not ripen well. Avoid fruits refrigerated before ripening, as they may be mealy. Select freestone varieties of peaches. Clingstone varieties require too much labor (they are used primarily for canning).

Let ripen at room temperature, then refrigerate. Peel peaches by blanching in boiling water 10–20 seconds, until skin slips off easily, and cool in ice water. (Nectarines do not need to be peeled.) Cut in half, remove pits, and drop into fruit juice, sugar syrup, or ascorbic acid solution to prevent darkening.

Percentage yield: 75%

Pears

Pears should be clean, firm, and bright, with no blemishes or bruises.

Pears for eating raw should be fully ripe and aromatic. For cooking, they are better if slightly underripe, as fully ripe pears are very soft when cooked. Wash, pare, cut in halves or quarters, and remove core. To prevent browning, dip in fruit juice.

Percentage yield: 75% (peeled and cored)

Persimmons

Persimmons are orange-red fruits available in two varieties. The most common is Hachiya, which is shaped somewhat like a large acorn (about 8 oz/250 g each). It is extremely tannic when unripe, making it nearly inedible until it ripens to a soft, jellylike mass. Ripe persimmons are sweet, juicy, and mild but rich in flavor. The other variety, Fuyu, is smaller and more squat in shape. It lacks the tannin content of Hachiya persimmons and can be eaten even when not fully ripe. Select plump persimmons with good red color and stem cap attached.

Ripen at room temperature until very soft, then refrigerate. Remove stem cap, cut as desired, and remove seeds, if there are any.

Percentage yield: 80%

Pineapples

Pineapples should be plump and fresh-looking, with an orange-yellow color and abundant fragrance. Avoid soft spots, bruises, and dark, watery spots.

Store at room temperature for a day or two to allow some tartness to disappear, then refrigerate. Pineapples may be cut in many ways. For slices, chunks, and dice, cut off top and bottom and pare the rough skin from the sides, using a stainless-steel knife. Remove all eyes. Cut into quarters lengthwise and cut out the hard center core. Slice or cut as desired.

Percentage yield: 50%

**Taylor gold pear**

Courtesy of the
California
Pear Advisory Board

**Hachiya persimmons****Pineapple**

Plums

Plums should be plump and firm but not hard, with good color and no blemishes.

Wash, cut in half, and remove pits, or serve whole.

Percentage yield: 95% (pitted only)

Pomegranates

The pomegranate is a subtropical fruit about the size of a large apple. It has a dry red skin or shell enclosing a mass of seeds. Each seed is surrounded by a small sphere of juicy, bright red pulp. Pomegranates are used mostly for their red, tart-sweet juice. The seeds, with their surrounding pulp, can also be used as an attractive garnish for desserts and even meat dishes. Look for heavy fruits without bruises. When squeezed, they should yield to gentle pressure; if they are too hard, they may be dried out.

To prepare, lightly score the skin without cutting into the seeds and carefully break the fruit into sections. Separate the seeds from the membranes. Juicing is difficult. Some methods crush the seeds and make the juice bitter. This method makes a better juice: Roll the whole pomegranate on the countertop under the palm of the hand to break the juice sacs. Then pierce a hole in the side and squeeze out the juice.

Percentage yield: 55%

Prickly Pears or Cactus Pears

This is a barrel-shaped fruit about the size of a large egg. Its skin color ranges from magenta to greenish red, and it has a bright pinkish red, spongy interior with black seeds. The pulp is sweet and aromatic, but with a mild flavor. Good-quality fruits are tender but not mushy, with a good skin color, not faded. Avoid fruits with rotten spots.

If the fruit is firm, allow to ripen at room temperature, then refrigerate. As it is the fruit of a cactus, thorns grow on the skin. These are removed before shipping, but small, hard-to-see thorns may remain. To avoid getting stung, hold the fruit with a fork while you slice off the top and bottom. Still holding it with a fork, pare the sides with a knife and discard the peels without touching them. Cut or slice the pulp as desired, or force it through a sieve to purée it and remove the seeds.

Percentage yield: 70%

Quinces

Quinces grow in temperate climates and were once very popular in Europe and North America. Many old, neglected quince trees remain in New England and elsewhere. The fruit resembles a large, yellow, lumpy pear with a smooth or slightly downy skin. The raw fruit is never eaten, as it is dry and hard. When cooked (usually stewed or poached in a sugar syrup), it becomes aromatic, flavorful, and sweet, and the color of the flesh turns slightly pink. The fruit keeps well. Select fruit with good color and free of bruises or blemishes.

Cut, pare, and core like apples or pears, then cook.

Percentage yield: 75%

Rhubarb

Rhubarb is a stem, not a fruit, but it is used like a fruit. Buy firm, crisp, tender rhubarb with thick stalks, not thin and shriveled.

Cut off all traces of leaf, which is poisonous. Trim root end, if necessary. Peel with a vegetable peeler if desired, or omit this step if the skin is tender. Cut into desired lengths.

Percentage yield: 85–90% (if purchased without leaves)

Star Fruit or Carambola

The star fruit is a shiny, yellow, oblong fruit with five ridges running the length of the fruit, so it forms stars when sliced crosswise. It is fragrant, ranging from tart to sweet, with a crisp texture. Look for full, firm fruits. Avoid fruits with ribs that have browned and shrunk.

Wash and slice crosswise.

Percentage yield: 99%



Prune plums



Santa Rosa plums



Red plums



Black freestone plums



Pomegranates



Prickly pears



Quinces



Rhubarb



Star fruit



KEY POINTS TO REVIEW

- What are the main categories of salad ingredients? Give examples of each.
- What are the most important varieties of salad greens? Describe them.
- What fruits are used in the kitchen? How is each kind judged for quality? What pre-preparation techniques are used for each?

SALAD PRESENTATION

Because the number and variety of salad combinations are nearly endless, it is helpful to divide salads into categories in order to understand how they are produced. For the pantry chef, the most useful way to classify salads is by ingredients: green salads, vegetable salads, fruit salads, and so on. This is because production techniques are slightly different for each kind. We use this classification when we discuss specific recipes later in this chapter.

Before the pantry chef can produce the salads, first he or she must decide exactly what salads should be made. Therefore, you should know what kinds of salad are best for which purposes. For this reason, salads are also classified according to their function in the meal. Keep in mind that there are no exact dividing lines between the types of salad discussed here. For example, a salad suitable as the first course of a dinner may also be an excellent main course on a luncheon menu.

TYPES OF SALADS

Today, the variety of salads on offer seems to be greater than ever. Restaurants that once listed no more than two or three salads on their menu now devote an entire page to the category. New kinds of salad fill bin after bin in the prepared-food sections of supermarkets and delicatessens.

At the same time, more traditional salads have not lost their importance. In schools, hospitals, nursing homes, neighborhood diners, and mom-and-pop restaurants, cooks who have never heard of mesclun still must know how to clean a head of iceberg lettuce and how to prepare flavored gelatins.

The following classification of salad types describes the roles salads fill in modern menus. These categories apply to both traditional and modern recipes. Examples of both are included later in this chapter.

Appetizer Salads

Many establishments serve salads as a first course, often as a substitute for a more elaborate first course. Not only does this ease the pressure on the kitchen during service but it also gives the customers a satisfying food to eat while their dinners are being prepared.

In addition, more elaborate composed salads are popular as appetizers (and also as main courses at lunch) in many elegant restaurants. These often consist of a poultry, meat, or fish item, plus a variety of vegetables and garnishes, attractively arranged on a bed of greens.

Appetizer salads should stimulate the appetite. This means they must have fresh, crisp ingredients; a tangy, flavorful dressing; and an attractive, appetizing appearance.

Preportioned salads should not be so large as to be filling, but they should be substantial enough to serve as a complete course in themselves. (Self-service salad bars, of course, avoid this problem.) Tossed green salads are especially popular for this reason, as they are bulky without being filling.

The combination of ingredients should be interesting, not dull or trite. Flavorful foods like cheese, ham, salami, shrimp, and crabmeat, even in small quantities, add appeal. So do crisp raw or lightly cooked vegetables. A bowl of poorly drained iceberg lettuce with a bland dressing is hardly an exciting way to start a meal.

Attractive arrangement and garnish are important because visual appeal stimulates the appetite. A satisfying, interesting starter puts the customer in a good frame of mind for the rest of the meal.

Accompaniment Salads

Salads can also be served with the main course. They serve the same function as other side dishes (vegetables and starches).

Accompaniment salads must balance and harmonize with the rest of the meal, like any other side dish. For example, don't serve potato salad at the same meal at which you are serving French fries or another starch. Sweet fruit salads are rarely appropriate as accompaniments, except with such items as ham or pork.

Side-dish salads should be light and flavorful, not too rich. Vegetable salads are often good choices. Heavier salads, such as macaroni or high-protein salads containing meat, seafood, cheese, and so on, are less appropriate, unless the main course is light. Combination salads with a variety of elements are appropriate accompaniments to sandwiches.

Main-Course Salads

Cold salad plates have become popular on luncheon menus, especially among nutrition- and diet-conscious diners. The appeal of these salads is in variety and freshness of ingredients.

Main-course salads should be large enough to serve as a full meal and should contain a substantial portion of protein. Meat, poultry, and seafood salads, as well as egg salad and cheese, are popular choices.

Main-course salads should offer enough variety on the plate to form a balanced meal, both nutritionally and in flavors and textures. In addition to the protein, a salad platter should offer a variety of vegetables, greens, and/or fruits. Examples are chef's salad (mixed greens, raw vegetables, and strips of meat and cheese), shrimp or crabmeat salad with tomato wedges and slices of avocado on a bed of greens, and cottage cheese with an assortment of fresh fruits.

The portion size and variety of ingredients give the chef an excellent opportunity to use imagination and creativity to produce attractive, appetizing salad plates. Attractive arrangements and good color balance are important.

After-Dinner Salads

In classical multicourse dinners, it was common to serve a light, refreshing salad after the main course. The salad cleansed the palate after a rich dinner and refreshed the appetite, providing a pleasant break before dessert. Salads after the main course are uncommon today but, in larger meals, may be a good menu option. A diner who is satiated after a heavy meal is often ready for a dessert or perhaps a cheese course after a light, piquant salad.

After-dinner salads must be very light and in no way filling. Rich, heavy dressings, such as those made with sour cream and mayonnaise, should be avoided. Perhaps the ideal choice is a few delicate greens, such as Bibb lettuce or Belgian endive, lightly dressed with vinaigrette. Fruit salads are also popular choices.

Dessert Salads

Dessert salads are usually sweet and may contain items such as fruits, sweetened gelatin, nuts, and cream. They are often too sweet to be served as appetizers or accompaniments and are best served as dessert or as part of a buffet or party menu.

THE STRUCTURE OF A SALAD

A plated salad may have as many as four parts: base, body, dressing, and garnish. All salads have body, and most have dressing, but base and garnish are parts of only some salads, as you will see in the following discussion.

Of course this discussion refers only to individual plated salads. When we use the term *salad* to refer to a bulk mixture, as in "two pounds of potato salad," references to the **four parts of a salad** do not apply.

Base or Underliner

A scoop of potato salad looks bare when served by itself on a salad plate as a side dish. Placing it on a bed of lettuce leaves makes it more appealing and also emphasizes its identity as a salad. Although most tossed green salads and many composed salads are presented without an underliner, bound salads and some other vegetable salads may be more attractive and appetizing when served on a bed of leafy greens.

Cup-shaped leaves of iceberg or Boston lettuce make attractive bases. They give height to salads and help confine loose pieces of food.

A layer of loose, flat leaves (such as romaine, loose-leaf, or chicory) or of shredded lettuce may be used as a base. This kind of base involves less labor and food cost, as it is not necessary to separate whole cup-shaped leaves from a head.

Body

This is the main part of the salad and, as such, receives most of our attention in this chapter.

Garnish

A garnish is an edible decorative item added to a salad for eye appeal, though it often adds to the flavor as well. It should not be elaborate or dominate the salad. Remember this basic rule of garnishing: Keep it simple.

Garnish should harmonize with the rest of the salad ingredients and, of course, be edible. It may be mixed with the other salad ingredients (for example, shreds of red cabbage mixed into a tossed green salad), or it may be added at the end.

Often, the main ingredients of a salad form an attractive pattern in themselves, and no garnish is necessary. In the case of certain combination salads and other salads with many ingredients or components, there may be no clear distinction between a garnish and an attractive ingredient that is part of the body. In general, if a salad is attractive and balanced without an added garnish, don't add one.

Nearly any of the vegetables, fruits, and protein foods listed on pages 678–679, cut into simple, appropriate shapes, may be used as garnish.

Dressing

Dressing is a seasoned liquid or semiliquid added to the body of the salad for flavor, tartness, spiciness, and moistness.

The dressing should harmonize with the salad ingredients. In general, use tart dressings for green salads and vegetable salads and use slightly sweetened dressings for fruit salads. Soft, delicate greens like Boston or Bibb lettuce require a light dressing. A thick, heavy dressing will turn them to mush.

Dressings may be added at service time (as for green salads), served separately for the customer to add, or mixed with the ingredients ahead of time (as in potato salad, tuna salad, egg salad, and so on). A salad mixed with a heavy dressing, like mayonnaise, to hold it together is called a **bound salad**.

Remember: Dressing is a **seasoning** for the main ingredients. It should accent their flavor, not overpower or drown them. Review the rules of seasoning in Chapter 6.

ARRANGING THE SALAD

Perhaps even more than with most other foods, the appearance and arrangement of a salad are essential to its quality. The colorful variety of salad ingredients gives the chef an opportunity to create miniature works of art on the salad plate.

Unfortunately, it is nearly as difficult to give rules for arranging salads as it is for painting pictures because the principles of composition, balance, and symmetry are the same for both arts. It is a skill you must develop an eye for, by experience and by studying good examples.

GUIDELINES for Arranging Salads

1. Keep the salad off the rim of the plate.

Think of the rim as a picture frame and arrange the salad within this frame. Select the right plate for the portion size, not too large or too small.

2. Strive for a good balance of colors.

Plain iceberg lettuce looks pale and sickly all by itself, but it can be enlivened by mixing in darker greens and perhaps a few shreds of carrot, red cabbage, or other colored vegetable. On the other hand, don't go overboard. Sometimes just a few shades of green create a beautiful effect. Too many colors might look messy.

3. Height helps make a salad attractive.

Ingredients mounded on the plate are more interesting than if they are spread flat. Lettuce cups as bases add height. Often just a little height is enough. Arrange ingredients like fruit wedges or tomato slices so they overlap or lean against each other rather than lie flat on the plate.

4. Cut ingredients neatly.

Ragged or sloppy cutting makes the whole salad look sloppy and haphazard.

5. Make every ingredient identifiable.

Cut every ingredient into large enough pieces that the customer can recognize each immediately. Don't pulverize everything in the buffalo chopper or VCM. Bite-size pieces are the general rule, unless the ingredient can be cut easily with a fork, such as tomato slices. Seasoning ingredients, like onion, may be chopped fine.

6. Keep it simple.

A simple, natural arrangement is pleasing. An elaborate design, a gimmicky or contrived arrangement, or a cluttered plate is not pleasing. Besides, elaborate designs take too long to make.

PROCEDURE for Quantity Salad Production

When salads are made in quantity, an assembly-line production system is most efficient. Figure 22.2 illustrates this technique.

Remember the rules of safe food handling. Most salad ingredients are eaten without further cooking, so it is essential to avoid cross-contamination. Use sanitary tools and work surfaces. Wash hands properly before beginning work. Local health laws may require the use of gloves whenever you are handling ready-to-eat foods.

1. Prepare all ingredients. Wash and cut greens. Prepare cooked vegetables. Cut all fruits, vegetables, and garnish. Mix bound and marinated salads (egg salad, potato salad, three-bean salad, etc.). Have all ingredients chilled.
2. Arrange salad plates on worktables. Line them up on trays for easy transfer to refrigerator.
3. Place bases or underliners on all plates.
4. Arrange body of salad on all plates.
5. Garnish all salads.
6. Refrigerate until service. Do not hold more than a few hours, or the salads will wilt. Holding boxes should have high humidity.
7. Do not add dressing to green salads until service, or they will wilt.

FIGURE 22.2 Efficient production of salads in quantity.



(a) Prepare all ingredients ahead. Arrange cold salad plates on trays for easy refrigeration.



(b) Place lettuce bases on all plates.



(c) Place body of salad (in this case, potato salad) on all plates.



(d) Garnish all salads. Refrigerate until service.

PROCEDURES AND RECIPES

Thorough mise en place is extremely important in salad-making. Little cooking is involved, but a great deal of time-consuming handwork is. Salads can be made quickly and efficiently only if the station is set up properly.

GREEN SALADS

Principles

Salad greens must be fresh, clean, crisp, cold, and well drained, or the salad will be of poor quality. Good greens depend on proper preparation.

Moisture and air are necessary to keep greens crisp.

1. Leaves wilt because they lose moisture. Crispness can be restored by washing and refrigeration. The moisture that clings to the leaves after thorough draining is usually enough. Too much water drowns them and dissolves out flavor and nutrients.
2. Air circulation is essential for the greens to breathe. Do not seal washed greens too tightly or pack them too firmly. Refrigerate in colanders covered with clean, damp towels, or in specially designed perforated plastic bins. These protect from drying while allowing air circulation.

Browning or rusting occurs when cut greens are held too long. This can be partially avoided by rinsing them in a mild antioxidant and by using stainless-steel knives. Better yet, plan purchasing and production so you don't need to hold them too long.

BASIC PROCEDURE for Making Green Salads

1. Wash greens thoroughly.

Remove core from iceberg lettuce by striking the core gently against a flat surface, such as a cutting board or the side of a vegetable sink, and twisting it out. Do not smash it, or you'll bruise the entire head. Cut through the core of other greens or separate the leaves so all traces of grit can be removed. Wash in several changes of cold water, until completely clean. For iceberg lettuce, run cold water into the core end (after removing core), then turn over to drain.

2. Drain greens well.

Lift greens from the water and drain in a colander. Tools and machines are available that quickly spin-dry greens. Poor draining results in a watered-down dressing and a soupy, soggy salad.

3. Crisp the greens.

Refrigerate greens in a colander covered with damp towels or in a perforated storage bin to allow air circulation and complete drainage.

4. Cut or tear into bite-size pieces.

Many people insist on tearing leaves instead of cutting, but this is a slow method if you have a large quantity to do. Also, you are more likely to crush or bruise the leaves.

Use sharp stainless-steel knives for cutting. Bite-size pieces are important as a convenience to the customer. It is difficult to eat or cut large leaves with a salad fork.

5. Mix the greens.

Toss gently until uniformly mixed. Nonjuicy raw vegetable garnish such as green pepper strips or carrot shreds may be mixed in at this time. Just make sure the vegetables are not cut into compact little chunks that will settle to the bottom of the bowl. Broad, thin slices or shreds stay better mixed.

For tossed salads to be served immediately, add the dressing to the greens in the bowl. Toss to coat the greens with the dressing. Plate (step 6) and serve immediately. For pre-plated salads, proceed with steps 6 through 9.

6. Plate the salads (including underliners, if used).

Cold plates, please. Don't use plates right out of the dishwasher.

Avoid plating salads more than an hour or two before service, or they are likely to wilt or dry.

7. Garnish.

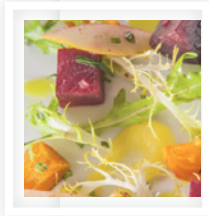
Exceptions: (a) Garnish that is tossed with the greens in step 5. (b) Garnish that will not hold well (croutons will get soggy, avocado will discolor, etc.). Add these at service time.

8. Refrigerate.

9. Add dressing immediately before service, or serve it on the side.

Standards of Quality for Green Salads

1. Greens should be fresh and bright, not wilted or browned.
2. Except for some specialty salads, greens should be in bite-size pieces.
3. Greens should have been properly dried before dressing and plating. Water clinging to improperly dried greens dilutes the dressing and makes the salad excessively wet.
4. Tossed salads should have just enough dressing to lightly coat all the greens. Dressing should not pool on the bottom of the plate.
5. Dressing should be appropriate to the greens. Light, delicate greens require a lighter dressing, usually a vinaigrette. Sturdier greens, such as romaine, can handle heavier dressings.



KEY POINTS TO REVIEW

- What are the five main types of salad, as categorized by their place in menus? What kinds of salad are appropriate for each category?
- What are the four parts of a salad? Do all salads have all four parts?
- What are the basic guidelines for arranging salads?
- What are the steps in the basic procedure for making green salads?

 Mixed Green Salad

PORTIONS: 12 PORTION SIZE: 2½–3 OZ (70–90 G)

U.S.	METRIC	INGREDIENTS
2 lb 4 oz	1 kg	Assorted salad greens
8–12 fl oz	250–375 mL	Basic Vinaigrette or variation (p. 670)

Per serving: Calories, 130; Protein, 1 g; Fat, 13 g (91% cal.); Cholesterol, 0 mg; Carbohydrates, 2 g; Fiber, 2 g; Sodium, 160 mg.

VARIATIONS

Any combination of salad greens may be used. When using head lettuces, make allowances for variations in trimming yields. Plan on an EP weight of 2½–3 oz (70–90 g) per portion.

Vegetable ingredients, if they are not juicy, may be tossed with the greens. See page 678 for a listing. Shredded carrot and red cabbage are useful because a small amount gives an attractive color accent.

- PROCEDURE**
1. Review guidelines and procedure for preparing green salads (p. 692).
 2. Wash and drain the greens thoroughly. Chill in refrigerator.
 3. Cut or tear the greens into bite-size pieces.
 4. Place the salad greens in a large mixing bowl and toss gently until uniformly mixed.
 5. Immediately before service, add the dressing and toss to coat all the leaves with the dressing.
 6. Place on cold salad plates and serve immediately.

Garnishes may be added after the salads are plated, such as

Tomato wedges	Pepper rings
Cherry tomatoes	Red onion rings
Cucumber slices	Croutons
Radishes	Hard-cooked egg wedges or slices

Service variation: Instead of tossing the salads with the dressing, plate the greens and hold for service. Ladle dressing over salads just before service, or serve dressing in a separate container.

Spinach Salad

PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS
1½ lb	700 g	Spinach leaves, trimmed (no stems)
6 oz	175 g	Bacon
8 oz	225 g	Fresh white mushrooms
3	3	Hard-cooked eggs

Per serving: Calories, 60; Protein, 5 g; Fat, 3.5 g (50% cal.); Cholesterol, 55 mg; Carbohydrates, 3 g; Fiber, 2 g; Sodium, 130 mg.

Note: Bacon may be added to salads when they are assembled (step 9). However, it will be less appetizing because the fat congeals in the refrigerator. For best quality, cook the bacon as close to serving time as possible.

- PROCEDURE**
1. Wash the spinach leaves in several changes of cold water until there is no trace of sand on them. Drain well. Chill in the refrigerator.
 2. Cook the bacon until crisp on a griddle or in the oven on a sheet pan. Drain and let cool.
 3. Crumble the bacon.
 4. Wash the mushrooms and dry them well. Trim the bottoms of stems. Cut the mushrooms into thin slices.
 5. Chop the eggs coarsely.
 6. Place the spinach in a large bowl. Tear large leaves into smaller pieces. Smaller leaves may be left whole.
 7. Add the mushrooms. Toss to mix thoroughly.
 8. Portion the salad onto cold salad plates.
 9. Sprinkle the salad with the chopped eggs.
 10. Hold for service in refrigerator.
 11. At serving time, sprinkle with the crumbled bacon.
 12. Serve with a vinaigrette variation or with emulsified French dressing.

Caesar Salad (Method 1: Tableside Preparation)

PORTIONS: 8 PORTION SIZE: 4 OZ (125 G) PLUS DRESSING

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 lb	1 kg	Romaine leaves	1. Wash and drain the greens thoroughly. Chill in the refrigerator.
4 oz	125 g	White bread	2. Trim the crusts from the bread. Cut the bread into small cubes measuring about $\frac{3}{8}$ in. (1 cm).
1–1½ fl oz	30–45 mL	Olive oil	3. Heat a thin layer of olive oil in a sauté pan over moderately high heat. Add the bread cubes and sauté in the oil until golden and crisp. Add more oil as needed.
			4. Remove the croutons from the pan and hold for service. Do not refrigerate.
1–2	1–2	Garlic cloves	5. Have all ingredients prepared ahead of time and arranged on a cart in the dining room.
4–8	4–8	Anchovy fillets	6. Ask the customers how much garlic they would like. Depending on their answer, either rub the bowl with a cut clove of garlic and remove it, or leave it in the bowl and crush it with the anchovies.
8 fl oz	250 mL	Olive oil	7. Ask the customers how many anchovies, if any, they would like.
2	2	Eggs, pasteurized	8. Mash the garlic and anchovies to a paste in the salad bowl.
2½ fl oz	75 mL	Lemon juice	9. Beat in about half the olive oil.
1 oz	30 g	Parmesan cheese, grated	10. Add the greens and toss to coat with the oil mixture.
to taste	to taste	Salt	11. Break the egg over the bowl and drop it in. Toss the lettuce well.
			12. Add the lemon juice, the rest of the oil, the parmesan cheese, and a little salt. Toss again until well mixed.
			13. Add the croutons and toss a final time.
			14. Plate and serve.

Per serving: Calories, 370; Protein, 6 g; Fat, 33 g (80% cal.); Cholesterol, 55 mg; Carbohydrates, 12 g; Fiber, 2 g; Sodium, 270 mg.

VARIATIONS

Caesar Salad (Method 2: Pantry Preparation)

Prepare the croutons and salad greens as in the basic recipe. Toss the greens with Caesar Dressing (p. 676). Plate and garnish with croutons.

Grilled Chicken Caesar

Top Caesar salads with sliced, grilled chicken breast.



Caesar Salad

CAESAR SALAD

This popular salad originated in the 1920s at a restaurant owned by Caesar Cardini, who ran establishments in Mexico and Southern California. According to the oft-told story, Cardini was running low on supplies in the pantry and put this dish together using the few ingredients he had left, and tossed it table side to add to the drama. Today, it is one of the most popular salads in North America.



Garden Salad

PORTIONS: 12 PORTION SIZE: 3 OZ (90 G) PLUS GARNISH

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 lb 12 oz	800 g	Mixed salad greens (see Note)	1. Wash and drain the greens thoroughly. Chill in the refrigerator.
4 oz	125 g	Cucumbers	2. Score the cucumbers lengthwise with a fork (p. 284), or peel them if they are waxed. Cut into thin slices.
2 oz	60 g	Celery	3. Cut the celery into thin slices on the bias.
2 oz	60 g	Radishes	4. Trim the radishes and cut into thin slices.
2 oz	60 g	Scallions	5. Trim the roots and wilted tops of the scallions. Cut in half crosswise. Then slice lengthwise into thin shreds.
2 oz	60 g	Carrots	6. Trim and peel the carrots. Shred on a medium grater.
12 oz	350 g	Tomatoes	7. Remove the core end of the tomatoes. Cut into wedges, 8–10 per tomato, depending on size.
			8. Cut or tear the lettuce and other greens into bite-size pieces.
			9. Place all ingredients except tomatoes in a large mixing bowl. Toss until evenly mixed.
			10. Plate the salads on cold plates or bowls.
			11. Garnish with tomato wedges.
			12. Hold for service in refrigerator.
			13. Serve with an appropriate dressing.

Per serving: Calories, 25; Protein, 2 g; Fat, 0.5 g (14% cal.); Cholesterol, 0 mg; Carbohydrates, 5 g; Fiber, 2 g; Sodium, 25 mg.

Note: Include some firm-textured, crisp lettuce in the mixed greens, such as romaine or iceberg.

ADDITIONAL RECIPE

These additional recipes may be found on your CulinarE-Companion recipe management program:

Arugula and Shaved Parmesan Salad

VEGETABLE, GRAIN, LEGUME, AND PASTA SALADS

Principles

Vegetable salads are salads whose main ingredients are vegetables other than lettuce or other leafy greens. Some vegetables are used raw, such as celery, cucumbers, radishes, tomatoes, and green peppers. Some are cooked and chilled before including in the salad, such as artichokes, green beans, beets, and asparagus. See page 678 for lists of vegetables that can be used.

Starchy items such as grains, pastas, and dried legumes can also form the body of a salad. These ingredients usually have a bland, flat taste, so they are enhanced by a well-seasoned, tart dressing. Raw or cooked vegetables are usually added to the starch item to enhance the color, flavor, and nutritional balance of the salad. Depending on the proportion of vegetables and starch item, it is not always possible to classify the salad as a vegetable or starch salad. However, the following guidelines apply to the preparation of all these salads.

In addition, protein items such as poultry, meat, seafood, and cheese may be added to vegetable and starch salads.

Some bound salads, discussed on page 704, could be considered as a subcategory of vegetable and starch salads. However, many bound salads have a protein item as a main ingredient, so we discuss them as a separate category. There is no exact dividing line between these types. Coleslaw with mayonnaise dressing, for example, may be considered to be in either category.

GUIDELINES
for Making Vegetable, Legume, Grain, and Pasta Salads

1. Neat, accurate cutting of ingredients is important because the shapes of the vegetables add to eye appeal. The design or arrangement of a vegetable salad is often based on different shapes, such as long, slender asparagus and green beans, wedges of tomato, slices of cucumber, strips or rings of green pepper, and radish flowers.
2. Cut vegetables as close as possible to serving time, or they may dry or shrivel at the edges.
3. Cooked vegetables should have a firm, crisp texture and good color. Mushy, overcooked vegetables are unattractive in a salad. See Chapter 11 for vegetable cooking principles.
4. After cooking, vegetables must be thoroughly drained and chilled before being included in the salad.
5. Starches, pastas, and legumes should be cooked until completely tender, but not overcooked. Starches absorb liquid from the dressing, so they may become mushy if they were overcooked. Undercooked grains and dried beans may be unpleasantly firm when cooled.
6. Vegetables are sometimes marinated, or soaked in a seasoned liquid, before being made into salads, as for Mixed Bean Salad (p. 701). The marinade is usually some form of oil and vinegar dressing that also serves as the dressing for the salad. Do not plate marinated salads too far ahead of time, or the lettuce base will wilt. Use crisp, sturdy greens (such as iceberg, romaine, or chicory) as bases, as they do not wilt as quickly.
7. Grains and pastas may also be marinated for a short time, but avoid marinating for more than a few hours, as they are likely to absorb too much liquid and become very soft. This is especially true of cooked pasta. Legumes should not be marinated long either, but for the opposite reason. The acid in the marinade may toughen the proteins in the beans or lentils.



Coleslaw

PORTIONS: 12 PORTION SIZE: 3 OZ (100 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
12 fl oz	375 mL	Mayonnaise	1. Combine the mayonnaise, vinegar, sugar, salt, and pepper in a stainless-steel bowl. Mix until smooth.
1 fl oz	30 mL	Vinegar	2. Add the cabbage and mix well.
½ oz	15 g	Sugar (optional)	3. Taste and, if necessary, add more salt and/or vinegar.
1 tsp	5 mL	Salt	
¼ tsp	1 mL	White pepper	
2 lb EP	1 kg EP	Cabbage, shredded	
12	12	Lettuce cups	4. Arrange the lettuce leaves as underliners on cold salad plates.
			5. Using a No. 12 scoop, place a mound of coleslaw in the center of each plate.
			6. Hold for service in refrigerator.

Per serving: Calories, 230; Protein, 2 g; Fat, 24 g (89% cal.); Cholesterol, 25 mg; Carbohydrates, 5 g; Fiber, 2 g; Sodium, 270 mg.

VARIATIONS

1. Use Cooked Salad Dressing (p. 677) instead of mayonnaise. Reduce or omit vinegar.
2. Substitute sour cream for half of the mayonnaise.
3. Substitute heavy cream for 4 fl oz (125 mL) mayonnaise.
4. Substitute lemon juice for the vinegar.
5. Use 8 fl oz (250 mL) basic vinaigrette and omit mayonnaise and vinegar. Flavor with 1 tsp (5 mL) celery seed and ½ tsp (2 mL) dry mustard.
6. Add 1 tsp (5 mL) celery seed to the basic mayonnaise dressing.

Mixed Cabbage Slaw

Use half red cabbage and half green cabbage.

Carrot Coleslaw

Add 8 oz (250 g) shredded carrots to the basic recipe. Reduce cabbage to 1 lb 12 oz (850 g).

Garden Slaw

Add the following ingredients to the basic recipe: 4 oz (125 g) carrots, shredded; 2 oz (60 g) celery, chopped or cut julienne; 2 oz (60 g) green bell pepper, chopped or cut julienne; 1 oz (30 g) scallions, chopped. Reduce cabbage to 1 lb 12 oz (850 g).

Coleslaw with Fruit

Add the following ingredients to the basic recipe: 2 oz (60 g) raisins, soaked in hot water and drained; 4 oz (125 g) unpeeled apple, cut in small dice; 4 oz (125 g) pineapple, cut in small dice. Use sour cream dressing (dressing variation 2 above) and use lemon juice instead of vinegar.



Coleslaw

Roasted Pepper Salad

PORTIONS: 12 PORTION SIZE: 3½ OZ

U.S.	METRIC	INGREDIENTS
1 lb 12 oz	840 g	Red bell peppers
1 lb 12 oz	840 g	Yellow bell peppers
10 fl oz	300 mL	Vinaigrette (p. 670), made with olive oil and red wine vinegar
½ oz	15 g	Fresh basil, chopped

- PROCEDURE**
1. Roast and peel the peppers, following the procedure illustrated on page 289.
 2. Cut the peppers into strips ½ in. (1 cm) wide.
 3. Mix the peppers, vinaigrette, and basil. Check for seasonings and add salt and pepper if desired, although none may be needed if the dressing is well seasoned.

Per serving: Calories, 190; Protein, 1 g; Fat, 17 g (83% cal.); Cholesterol, 0 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 180 mg.

Mixed Vegetable Salad with Pasta

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
12 oz	350 g	Cooked ditalini pasta, cold
8 oz	225 g	Cooked chickpeas or other dried beans, cold
6 oz	175 g	Zucchini, medium dice, raw or blanched
6 oz	175 g	Green beans, cooked, cut into ½-in. (1-cm) lengths
4 oz	125 g	Red onions, small dice
3 oz	90 g	Small pitted black olives
3 oz	90 g	Celery, medium dice
2 oz	60 g	Green bell pepper, medium dice
2 oz	60 g	Red bell pepper, medium dice
2 tbsp	30 mL	Capers, drained
2 oz	60 g	Parmesan cheese, grated
12 fl oz	350 mL	Italian Dressing (p. 670)

12	12	Lettuce leaves for underliners
12	12	Tomato wedges or cherry tomatoes

- PROCEDURE**
1. Combine the pasta, beans, vegetables, and cheese in a large bowl. Toss to mix.
 2. No more than 1–2 hours before service, add the dressing and toss.
-
3. Arrange the lettuce leaves on cold salad plates.
 4. Just before service, place a 4-oz (125-g) portion of the salad on each lettuce leaf.
 5. Garnish each salad with a tomato wedge.

Per serving: Calories, 290; Protein, 6 g; Fat, 22 g (67% cal.); Cholesterol, 5 mg; Carbohydrates, 18 g; Fiber, 4 g; Sodium, 420 mg.

VARIATIONS

Add 8 oz (225 g) diced or sliced salami, pepperoni, or mozzarella cheese to the salad mixture.

Carrot Salad

PORTIONS: 12 PORTION SIZE: 3 OZ (100 G)

U.S.	METRIC	INGREDIENTS
2½ lb	1.2 kg	Carrots
6 fl oz	180 mL	Mayonnaise
4 fl oz	125 mL	Vinaigrette
to taste	to taste	Salt
12	12	Lettuce cups
6	6	Pitted black olives

Per serving: Calories, 200; Protein, 1 g; Fat, 18 g (79% cal.); Cholesterol, 10 mg; Carbohydrates, 10 g; Fiber, 3 g; Sodium, 20 mg.

VARIATIONS

Carrot Raisin Salad

Simmer 4 oz (125 g) raisins in water 2 minutes. Cool, then drain. Mix raisins with the carrots.

Carrot Pineapple Salad

Mix 6 oz (180 g) drained pineapple tidbits with the carrots.

Carrot Celery Salad

Reduce the carrots to 1 lb 12 oz (850g). Mix 12 oz (375 g) celery (cut julienne) or celery root (shredded) with the carrots.

Celery Salad

Use celery or celery root instead of carrots in basic recipe. Cut stalk celery into thin slices instead of shredding it. Add 1 tbsp (15 mL) French or Dijon-type mustard to the dressing.

- PROCEDURE**
1. Peel the carrots. Shred them on a coarse grater.
 2. Combine the mayonnaise and vinaigrette. Mix until smooth.
 3. Add the carrots and mix. Season to taste with salt.
 4. Arrange the lettuce cups as underliners on cold salad plates.
 5. Using a No. 12 scoop, place a mound of carrot salad in each lettuce cup.
 6. Cut the olives in half lengthwise. Garnish the top of each salad with an olive half.



Carrot Raisin Salad

Greek Salad



PORTIONS: 12

U.S.	METRIC	INGREDIENTS
Vinaigrette:		
1½ fl oz	45 mL	Lemon juice
½ tsp	2 mL	Salt
⅛ tsp	0.5 mL	Pepper
1 tbsp	15 mL	Dried oregano
4½ fl oz	135 mL	Olive oil
12 oz	360 g	Cucumber, cut in half lengthwise and sliced
1 lb 8 oz	720 g	Tomatoes, large dice
9 oz	270 g	Feta cheese, crumbled
6 oz	180 g	Red onion, in thin slices
4 oz	120 g	Pitted Kalamata olives
1 lb 2 oz	540 g	Romaine lettuce, cut into bite-size pieces

Per serving: Calories, 210; Protein, 5 g; Fat, 18 g (74% cal.); Cholesterol, 20 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 500 mg.

VARIATION

Instead of dicing the tomatoes, cut them into wedges. Garnish each plated salad with 2 or 3 wedges.

- PROCEDURE**
1. Prepare vinaigrette, using the ingredients listed and following the procedure on page 670.
 2. Combine the cucumber, tomatoes, cheese, onion, and olives in a bowl.
 3. Add the vinaigrette and toss to mix.
 4. Divide the lettuce among individual serving bowls (1½ oz or 45 g per portion).
 5. Spoon the vegetable and cheese mixture onto the lettuce.

Heirloom Tomato Salad

PORTIONS: 12 PORTION SIZE: ABOUT 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
3 lb	1.5 kg	Assorted ripe heirloom tomatoes, 3 or 4 varieties (see Procedure)
12 small bunches	12 small bunches	Mixed baby greens
6 fl oz	180 mL	Extra-virgin olive oil
3 fl oz	90 mL	Balsamic vinegar
to taste	to taste	Coarse salt
to taste	to taste	Black pepper

PROCEDURE

1. Select the tomatoes: Use 3 or 4 types of ripe, flavorful tomatoes of varied colors (yellow, green, orange, different shades of red), depending on availability. Include at least one type of small tomato, such as cherry tomato.
2. Prepare the tomatoes: Peel large tomatoes by blanching them 10 seconds in boiling water, cutting out the core end, and pulling off the skins. Small tomatoes with tender skins can be left unpeeled. Cut large tomatoes into slices. Cut small tomatoes into quarters or halves or leave whole, depending on size.
3. Arrange the tomatoes attractively on large salad plates.
4. Place a small bunch of greens on each plate.
5. Drizzle the tomatoes with a little olive oil and then a little vinegar.
6. Sprinkle lightly with coarse salt and black pepper.

Per serving: Calories, 150; Protein, 1 g; Fat, 14 g (82% cal.); Cholesterol, 0 mg; Carbohydrates, 6 g; Fiber, 1 g; Sodium, 100 mg.

VARIATIONS

Instead of the oil and vinegar, drizzle the salad with Balsamic Vinaigrette (p. 670) or Mustard Vinaigrette (p. 670).

Insalata Caprese

Use only one variety of large, red tomato. Peel and slice. Alternate overlapping slices of tomato and fresh mozzarella on a plate or platter. Sprinkle with fresh basil, cut chiffonade, coarse salt, and pepper. Drizzle with olive oil.

Modern Caprese

For a modern interpretation of Caprese Salad, Place a rectangle of Balsamic Sheet (p. 228) on a rectangular plate, as shown in the illustration. Brush tomato wedges and halved cherry tomatoes lightly with olive oil and arrange on the sheet. Place a few wedges of fresh mozzarella between the tomatoes and add a few lightly oiled fresh greens. Place a small spoonful of Olive Oil Powder (p. 228) at each end and garnish the salad with Basil Caviar (p. 227).



Modern Caprese

Pacific Rim Salad with Beef

PORTIONS: 12
 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 lb	450 g	Bean sprouts	1. Mix the bean sprouts, snow peas, carrots, water chestnuts, scallions, and almonds. Hold in the refrigerator.
8 oz	225 g	Snow peas, trimmed and blanched	
4 oz	120 g	Carrots, cut julienne	
6 oz	175 g	Water chestnuts, sliced	
2 oz	60 g	Scallions, chopped	
2 oz	60 g	Slivered almonds, toasted	
12 oz	350 g	Cold roast beef	2. Slice the beef about ¼ in. (6 mm) thick, then cut into thin strips. 3. No more than about 2 hours before serving, marinate the beef in the vinaigrette 30–60 minutes.
14 fl oz	400 mL	Oriental Vinaigrette (p. 672)	
12 oz	350 g	Chinese cabbage, shredded	4. Add the mixed vegetables to the beef and vinaigrette mixture. Toss to mix well. 5. Place a bed of shredded Chinese cabbage on salad plates.
24	24	Orange wedges	
			6. Portion the salad mixture onto the plates. 7. Garnish each salad with 2 orange wedges.

Per serving: Calories, 330; Protein, 11 g; Fat, 27 g (72% cal.); Cholesterol, 25 mg; Carbohydrates, 13 g; Fiber, 4 g; Sodium, 200 mg.

VARIATIONS

Substitute chicken, turkey, ham, or duck meat for the beef.



Pacific Rim Salad with Beef

Mixed Bean Salad with Olives and Tomatoes



PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
8 oz	250 g	Chickpeas, cooked or canned, drained
8 oz	250 g	Red kidney beans, cooked or canned, drained
8 oz	250 g	Navy or white kidney beans, cooked or canned, drained
10 oz	300 g	Tomatoes, peeled, seeded, small dice
2 oz	60 g	Green olives, pitted, sliced
2 oz	60 g	Black olives, pitted, sliced
2 oz	60 g	Red onion, chopped fine
8 fl oz	250 mL	Mustard Vinaigrette (p. 670)
2 tbsp	30 mL	Chopped parsley
12	12	Lettuce leaves

Per serving: Calories, 220; Protein, 5 g; Fat, 16 g (62% cal.); Cholesterol, 0 mg; Carbohydrates, 17 g; Fiber, 6 g; Sodium, 320 mg.

VARIATION

White Bean Salad

Instead of the mixture of beans, use only white kidney beans.

PROCEDURE

1. Combine the chickpeas and beans in a bowl. Add the tomatoes, olives, and onion. Toss gently.
2. Add the vinaigrette. Mix.
3. Cover and refrigerate 2–4 hours.
4. Before serving, mix in the chopped parsley.
5. Arrange the lettuce leaves on cold salad plates.
6. Mound the salad mixture on the lettuce leaves.



Mixed Bean Salad with Olives and Tomatoes

Panzanella



PORTIONS: 10 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
12 oz	375 g	Firm, white Italian bread
1½ lb	750 g	Ripe tomatoes, peeled
1½ oz	45 g	Red onion, chopped fine
½ oz	15 g	Fresh basil, torn into small pieces
4 fl oz	125 mL	Olive oil
2 fl oz	60 mL	Red wine vinegar
⅓ tsp	0.5 mL	Red pepper flakes
to taste	to taste	Salt
to taste	to taste	Pepper

Per serving: Calories, 200; Protein, 4 g; Fat, 12 g (53% cal.); Cholesterol, 0 mg; Carbohydrates, 20 g; Fiber, 2 g; Sodium, 200 mg.

VARIATION

Add either or both of the following ingredients to the mixture: 8 oz (250 g) peeled, seeded cucumber, chopped; 4 oz (125 g) hearts of celery, sliced.

PROCEDURE

1. Use a hearty, firm bread for this recipe. If necessary, let it sit out to dry for a few hours, or dry it slightly in an oven.
2. Tear the bread into bite-size pieces. Place in a large bowl.
3. Chop the tomatoes coarsely into ½-in. (1-cm) pieces. Add to the bowl.
4. Add the remaining ingredients. Toss to mix.
5. Let stand about 1 hour, or until the bread has absorbed the juices and softened.

Quinoa Salad with Bell Peppers



PORTIONS: 12
 PORTION SIZE: 4½ OZ (135 G)

U.S.	METRIC	INGREDIENTS
9 oz	275 g	Quinoa
1¼ pt	625 mL	Water
¼ tsp	1 mL	Salt
4 oz	125 g	Red bell pepper, small dice
4 oz	125 g	Green bell pepper, small dice
2 oz	60 g	Scallion, chopped fine
6 oz	180 g	Cucumber, peeled and seeded, small dice
3 oz	90 g	Dried apricots, chopped fine
8 fl oz	250 mL	Italian Dressing (p. 670)
to taste	to taste	Salt
12	12	Lettuce or radicchio leaves

Per serving: Calories, 220; Protein, 4 g; Fat, 14 g (56% cal.); Cholesterol, 0 mg; Carbohydrates, 21 g; Fiber, 2 g; Sodium, 200 mg.

VARIATIONS

This salad can also be made with brown rice, farro, or couscous.

- PROCEDURE
1. Rinse the quinoa thoroughly in cold water. Drain.
 2. Combine with the water and salt. Bring to a boil. Lower heat, cover, and simmer slowly until the grain is cooked, about 15 minutes.
 3. Spread the cooked grain in a shallow pan to cool.
 4. Combine the cooled quinoa, bell peppers, scallions, cucumber, and apricots in a bowl.
 5. Add the dressing and toss to mix.
 6. Add salt to taste.
 7. Arrange the lettuce leaves on cold salad plates.
 8. Mound the salad mixture on the lettuce leaves.



Quinoa Salad with Bell Peppers

Lentil Salad



PORTIONS: 10
 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
12 oz	375 g	Green lentils
1 qt	1 L	Water
4 oz	125 g	Celery, cut brunoise
4 oz	125 g	Carrot, cut brunoise
1½ oz	45 g	Red onion, cut brunoise
1 oz	30 g	Parsley, chopped
4 fl oz	145 mL	Olive oil
2 fl oz	60 mL	Lemon juice
to taste	to taste	Salt
to taste	to taste	Pepper
12	12	Lettuce leaves

- PROCEDURE
1. Pick over, rinse, and drain the lentils.
 2. Place them in a saucepan with the water. Bring to a boil, reduce heat, and simmer until the lentils are just tender and not falling apart, about 25 minutes.
 3. Drain the lentils and place them in a bowl.
 4. While the lentils are still warm, add the celery, carrot, onion, parsley, olive oil, and lemon juice. Toss to mix.
 5. Season to taste with salt and pepper.
 6. Arrange the lettuce leaves on salad plates.
 7. Serve the lentil salads warm or cold. Mound the salad on the lettuce leaves.

Per serving: Calories, 200; Protein, 9 g; Fat, 11 g (44% cal.); Cholesterol, 0 mg; Carbohydrates, 23 g; Fiber, 6 g; Sodium, 35 mg.

Broccoli, Prosciutto, and Sunflower Salad

PORTIONS: 12 PORTION SIZE: 4½ OZ (140 G)

U.S.	METRIC	INGREDIENTS
4 oz	125 g	Raisins
2 lb	1 kg	Broccoli florets
4 oz	125 g	Prosciutto, sliced thin, chopped
3 oz	90 g	Sunflower seeds, toasted (shelled)
3 oz	90 g	Shallot or red onion, chopped fine
6 fl oz	180 mL	Emulsified French Dressing (p. 676)
4 fl oz	125 mL	Heavy cream
Per serving: Calories, 240; Protein, 7 g; Fat, 19 g (67% cal.); Cholesterol, 15 mg; Carbohydrates, 14 g; Fiber, 3 g; Sodium, 280 mg.		

- PROCEDURE**
1. Place the raisins in a bowl and add warm water to cover. Let stand 1 hour.
 2. Drain.
 3. Combine the raisins, broccoli, prosciutto, sunflower seeds, and shallot or onion in a bowl. Toss to mix evenly.
 4. Combine the dressing and cream. Add to the broccoli and toss to mix.



Broccoli, Prosciutto, and Sunflower Salad

Tabbouleh

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
12 oz	375 g	Bulgur wheat, fine or medium texture
1 lb	500 g	Cucumber
1½ tsp	7 mL	Coarse salt
1½ oz	45 g	Parsley, chopped
1½ oz	45 g	Scallions, sliced thin
6 oz	180 g	Tomato, peeled, seeded, and chopped
3 fl oz	90 mL	Lemon juice
3 fl oz	90 mL	Olive oil
to taste	to taste	Salt
to taste	to taste	Pepper
12	12	Lettuce leaves

- PROCEDURE**
1. Place the bulgur wheat in a bowl. Pour over it about twice its volume of boiling water.
 2. Cover and let stand until completely cool. The bulgur should have absorbed most or all of the water and should be tender enough to eat. If any liquid remains, drain it and squeeze out the grain gently. Fluff with a fork.
 3. Peel the cucumbers and quarter them lengthwise. Scoop out and discard the seeds. Slice the cucumbers ¼ in. (6 mm) thick.
 4. Toss with the coarse salt in a bowl and let stand 30 minutes.
 5. Rinse, drain, and pat dry.
 6. Mix the bulgur, cucumbers, parsley, scallions, tomato, lemon juice, and olive oil.
 7. Add salt and pepper to taste.
 8. Arrange the lettuce leaves on cold salad plates.
 9. Mound the tabbouleh on the lettuce leaves.

Per serving: Calories, 170; Protein, 4 g; Fat, 7 g (36% cal.); Cholesterol, 0 mg; Carbohydrates, 24 g; Fiber, 6 g; Sodium, 240 mg.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Cucumbers and Onions in Sour Cream

Mushrooms à la Grecque

Red Cabbage Salad

Tomato Cucumber Salad

Turmeric Pickled Onions

Vegetable Chopped Salad with Kidney Beans and Provolone

Warm Cabbage Salad with

Roasted Mushrooms

Wheatberry Salad with Mint

BOUND SALADS

Principles

Bound salads are mixtures of foods held together, or bound, with a dressing, usually a thick dressing such as mayonnaise. The term bound is used most often for traditional mixtures of cooked protein, starch, and vegetable items with mayonnaise, such as chicken salad, tuna salad, egg salad, and potato salad.

As noted in the discussion of vegetable and starch salads on page 695, there is no exact dividing line between that category and bound salads, so you should keep in mind the guidelines for preparing both kinds of salads when preparing bound salads.

Some of these salads, mainly those made with protein items, are also used as sandwich fillings. Sandwich filling ingredients must usually be chopped fine or cut into small dice to be practical for this use. Plated salads, by contrast, may contain larger cuts if desired.

Popular choices for cooked salads are the following:

Chicken	Lobster
Turkey	Eggs
Ham	Potatoes
Tuna	Pastas
Salmon	Rice
Crab	Mixed vegetables
Shrimp	

GUIDELINES for Making Bound Salads

1. Cooked ingredients must be thoroughly cooled before being mixed with mayonnaise, and the completed salad mixture must be kept chilled at all times. Mayonnaise-type salads are ideal breeding grounds for bacteria that cause food poisoning.
2. Bound salads are good ways to use leftovers such as chicken, meat, or fish, but the ingredients must have been handled according to the rules of good sanitation and food handling. The product will not be cooked again to destroy any bacteria that might grow in the salad and cause illness.
3. Potatoes for salads should be cooked whole, then peeled and cut, in order to preserve nutrients.
4. Except in the case of sandwich fillings, don't cut ingredients too small, or the final product will be like mush or paste, with no textural interest.
5. Crisp vegetables are usually added for texture. Celery is the most popular, but other choices are green peppers, carrots, chopped pickles, onions, water chestnuts, and apples. Be sure the flavors go together, however.
6. Bland main ingredients, such as potatoes and some seafoods, may be marinated in a seasoned liquid such as vinaigrette before being mixed with the mayonnaise and other ingredients. Any marinade not absorbed should be drained first to avoid thinning the mayonnaise.
7. Fold in thick dressings gently to avoid crushing or breaking the main ingredients.
8. Bound salads are usually portioned with a scoop. This has two advantages: (1) It provides portion control. (2) It gives height and shape to the salad.
9. For plated salads, serve on a base of greens, and choose attractive, colorful garnishes when appropriate. A scoop of potato or chicken salad looks pale and uninteresting when plated without a base or garnish.



Chicken or Turkey Salad

PORTIONS: 12 PORTION SIZE: 3½ OZ (100 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 lb 14 oz	875 g	Cooked chicken or turkey, ½-in. (1-cm) dice	1. Combine all ingredients in a mixing bowl. Toss gently until thoroughly mixed.
6 oz	175 g	Celery, ¼-in. (0.5-cm) dice	
8 fl oz	240 mL	Mayonnaise	
1 fl oz	30 mL	Lemon juice	
to taste	to taste	Salt	
to taste	to taste	White pepper	
12	12	Lettuce cups	2. Arrange lettuce as underliners on cold salad plates.
as needed	as needed	Parsley or watercress sprigs	
			3. Using a No. 10 scoop, place a mound of chicken salad on each plate. Garnish with parsley or watercress.
			4. Hold for service in refrigerator.

Per serving: Calories, 200; Protein, 15 g; Fat, 22 g (74% cal.); Cholesterol, 60 mg; Carbohydrates, 2 g; Fiber, 1 g; Sodium, 170 mg.

VARIATIONS

If desired, increase the quantity of celery and decrease the quantity of chicken by the same amount.

Add any of the following ingredients to the basic recipe:

- 3 oz (90 g) broken walnuts or pecans
- 3 hard-cooked eggs, chopped
- 4 oz (115 g) seedless grapes, cut in half, and 1½ oz (45 g) chopped or sliced almonds
- 4 oz (115 g) drained, diced pineapple
- 4 oz (115 g) diced avocado
- 8 oz (225 g) peeled, seeded, diced cucumber, substituted for 8 oz (225 g) of the celery
- 4 oz (115 g) sliced water chestnuts

Egg Salad

Substitute 16–18 diced hard-cooked eggs for the chicken in the basic recipe.

Tuna or Salmon Salad

Substitute 1 lb 12 oz (820 g) drained, flaked canned tuna or salmon for the chicken in the basic recipe. Add 1 oz (30 g) chopped onion. Optional ingredient: 2 oz (50 g) chopped pickles or drained capers.



Chicken Salad

Macedoine of Vegetables Mayonnaise

PORTIONS: 12
 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
1 lb	500 g	Cooked carrots, ¼-in. (0.5-cm) dice
1 lb	500 g	Cooked white turnips, ¼-in. (0.5-cm) dice
8 oz	250 g	Cooked green beans, sliced in ¼-in. (0.5-cm) pieces
8 oz	250 g	Cooked green peas
8 fl oz or as needed	250 mL or as needed	Mayonnaise
to taste	to taste	Salt
to taste	to taste	White pepper
12	12	Lettuce cups
12	12	Tomato wedges

Per serving: Calories, 180; Protein, 3 g; Fat, 14 g (68% cal.); Cholesterol, 10 mg; Carbohydrates, 12 g; Fiber, 4 g; Sodium, 150 mg.

- PROCEDURE
- Chill all ingredients before combining.
 - Place vegetables and mayonnaise in a bowl and mix until evenly combined. Use just enough mayonnaise to bind. Season to taste with salt and white pepper.
 - Place lettuce bases as underliners on cold salad plates.
 - Using a No. 10 scoop, place a mound of salad on each plate. Garnish with 1 tomato wedge.



Macedoine of Vegetables Mayonnaise

Ham Salad

PORTIONS: 12
 PORTION SIZE: 3½ OZ (105 G)

U.S.	METRIC	INGREDIENTS
1½ lb	725 g	Cooked smoked ham, small dice
8 oz	240 g	Celery, small dice
4 oz	120 g	Chopped pickles (sweet or dill) or drained pickle relish
1 oz	30 g	Onion, chopped fine
8 fl oz	250 mL	Mayonnaise
1 fl oz	30 mL	Vinegar
12	12	Lettuce leaves for underliners
24	24	Tomato wedges (optional)

- PROCEDURE
- Combine ham, celery, pickles, onion, mayonnaise, and vinegar in a mixing bowl. Toss gently until evenly mixed. Adjust seasonings.
 - Refrigerate until ready for use.
 - Serve a 3½-oz (105-g) portion on a bed of lettuce.
 - If desired, garnish with tomato wedges.

Per serving: Calories, 150; Protein, 1 g; Fat, 15 g (87% cal.); Cholesterol, 5 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 170 mg.

VARIATIONS

Ham Salad Spread

Grind the ham, or chop very fine. Chop the celery very fine. Use for sandwiches.

Deviled Ham

Grind the ham. Add 1½ tbsp (22 mL) prepared mustard and ½ tsp (2 mL) hot red pepper sauce to the basic recipe. Increase the onion to 2 oz (60 g). Use as a canapé spread.

Corned Beef Salad

Substitute corned beef for the ham in the basic recipe.

Macaroni and Ham Salad

Reduce the ham to 6 oz (180 g) and add 1½ lb (725 g) cooked, drained, chilled elbow macaroni. Omit the pickles and add 3 oz (90 g) green pepper, cut in small dice.

Potato Salad

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
2½ lb AP	1.25 kg AP	Waxy potatoes (see Note)	1. Scrub the potatoes. Steam or boil until tender, but do not overcook. 2. Drain the potatoes. Leave in the colander or spread out on a sheet pan until cool enough to handle.
6 fl oz	180 mL	Basic Vinaigrette (p. 670)	3. Peel the warm potatoes. Cut into ½-in. (1-cm) dice.
¾ tsp	3 mL	Salt	4. Combine the dressing, salt, and pepper. Add the potatoes and mix carefully to avoid breaking or crushing them.
⅛ tsp	0.5 mL	White pepper	5. Marinate until cold. For the purpose of food safety, chill the potatoes in the refrigerator before proceeding with the next step.
6 oz	180 g	Celery, small dice	6. If any vinaigrette has not been absorbed by the potatoes, drain it off.
2 oz	60 g	Onion, chopped fine (Optional ingredients— see Variations below)	7. Add the celery, onion, and, if desired, any of the optional ingredients listed below. Mix gently.
8 fl oz	250 mL	Mayonnaise	8. Add the mayonnaise. Mix carefully until evenly blended. 9. Keep refrigerated until ready to use.
12	12	Lettuce cups	10. Arrange the lettuce as underliners on cold salad plates.
24	24	Pimiento strips	11. Using a No. 10 scoop, place a 4-oz (125-g) mound of potato salad on each plate. 12. Garnish each salad with 2 strips pimiento placed crosswise on top. 13. Hold for service in refrigerator.

Per serving: Calories, 290; Protein, 2 g; Fat, 24 g (74% cal.); Cholesterol, 10 mg; Carbohydrates, 17 g; Fiber, 2 g; Sodium, 360 mg.

Note: See pages 352–353 for explanation of potato types. Do not use starchy, mealy potatoes for salad because they will not hold their shape.

VARIATIONS

Optional ingredients, to be added in step 7:

- 2–3 hard-cooked eggs, diced
- 1 oz (30 g) green bell peppers, small dice
- 1 oz (30 g) pimientos, small dice
- 2 oz (60 g) chopped pickles or capers or sliced olives
- 2 tbsp (30 mL) chopped parsley

Vinaigrette marination (steps 4–5) may be omitted if necessary. In this case, chill the potatoes before mixing with the dressing. Add 1 fl oz (30 mL) vinegar to the mayonnaise and check carefully for seasonings. Refrigerate 2 hours or more before serving.

French Potato Salad

PORTION: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
3½ lb	1.75 kg	Waxy potatoes	1. Scrub the potatoes. Steam or boil until tender, but do not overcook.
			2. Drain the potatoes. Leave in the colander or spread out on a sheet pan until cool enough to handle.
4 fl oz	125 mL	Salad oil	3. Peel the potatoes while still hot. Cut into slices ¼-in. (0.5-cm) thick or into ½-in. (1-cm) dice.
3 fl oz	90 mL	Wine vinegar (white or red)	4. Mix the potatoes with the remaining ingredients. Allow to stand at least 15 minutes while the potatoes absorb the dressing.
2 oz	60 g	Onions or shallots, chopped fine	5. Serve warm or cold. This salad is a popular accompaniment to hot cooked sausages.
⅛ tsp	0.5 mL	Garlic, chopped fine	
2 tbsp	30 mL	Chopped parsley	
1½ tsp	7 mL	Dried tarragon	
to taste	to taste	Salt	
to taste	to taste	Pepper	

Per serving: Calories, 180; Protein, 2 g; Fat, 9 g (46% cal.); Cholesterol, 0 mg; Carbohydrates, 22 g; Fiber, 2 g; Sodium, 5 mg.

VARIATION

Hot German Potato Salad

Omit oil and tarragon from the basic recipe. Cook 4 oz (125 g) diced bacon until crisp. Add the bacon, the bacon fat, and 4 fl oz (125 mL) hot chicken stock to the dressing ingredients. (More stock may be needed if the potatoes absorb a great deal.) Place the mixed salad in a hotel pan, cover, and heat in a 300°F (150°C) oven about 30 minutes. Serve hot.



French Potato Salad

Dilled Shrimp Salad

PORTION: 12 PORTION SIZE: 3½ OZ (100 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1½ lb	700 g	Cooked, peeled, deveined shrimp	1. Cut the shrimp into ¼-in. (0.5-cm) pieces. (If the shrimp are very small, leave them whole.) 2. Combine the celery and shrimp in a bowl.
12 oz	350 g	Celery, small dice	
8 fl oz	250 mL	Mayonnaise	3. Mix the mayonnaise, lemon juice, dill, and salt. 4. Add the dressing to the shrimp mixture. Mix in thoroughly.
1 tbsp	15 mL	Lemon juice	
1 tsp	5 mL	Dried dill weed (or 2 tbsp/30 mL chopped fresh dill)	5. Arrange the lettuce leaves as underliners on cold salad plates. 6. Using a No. 10 scoop, place a mound of shrimp salad on each plate. 7. Garnish with tomato wedges, using 2 per salad.
¼ tsp	1 mL	Salt	
12	12	Lettuce cups	
24	24	Tomato wedges	

Per serving: Calories, 200; Protein, 12 g; Fat, 15 g (67% cal.); Cholesterol, 115 mg; Carbohydrates, 5 g; Fiber, 1 g; Sodium, 300 mg.

VARIATIONS

Crab or Lobster Salad

Prepare as in the basic recipe, using crab or lobster meat instead of shrimp.

Crab, Shrimp, or Lobster Louis

Use Louis Dressing (p. 675) instead of the mixture of mayonnaise, lemon juice, and dill. Serve on shredded lettuce. If food cost permits, omit celery and increase shellfish to 2¼ lb/1 kg.

Rice and Shrimp Salad

Reduce shrimp in the basic recipe to 1 lb (450 g), and add 2 lb (900 g) cooked rice.

Curried Rice Salad with Shrimp

Prepare Rice and Shrimp Salad, but omit the dill. Instead, flavor the dressing with ½ tsp (2 mL) curry powder heated lightly in 1 tsp (5 mL) oil and cooled. Optional: Substitute diced green bell pepper for half the celery.

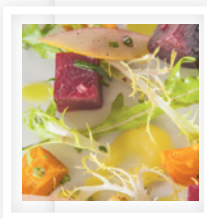
FRUIT SALADS

Principles

As their name indicates, **fruit salads** have fruits as their main ingredients. They are popular as appetizer salads, as dessert salads, and as part of combination luncheon plates, often with a scoop of cottage cheese or other mild-tasting protein food.

GUIDELINES for Making Fruit Salads

1. Fruit salads are often arranged rather than mixed or tossed because most fruits are delicate and easily broken. An exception is the Waldorf salad, made of firm apples mixed with nuts, celery, and a mayonnaise-based dressing.
2. Broken or less attractive pieces of fruit should be placed at the bottom of the salad, with the more attractive pieces arranged on top.
3. Some fruits discolor when cut and should be dipped into an acid such as tart fruit juice. See pages 682–687 for pre-preparation guidelines for individual fruits.
4. Fruits do not hold as well as vegetables after being cut. If both vegetable and fruit salads are being prepared for a particular meal service, the vegetable salads should usually be prepared first.
5. Drain canned fruits well before including them in the salad, or the salad will be watery and sloppy. The liquid from the canned fruit may be reserved for use in fruit salad dressing or other preparations.
6. Dressings for fruit salads are often slightly sweet, but a little tartness is usually desirable as well. Fruit juices are often used in dressings for fruit salad.



KEY POINTS TO REVIEW

- What are the guidelines for making vegetable, legume, grain, and pasta salads?
- What is a bound salad? What are the guidelines for making bound salads?
- What are the guidelines for making fruit salads?

Waldorf Salad

PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
6 fl oz	180 mL	Chantilly Dressing (p. 675)	1. Prepare the dressing. Place it in a large stainless-steel bowl and have it ready in the refrigerator (See Note).
2 lb AP	900 g AP	Crisp, red eating apples	2. Core the apples and dice them to ½ in. (1 cm) without peeling them.
8 oz	225 g	Celery, small dice	3. As soon as the apples are cut, add them to the dressing and mix in to prevent darkening.
2 oz	55 g	Walnuts, coarsely chopped	4. Add the celery and walnuts. Fold in until evenly mixed.
12	12	Lettuce cups	5. Arrange the lettuce bases as underliners on cold salad plates.
1 oz	30 g	Chopped walnuts (optional)	6. Using a No. 12 scoop, place a mound of salad on each plate.
			7. If desired, garnish each salad with about 1 tsp (5 mL) chopped nuts.
			8. Hold for service in refrigerator.

Per serving: Calories, 150; Protein, 1 g; Fat, 12 g (69% cal.); Cholesterol, 10 mg; Carbohydrates, 11 g; Fiber, 2 g; Sodium, 40 mg.

Note: Plain mayonnaise may be used instead of Chantilly dressing.

VARIATIONS

Any of the following ingredients may be added to the basic Waldorf mixture. If any of these changes is made, the item should no longer be called simply Waldorf Salad. Change the menu name to indicate the product contains other ingredients. For example: Pineapple Waldorf Salad or Apple Date Salad.

- 8 oz (225 g) diced pineapple
- 4 oz (100 g) chopped dates, substituted for the walnuts
- 4 oz (100 g) raisins, plumped in hot water and drained
- 1 lb (450 g) shredded cabbage or Chinese cabbage, substituted for the celery

WALDORF SALAD

The Waldorf Salad was invented and first served at New York City’s Waldorf Hotel in the 1890s. The recipe appeared in print in a collection called *The Cook Book*, compiled by “Oscar of the Waldorf.”

Arugula, Citrus, and Fennel Salad

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
1 fl oz	30 mL	Lime juice
2 fl oz	60 mL	Orange juice
½ oz	15 g	Shallots, chopped fine
1 tsp	5 mL	Grated fresh ginger root
2 tsp	10 mL	Grated lime zest
3 fl oz	90 mL	Olive oil
to taste	to taste	Salt
2 lb	1 kg	Grapefruit
1 lb	500 g	Fennel, trimmed
6 oz	180 g	Arugula

Per serving: Calories, 90; Protein, 1 g; Fat, 7 g (66% cal.); Cholesterol, 0 mg; Carbohydrates, 7 g; Fiber, 2 g; Sodium, 25 mg.

- PROCEDURE**
1. Mix the lime juice, orange juice, shallots, ginger, and zest.
 2. Whip in the olive oil to make a vinaigrette.
 3. Add salt to taste.
 4. Peel and section the grapefruit according to the procedure illustrated on page 150. You should have about 1 lb (500 g) grapefruit sections.
 5. Cut the fennel bulb in half vertically. Lay the halves on the cutting board, cut side down, and cut vertically into thin slices.
 6. Trim the stems from the arugula. Tear into pieces.
 7. Just before serving, toss together the grapefruit, fennel, and arugula.
 8. Mound on cold salad plates.
 9. Drizzle 1 tbsp (15 mL) vinaigrette over each portion.



Arugula, Citrus, and Fennel Salad

Thai Papaya and Mango Salad

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
6 fl oz	180 mL	Lime juice
1 fl oz	30 mL	Nam pla (Thai fish sauce) or nuoc nam (Vietnamese fish sauce)
2	2	Serrano chiles, seeded, chopped fine
2	2	Scallions, chopped fine
1 oz	30 g	Brown sugar or raw sugar
1½ lb	750 g	Mango, medium dice
1½ lb	750 g	Papaya, medium dice
12 oz	360 g	Napa cabbage, shredded
4 tbsp	60 mL	Chopped peanuts

Per serving: Calories, 100; Protein, 2 g; Fat, 1.5 g (13% cal.); Cholesterol, 0 mg; Carbohydrates, 21 g; Fiber, 3 g; Sodium, 240 mg.

- PROCEDURE**
1. Mix the lime juice, fish sauce, chiles, scallions, and sugar. Stir until the sugar is dissolved.
 2. Mix the mango and papaya.
 3. Arrange 1 oz (30 g) cabbage on each salad plate.
 4. Top with a mound of the fruit mixture.
 5. Drizzle each portion with 4 tsp (20 mL) dressing.
 6. Sprinkle each portion with 1 tsp (5 mL) chopped peanuts.



Thai Papaya and Mango Salad

Pear Salad

YIELD: APPROX. 1 LB (480 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
		Pear mixture:	
1	1	Pear, peeled and cut paysanne	1. Toss together all the ingredients for the pear mixture.
½ cup	120 mL	Celery, sliced very thin	
4 tbsp	60 mL	Golden raisins	
4 tbsp	60 mL	Red onion, sliced very thin and then cut into ½-in. (1-cm) pieces, rinsed in cold water	
2 tsp	10 mL	Parsley, chopped very fine	
2 tsp	10 mL	Capers, chopped fine	
		Honey vinaigrette:	
2 tbsp	30 mL	Sherry vinegar	2. Mix together the vinegar, honey, shallot, and garlic in a small bowl.
4 tsp	20 mL	Honey	3. Very slowly add the olive oil while beating with a wire whip (see p. 670 for vinaigrette procedures).
1 tsp	5 mL	Shallot, chopped very fine	4. Season the vinaigrette to taste with salt, pepper, and fresh lemon juice.
½ tsp	2 mL	Garlic, chopped very fine	5. Add the vinaigrette to the pear mixture and toss carefully to coat the salad ingredients.
4 tbsp	60 mL	Olive oil	
to taste	to taste	Salt	
to taste	to taste	Black pepper	
to taste	to taste	Lemon juice	

Per 1 oz (28.35 g): Calories, 50; Protein, 0 g; Fat, 3.5 g (63% cal.); Cholesterol, 0 mg; Carbohydrates, 6 g; Fiber, <1 g; Sodium, 15 mg.

Apple Fennel Salad

YIELD: APPROX. 15 OZ (450 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
7 oz	210 g	Granny Smith apple, peeled and cut julienne	1. Toss together all ingredients except the parsley and chives.
3 oz	90 g	Fennel bulb, shaved as thin as possible (as on a slicing machine)	2. Just before serving, mix in the parsley and chives.
3 oz	90 g	Red onion, sliced very thin, rinsed and drained	
2 tbsp	30 mL	Cider vinegar	
1 tbsp	15 mL	Honey	
2 tbsp	30 mL	Olive oil	
to taste	to taste	Salt	
to taste	to taste	Black pepper	
1 tbsp	15 mL	Italian parsley, cut chiffonade	
1 tsp	5 mL	Chives, cut fine	

Per 1 oz (28.35 g): Calories, 30; Protein, 0 g; Fat, 1.5 g (45% cal.); Cholesterol, 0 mg; Carbohydrates, 4 g; Fiber, <1 g; Sodium, 0 mg.

Pickled Apple

YIELD: 12 OZ (360 G) [1 AP APPLE = 8 OZ; EP = 75%]

U.S. METRIC INGREDIENTS

½ cup	120 mL	Water
3½ oz	105 g	Sugar
½ cup	120 mL	Cider vinegar
Sachet:		
3–4	3–4	Peppercorns
¼ tsp	1 mL	Mustard seed
¼ tsp	1 mL	Coriander seed
¼ tsp	1 mL	Salt
2	2	Granny Smith apples, peeled, cored, and cut into small dice
1 tbsp	15 mL	Italian parsley, cut chiffonade (p. 150)

PROCEDURE

1. Combine the water, sugar, vinegar, sachet, and salt in a saucepan. Bring to a boil.
2. Pour the liquid and the sachet over the apples in a nonreactive container.
3. Let stand, refrigerated, 3–4 hours or overnight.
4. Immediately before serving, drain the apples and toss with the parsley.

Per 1 oz (28.35 g): Calories, 50; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 12 g; Fiber, 0 g; Sodium, 50 mg.

COMPOSED SALADS

Principles

Composed salads are salads made by arranging two or more elements attractively on a plate. They are called composed because the components are arranged on the plate rather than being mixed together. One or more of the elements may be mixed or tossed salads, but the individual mixed salads are arranged on the plate with other components for the final presentation.

Because they are more elaborate and can be substantial in size, composed salads are usually served as main courses or first courses rather than as accompaniments or side dishes.

There are so many kinds of composed salad that guidelines for preparing this category of salad are very general.

GUIDELINES for Preparing Composed Salads

1. Observe the guidelines for preparing each of the salad components. For example, if one of the components is a mixed green salad, observe the guidelines for preparing green salads.
2. Prepare and season each component separately, and evaluate it for flavor and quality. If one or more of the components is a salad, dressing may be added to each salad component separately, or in some cases dressing may be added to the entire salad just before serving.
3. Arrangements may be plated ahead of time only if the components will hold well. Add delicate items just before serving.
4. If any of the components is to be served hot or warm, prepare and add that item just before serving.
5. Flavors, textures, and colors of all components should harmonize or provide pleasing contrast. See the discussion of flavor building in Chapter 6.
6. Observe the general concepts of plating and presentation discussed in Chapter 30.

Chef's Salad

PORTIONS: 12

U.S.	METRIC	INGREDIENTS
3 lb	1.4 kg	Mixed salad greens, washed, trimmed, and crisped
12 oz	350 g	Turkey breast, cut into thin strips
12 oz	350 g	Pullman ham, cut into thin strips
12 oz	350 g	Swiss cheese, cut into thin strips
24	24	Tomato wedges or cherry tomatoes
24	24	Hard-cooked egg quarters
12	24	Radishes
4 oz	115 g	Carrots, cut bâtonnet
12	12	Green bell pepper rings

Per serving: Calories, 400; Protein, 37 g; Fat, 25 g (54% cal.); Cholesterol, 485 mg; Carbohydrates, 10 g; Fiber, 3 g; Sodium, 570 mg.

VARIATIONS

Other vegetable garnish may be used in addition to or in place of the items in the basic recipe. See lists on pages 678–679.

PROCEDURE

1. Place the greens in cold salad bowls, approximately 4 oz (125 g) per portion.
2. Arrange the turkey, ham, and cheese strips neatly on top of the greens. Keep the items separate—do not mix them all together.
3. Arrange the remaining items attractively on the salad.
4. Hold for service. If salads must be held for over 1 hour, they should be covered so the meats and cheese don't dry out.
5. Serve with any appropriate salad dressing on the side in a separate container.

Roasted Beet Salad with Gorgonzola

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
1 lb 8 oz	750 g	Red beets, medium to large
1 lb 8 oz	750 g	Yellow beets, small
12 oz	375 g	Mesclun
12 fl oz	375 mL	Mustard Vinaigrette (p. 670)
6 oz	180 g	Gorgonzola cheese, crumbled

PROCEDURE

1. Wrap the red beets in foil. Wrap the yellow beets in a separate foil package.
2. Bake at 400°F (200 °C) until the beets are tender, about 1 hour.
3. Cool the beets slightly. Trim the root and stem ends, and pull off the peels.
4. Cut the red beets crosswise into thin slices.
5. Cut the yellow beets vertically into quarters.
6. Arrange the sliced red beets in circles on cold salad plates.
7. Toss the mesclun with half the vinaigrette.
8. Drizzle the remaining vinaigrette over the sliced beets.
9. Place a small mound of greens in the center of each plate.
10. Arrange the quartered yellow beets around the greens.
11. Sprinkle the tops of the salads with the crumbled gorgonzola.

Per serving: Calories, 290; Protein, 6 g; Fat, 26 g (76% cal.); Cholesterol, 15 mg; Carbohydrates, 12 g; Fiber, 3 g; Sodium, 590 mg.

Roasted Beet Salad
with Gorgonzola



Salade Niçoise

PORTIONS: 12

U.S.	METRIC	INGREDIENTS	PROCEDURE
1½ lb	1.4 kg	Waxy potatoes, scrubbed	1. Cook the potatoes in boiling salted water until just tender. Drain and let cool. Peel. Cut into thin slices. Hold in refrigerator, covered.
1½ lb	1.4 kg	Green beans, washed and trimmed	2. Cook the beans in boiling salted water. Drain and cool under cold running water. Cut into 2-in. (5-cm) pieces. Hold in refrigerator.
1 lb	900 g	Mixed salad greens, washed, trimmed, and crisped	3. Line cold salad bowls or plates with the lettuce leaves (see Note).
30 oz	850 g	Canned tuna, solid pack or chunk	4. Combine the potatoes and green beans. Divide the mixture among the salad bowls, about 3 oz (90 g) per portion.
12	12	Anchovy fillets	5. Drain the tuna and break it into chunks. Place a 1½-oz (50-g) portion in the center of each salad.
24	24	Olives, black or green	6. Arrange the anchovy fillets, olives, egg quarters, and tomato wedges attractively on the salads.
24	24	Hard-cooked egg quarters	7. Sprinkle the salads with chopped parsley.
48	48	Tomato wedges	8. Hold for service in refrigerator.
2 fl oz	30 mL	Chopped parsley	
		Vinaigrette:	9. Combine the dressing ingredients and mix well. Just before service, mix again and dress each salad with 1½ fl oz (50 mL) dressing.
1 pt	500 mL	Olive oil	
4 fl oz	125 mL	Wine vinegar	
½ tsp	2 mL	Garlic, chopped fine	
1½ tsp	7 mL	Salt	
¼ tsp	1 mL	Pepper	

Per serving: Calories, 710; Protein, 37 g; Fat, 53 g (67% cal.); Cholesterol, 440 mg; Carbohydrates, 22 g; Fiber, 5 g; Sodium, 890 mg.
Note: Salade Niçoise (nee-swahz) may be plated on large platters or in bowls to serve 2–6 portions each.

SALADE NIÇOISE

This salad originated in the southern French city of Nice and has been popular for about 100 years. Today, on upscale menus, one often finds the canned tuna replaced by seared fresh tuna.



Salade Niçoise

Rohkostsalatteller (German Vegetable Salad)




PORTIONS: 16
 PORTION SIZE: SEE PROCEDURE

U. S.	METRIC	INGREDIENTS	PROCEDURE
6 fl oz	175 mL	White wine vinegar	1. Make a dressing by mixing the vinegar, sour cream, salt, sugar, and chives. Set aside.
1 pt	500 mL	Sour cream	
2 tsp	10 mL	Salt	
½ tsp	2 mL	Sugar	
2 tbsp	30 mL	Chopped chives	
1 lb	450 g	Carrots	2. Peel the carrots. Shred them on a coarse grater.
2 tbsp	30 mL	Horseradish, well drained	
to taste	to taste	Salt	
1 lb 6 oz	625 g	Cucumbers	4. Peel the cucumbers. Cut them into thin slices. Toss with the coarse salt and let stand 1–2 hours.
1 tbsp	15 mL	Coarse salt	
2 fl oz	60 mL	White wine vinegar	
3 fl oz	90 mL	Water	
1 tbsp	15 mL	Sugar	
2 tsp	10 mL	Fresh dill weed, chopped	
pinch	pinch	White pepper	
1 lb 4 oz	575 g	Celery root	8. Peel the celery root. Grate it on a coarse grater. Immediately mix with the lemon juice.
1½ fl oz	50 mL	Lemon juice	
5 fl oz	150 mL	Heavy cream	
to taste	to taste	Salt	
to taste	to taste	White pepper	
2 lb	900 g	Bibb or Boston lettuce greens	10. If necessary, thin the remaining sour cream dressing with a little water until it is the consistency of heavy cream.
32	32	Tomato wedges	
			11. Toss the greens with the dressing. Plate in the center of large salad plates.
			12. Around the outside edge of each plate, arrange 2 tomato wedges and about 1 oz (30 g) each of the carrot, cucumber, and celery salads.

Per serving: Calories, 140; Protein, 3 g; Fat, 10 g (58% cal.); Cholesterol, 25 mg; Carbohydrates, 13 g; Fiber, 3 g; Sodium, 730 mg.

GERMAN VEGETABLE SALAD

Rohkostsalatteller is German for “raw food salad plate.” This salad and its many variations are typical of the appealing salads found on restaurant menus in Germany.



Rohkostsalatteller

Cobb Salad

PORTIONS: 12 LUNCH ENTRÉES

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 lb 8 oz	720 g	Tomatoes, peeled and seeded	1. Cut the tomatoes into small dice.
1 lb 8 oz	720 g	Chicken breast, cooked	2. Cut the chicken into small dice.
6	6	Hard-cooked eggs	3. Chop the hard-cooked eggs.
1 lb 2 oz	540 g	Roquefort or other blue cheese	4. Crumble the blue cheese.
24 strips	24 strips	Bacon, crisp	5. Crumble the bacon.
4	4	Avocados	6. Cut the avocados into small dice. Do not do this until just before serving, so it does not discolor before it is served.
12 oz	360 g	Romaine	7. Cut the salad greens into bite-size pieces and place in a bowl.
12 oz	360 g	Iceberg lettuce	8. Add half the vinaigrette to the greens and toss.
6 oz	180 g	Watercress	9. Place the greens in individual salad bowls.
6 oz	180 g	Frisée	10. Arrange the tomatoes, chicken, eggs, cheese, bacon, and avocado on top of the greens.
1½ pt	720 mL	Mustard Vinaigrette (p. 670)	11. Drizzle the remaining vinaigrette over the salads. Serve immediately.

Per serving: Calories, 880; Protein, 39 g; Fat, 78 g (77% cal.); Cholesterol, 210 mg; Carbohydrates, 12 g; Fiber, 6 g; Sodium, 1760 mg.

COBB SALAD

The first Cobb salad was made by Robert Cobb, owner of the Brown Derby restaurant in Hollywood, California. According to the story, late one night in 1938, Mr. Cobb was hungry for a snack and found a variety of ingredients in the refrigerator, including avocado, hard-cooked egg, tomato, and Roquefort cheese. He chopped them up, put them in a salad, and a legendary dish was born. After he put it on the restaurant's menu, it quickly became popular, and other restaurants picked up the idea.

Stuffed Tomato Salad with Tuna

PORTIONS: 12 PORTION SIZE: 1 TOMATO

U.S.	METRIC	INGREDIENTS	PROCEDURE
12	12	Tomatoes, small (about 4 oz/120 g each)	1. Wash the tomatoes and remove the core at the stem end.
to taste	to taste	Salt	2. Set the tomatoes on the cutting board, stem end down. Cut into eighths to within ½ inch (1 cm) of the bottom—that is, leave the sections attached at the bottoms.
			3. Carefully spread the sections apart slightly. Sprinkle the insides with salt and turn upside down on a sheet pan to drain 15–20 minutes.
1 lb 8 oz	720 g	Tuna Salad (p. 705)	4. Fill the tomatoes with tuna salad, using 2 oz (60 g) per portion.
12	12	Lettuce leaves for underliners	5. Arrange the lettuce leaves on salad plates and place a filled tomato on top of each. Garnish the tops with parsley.
12	12	Small parsley sprigs	6. Serve at once, or hold for service in the refrigerator.

Per serving: Calories, 160; Protein, 10 g; Fat, 11 g (61% cal.); Cholesterol, 15 mg; Carbohydrates, 6 g; Fiber, 2 g; Sodium, 210 mg.

VARIATIONS

Tomatoes may be stuffed with any of the following:
Chicken Salad and variations (p. 705) Ham Salad (p. 706)
Egg Salad (p. 705) Cottage cheese
Dilled Shrimp Salad (p. 709) and variations

Alternative Method: Tomatoes may be hollowed out for stuffing by cutting off the tops and scooping out the insides, being careful not to pierce the sides. Large tomatoes may be cut in half and hollowed out.

Salad of Seared Sea Scallops with Oriental Vinaigrette

PORTIONS: 10 PORTION SIZE: 3 OZ (90 G) SCALLOPS, 1½ OZ (45 G) GREENS, 1½ FL OZ (45 ML) VINAIGRETTE

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 lb	500 g	Mesclun or other delicate mixed greens	1. Wash and drain the salad greens.
1 pt	500 mL	Oriental Vinaigrette (p. 672)	2. Prepare the vinaigrette.
2 lb	1 kg	Sea scallops	3. Trim the scallops by removing the small, tough side muscle. If any scallops are very large, cut them in half crosswise. Dry them well.
as needed	as needed	Butter	4. Heat a little butter in a nonstick sauté pan. Sear a few scallops at a time until they are browned on top and bottom.
30	30	Orange segments (free of membranes)	5. Toss the mesclun with half the vinaigrette.
			6. Mound the mesclun in the center of the plates.
			7. Arrange the orange segments so they are leaning against the mound of salad greens. Use 3 per portion.
			8. Arrange the scallops around the salads.
			9. Drizzle the remaining vinaigrette around the scallops.

Per serving: Calories, 360; Protein, 9 g; Fat, 33 g (80% cal.); Cholesterol, 20 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 480 mg.



Salad of Seared Sea Scallops with Oriental Vinaigrette

Goat Cheese and Walnut Salad

PORTIONS: 12

U.S.	METRIC	INGREDIENTS	PROCEDURE
6 oz	180 g	Belgian endive or radicchio	1. Trim, wash, and drain the salad greens. 2. Tear into bite-size pieces. Toss together.
9 oz	270 g	Arugula	
6 oz	180 g	Bibb lettuce	
9 oz	270 g	Romaine lettuce	
1 cup	240 mL	Bread crumbs, dry	3. Mix the crumbs, herbs, and pepper.
1 tbs	15 mL	Dried thyme	
1 tbs	15 mL	Dried basil	
1½ tsp	7 mL	Black pepper	
1 lb 8 oz	720 g	Fresh goat's milk cheese, preferably in log shape	4. Slice the cheese into 1-oz (30-g) pieces. Roll the pieces in the seasoned crumbs to coat them.
4½ oz	135 g	Walnut pieces	
8 fl oz	240 mL	Vinaigrette (p. 670) made with red wine vinegar and olive oil	
			5. At service time, arrange the cheese pieces on a sheet pan. Bake at 425°F (220°C) for 10 minutes.
			6. At the same time, toast the walnuts in a dry sauté pan or in the oven with the cheese.
			7. Toss the greens with the vinaigrette and arrange on cold plates. Top each plate of greens with 2 pieces of cheese and sprinkle with walnuts.

Per serving: Calories, 460; Protein, 17 g; Fat, 40 g (75% cal.); Cholesterol, 50 mg; Carbohydrates, 13 g; Fiber, 3 g; Sodium, 530 mg.

VARIATIONS

Mixed Green Salad with Blue Cheese and Walnuts

Omit the goat cheese and herbed crumbs from the basic recipe. Instead, sprinkle the salads with crumbled gorgonzola, Stilton, Roquefort, or other blue cheese.



Goat Cheese and Walnut Salad

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Chicken Breast Salad with Walnuts and Blue Cheese

Taco Salad

GELATIN SALADS

Principles

Gelatin salads have a distinguished history. Their ancestors are aspics, the highly ornamented appetizers and elaborate buffet pieces made with meat and fish stocks rich in natural gelatin extracted from bones and connective tissue. Aspics are part of the glory of classical cuisine and still an important part of modern buffet work.

It's no longer necessary to extract gelatin from bones in your kitchen. Purified, granular gelatin and gelatin sheets have long been available for use in the pantry. Many excellent gelatin-based salads can be made with little labor using these products. However, most gelatin products today are made with sweetened prepared mixes whose high sugar content and heavy reliance on artificial color and flavor make their appropriateness as salads somewhat questionable. (Often, in a cafeteria line, you will see in the salad section little squares of gelatin with a lettuce leaf underneath and a dab of mayonnaise on top, and in the dessert section the identical product, without the lettuce leaf and with a dab of whipped cream in place of the mayo.)

Nevertheless, as a professional cook, you need to know how to prepare these products because many customers expect them. You should also know how to prepare salads using unflavored gelatin, relying on fruit juices and other ingredients for flavor. Unflavored gelatin is especially valuable for preparing molded vegetable salads because shredded cabbage and other vegetables make a poor combination with highly sweetened dessert gelatin.

GUIDELINES for Making Gelatin Salads

1. It is important to use the right amount of gelatin for the volume of liquid in the recipe. Too much gelatin makes a stiff, rubbery product. Too little makes a soft product that will not hold its shape.

Basic proportions for unflavored gelatin are 2½ ounces dry gelatin per gallon (19 g per L) liquid, but you will almost always need more than this because of acids and other ingredients in the recipe. Basic proportions for sweetened, flavored gelatin are 24 ounces per gallon (180 g per L) liquid.

Acids, such as fruit juices and vinegar, weaken the gelatin set, so a higher proportion of gelatin to liquid is needed, sometimes as much as 4 ounces or more per gallon (30 g per L). The setting power is also weakened by whipping the product into a foam and by adding a large quantity of chopped foods. It is impossible to give a formula for how much gelatin to use, as it varies with each recipe. Test each recipe before using it.

2. Gelatin dissolves at about 100°F (38°C), but higher temperatures will dissolve it faster.

To dissolve unflavored gelatin, stir it into cold liquid to avoid lumping and let it stand 5 minutes to absorb water. Then heat it until dissolved, or add hot liquid and stir until dissolved.

To dissolve sweetened, flavored gelatin, stir it into boiling water. It will not lump because the gelatin granules are held apart by sugar granules, much the way starch granules in flour are held separate by the fat in a roux.

3. To speed setting, dissolve the gelatin in up to half the liquid and add the remainder cold to lower the temperature. For

even faster setting, add crushed ice in place of an equal weight of cold water. Stir until the ice is melted.

4. Do not add raw pineapple or papaya to gelatin salads. These fruits contain enzymes that dissolve the gelatin. If cooked or canned, however, these fruits may be included.
5. Add solid ingredients when the gelatin is partially set—that is, when thick and syrupy. This will help keep them evenly mixed rather than floating or settling.
6. Canned fruits and other juicy items must be well drained before being added, or they will dilute the gelatin and weaken it.
7. For service, pour into pans and cut into equal portions when set, or pour into individual molds.
8. To unmold gelatin:
 - Run a thin knife blade around the top edges of the mold to loosen.
 - Dip the mold into hot water 1 or 2 seconds.
 - Quickly wipe the bottom of the mold and turn it over onto the salad plate (or invert the salad plate over the mold and flip the plate and mold over together). Do not hold in the hot water for more than a few seconds, or the gelatin will begin to melt.
 - If the gelatin doesn't unmold after a gentle shake, repeat the procedure. You may also wrap a hot towel (dipped in hot water and wrung out) around the mold until it releases, but this is more time-consuming.
9. Refrigerate gelatin salads until service to keep them firm.

Jellied Fruit Salad

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
10 oz	300 g	Canned pineapple cubes, with juice	1. Drain the pineapple and reserve the juice. You should have about 6 oz (180 g) drained fruit.
4 oz	120 g	Grapefruit sections	2. Cut the grapefruit and orange sections into ½-in. (1-cm) dice. (See p. 150 for cutting citrus sections.)
6 oz	180 g	Orange sections	3. Cut the grapes in half. Remove seeds, if any.
4 oz	120 g	Grapes	4. Place the fruit in a colander or strainer over a bowl and hold in the refrigerator.
1 oz	30 g	Unflavored gelatin	5. Stir the gelatin into the cold water and let stand at least 5 minutes.
4 fl oz	120 mL	Water, cold	6. Add enough fruit juice (or part juice and part water) to the liquid from the pineapple to measure 1¾ pt (825 mL).
as needed	as needed	Fruit juice: grapefruit, orange, or pineapple	7. Bring the fruit juice to a boil in a stainless-steel pan. Remove from heat.
3 oz	90 g	Sugar	8. Add the sugar, salt, and softened gelatin. Stir until gelatin and sugar are dissolved.
½ tsp	0.5 g	Salt	9. Cool the mixture. Add the lemon juice.
3 tbsp	45 mL	Lemon juice	10. Chill until thick and syrupy but not set.
			11. Fold the drained fruits into the gelatin mixture.
			12. Pour into individual molds. Chill until firm.
12	12	Lettuce leaves for underliners	13. Line cold salad plates with lettuce leaves.
6 fl oz	180 mL	Chantilly Dressing (p. 675)	14. Unmold the salads.
			15. Place a gelatin salad on each plate. Hold for service in the refrigerator.
			16. At service time, top each salad with 1 tbsp (15 mL) dressing.

Per serving: Calories, 170; Protein, 3 g; Fat, 10 g (49% cal.); Cholesterol, 15 mg; Carbohydrates, 20 g; Fiber, 1 g; Sodium, 55 mg.

Basic Flavored Gelatin with Fruit ♥

PORTIONS: 25 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
12 oz	375 g	Flavored gelatin mix	1. Place the gelatin in a bowl.
1 qt	1 L	Water, boiling	2. Pour in the boiling water. Stir until dissolved.
1 qt	1 L	Water or fruit juice, cold	3. Stir in the cold water or juice.
			4. Chill until thick and syrupy but not set.
2 lb	1 kg	Fruit, well drained	5. Fold the fruit into the gelatin mixture.
			6. Pour into molds or into a half-hot pan.
			7. Chill until firm.
			8. Unmold. If using a hotel pan, cut 5 × 5 into portions.

Per serving: Calories, 70; Protein, 1 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 18 g; Fiber, 0 g; Sodium, 40 mg.

VARIATIONS

The possible combinations of fruits and flavored gelatin are nearly limitless.

The following suggestions are only a few possibilities. **Note:** When using canned fruits, use the syrup from the fruits as part of the liquid in step 3.

Black cherry-flavored gelatin; Bing cherries

Raspberry-flavored gelatin; peach slices or halves

Strawberry, raspberry, or cherry-flavored gelatin; canned fruit cocktail

Orange-flavored gelatin; equal parts sliced peaches and pears

Cherry-flavored gelatin; equal parts crushed pineapple and Bing cherries

Lime-flavored gelatin; grapefruit sections or pear halves or slices

SALAD BARS AND BUFFET SERVICE

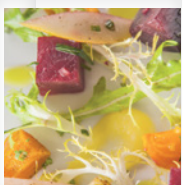
Salad bars are frequent fixtures in restaurants and are popular with both customer and restaurateur. Diners enjoy customizing their own salads with selections from a large bowl of greens, smaller containers of assorted condiments, and a variety of dressings. The restaurateur likes salad bars because they take some pressure off the dining room staff during service. Many restaurants have designed unique salad bars that have become almost a trademark. Others may not have salad bars as part of their regular meal service but rely on them for efficiency at certain times, such as weekend brunch.

For successful salad bar service, it is important to keep several points in mind:

1. Keep the salad bar attractive and well stocked from the beginning until the end of service. Refill containers before they begin to look depleted, wipe the edges of dressing containers, and clean up debris scattered by customers.
2. Keep the components simple but attractive. Elaborately arranged salad bowls lose their effect as soon as two or three customers have dug into them.
3. Select a variety of condiments to appeal to a variety of tastes. Try both familiar and unusual items to make your salad bar stand out. There is no reason to restrict the choices to the same old stuff everyone else is serving.

There are two basic kinds of salad bar condiments:

- **Simple ingredients.** Nearly any item in the salad ingredient list on pages 669–670 might be selected. Your choice will depend on balance of flavors and colors, customer preference, and cost.
 - **Prepared salads.** Marinated vegetable salads, such as three-bean salad, and cooked salads, like macaroni salad, are especially suitable. The choice is large.
4. Arrange the salad bar in the following order (Fig. 22.3):
 - Plates.
 - Mixed greens.
 - Condiments (put the expensive ones at the end).
 - Dressings.
 - Crackers, breads, etc., if desired.
 5. Make sure your setup conforms to your state health department regulations.
 6. Some portion control can be achieved by selecting the right size plates, condiment servers, and dressing ladles.



KEY POINTS TO REVIEW

- What are the guidelines for making arranged or composed salads?
- What are the guidelines for making gelatin salads?
- What guidelines should be kept in mind when planning and setting up a salad bar?

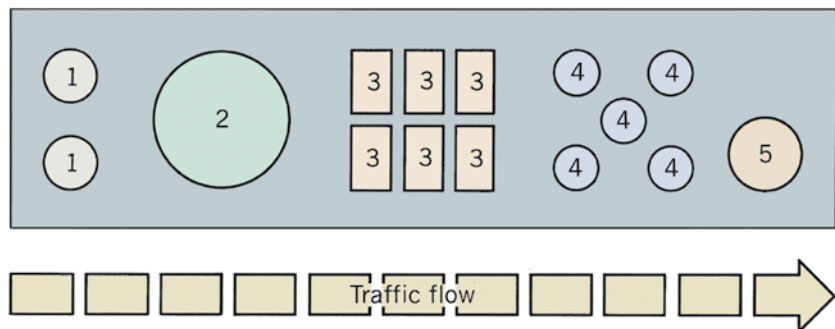


FIGURE 22.3 Suggested arrangement of a salad bar

Key: (1) plates; (2) large bowl of salad greens; (3) condiments; (4) dressings; (5) crackers, breads, etc.



TERMS FOR REVIEW

winterized oil
strength of acidity
verjus
Roquefort cheese
vinaigrette
appetizer salad

accompaniment salad
main-course salad
after-dinner salad
dessert salad
full slip
four parts of a salad

vegetable salad
bound salad
fruit salad
composed salad
gelatin salad

QUESTIONS FOR DISCUSSION

- List three or four salads that may be served as appetizers, as accompaniments, as main dishes, as separate-course salads, and as desserts. Give reasons for your choices.
- What is the effect of salad dressing on the crispness of salad greens, and what are some ways to solve this problem?
- You are asked to prepare 250 Waldorf salads for a banquet. Explain the procedure you will use. List each step, from raw ingredients to plated salads. (You may refer to the recipe on p. 710.)
- How can you ensure salad greens will be crisp?
- You are making mixed green salads and have the following ingredients to choose from. Which would you toss together, and which would you add after plating or at service time? Why?
- You are preparing tossed green salads, potato salads, and avocado and grapefruit salads for luncheon service. How will you plan your preparation—that is, what will you do first, second, and so on?
- You are trying a new recipe for a molded vegetable salad using unflavored gelatin. After evaluating the flavor, you decide it isn't tart enough and more vinegar should be added. Should you make any other adjustments?
- When you are making mayonnaise, you should take a number of precautions to make sure a good emulsion is formed. Name as many as you can. If you forget one of these and your mayonnaise breaks, what can you do?

Iceberg lettuce	Chicory
Shredded red cabbage	Avocado slices
Carrot strips or shreds	Tomato wedges
Watercress	Romaine lettuce
Sliced celery	