

Chapter 41

Salads and Dressings



- Salad-mixture of raw or cooked vegetables and other ready to eat foods and is usually served with dressing.

Vegetable Salads



- Include any salad made exclusively with vegetables, whether raw, cooked, or canned
- Crutons: small pieces of bread made crisp by baking or sautéing, are added last.

Fruit Salad



- Made with fruit
- Ambrosia salad- mandarin oranges, bananas, cherries, miniature marshmallows, flaked coconut, pecans and pineapple chunks

Fruit Salads continued



- Waldorf salad-diced apples, sliced celery, chopped walnuts, and mayonnaise.

Cooked Grain Salad



- You can dress grains (rice, pasta) with oil, vinegar, salt, and pepper.

Grain Salad continued



- Macaroni salad

Grain Salads Continued



- Tabbouleh: a Middle Eastern salad of cooked bulgur, chopped tomatoes, onions, parsley, mint, olive oil, and lemon juice.

Dry Bean Salad



Cooked Meat, Poultry, Fish and Egg Salads

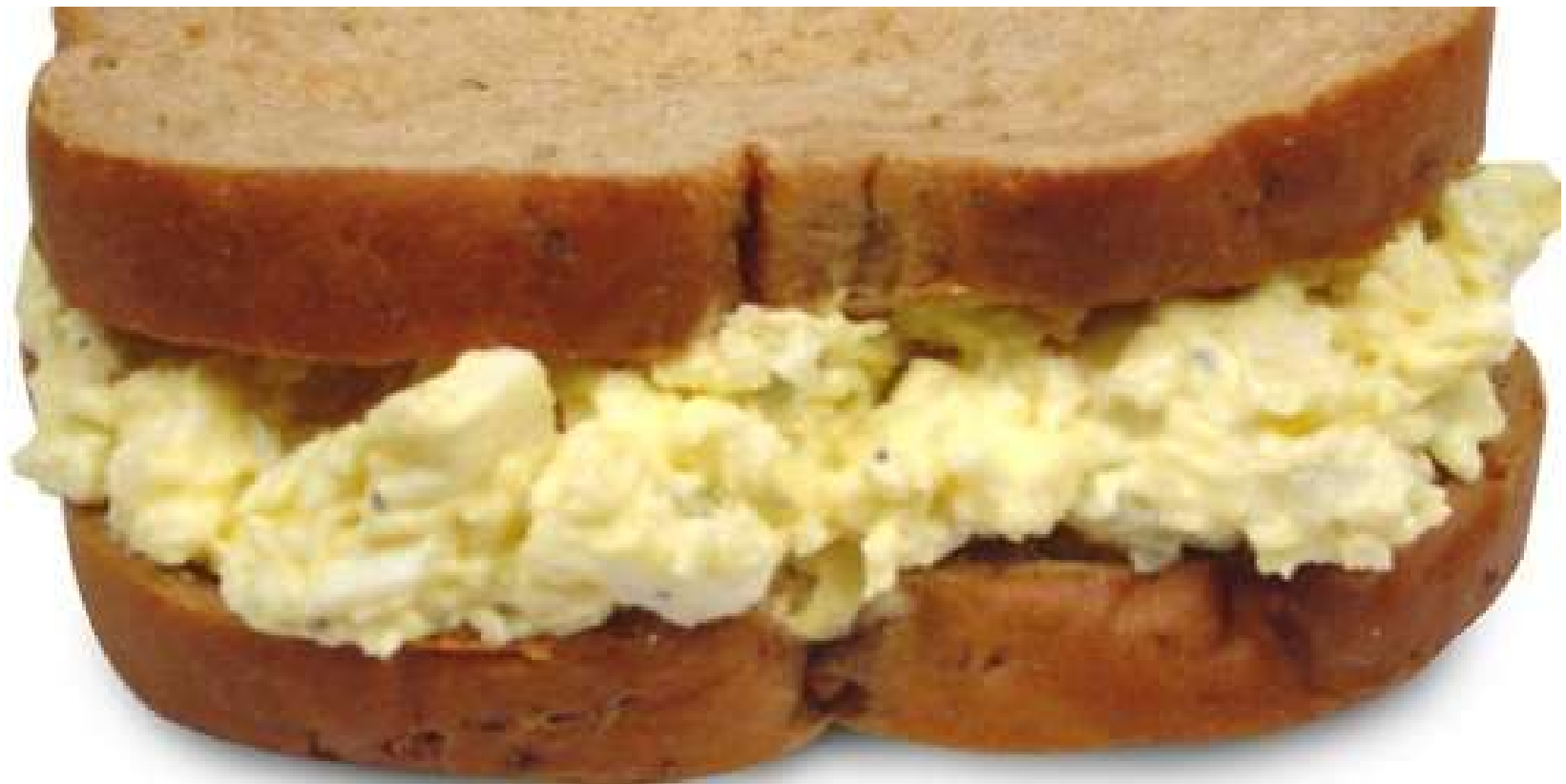


- Preparation is basically the same for all: chop main ingredients, mixed with seasoning and diced vegetables and then a dressing is added.
- Chicken salad

Tuna salad



Egg Salad



Combination Salads

- Puts together several different foods.
- Easily converted from side dishes to entrees.
- Greens, tomato wedges, and slices of hard-cooked eggs make a filling side salad.
- Add strips of ham, turkey, and cheese makes a main dish salad--Chef's Salad



Molded Salads

- Made with gelatin that thickens and conforms to the shape of a container called a mold.

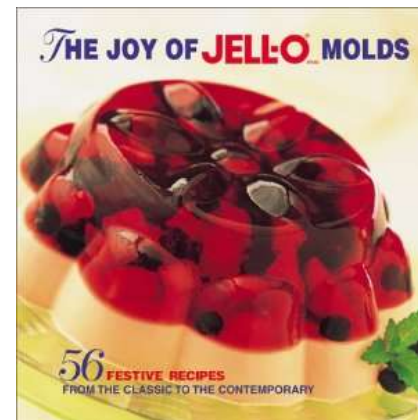




Molded Chef's Salad

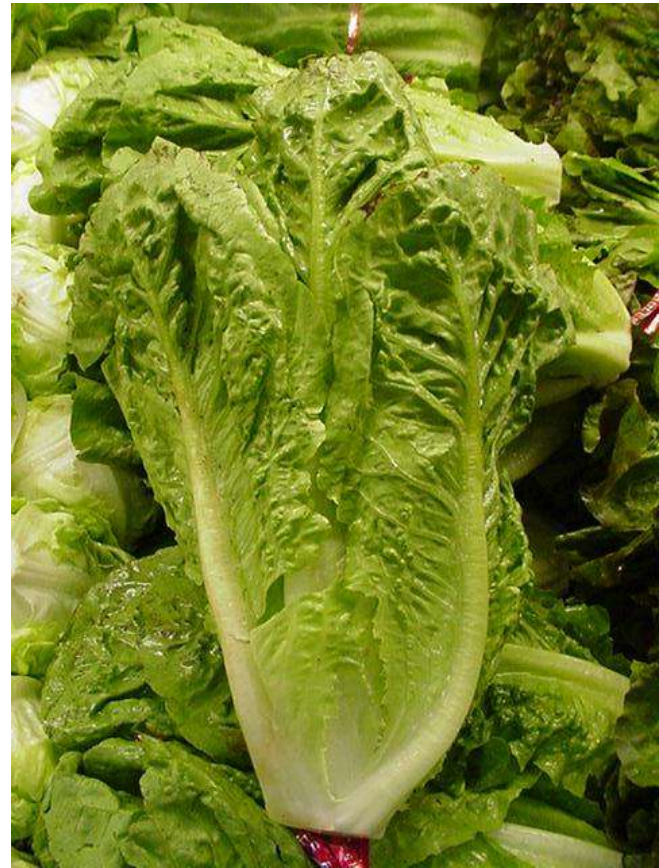
2 packages (3 oz. each) Lemon or Lime flavor JELL-O® Brand Gelatin
2 teaspoons salt
2 cups boiling water
1 cup cold water
3 tablespoons vinegar
 $\frac{3}{4}$ cup thin cooked ham strips
 $\frac{3}{4}$ cup thin Swiss or process American cheese strips
 $\frac{1}{4}$ cup sliced scallions or red onion
 $\frac{1}{2}$ green pepper, cut in thin strips

Dissolve gelatin and salt in boiling water. Add cold water and vinegar. Chill until thickened. Fold in remaining ingredients. Pour into a 5-cup mold. Chill until firm, at least 6 hours. Unmold. Garnish, if desired. Makes 5 or 6 servings.



Choosing Salad Greens

- Romaine



Types of Salad Greens

- Mesclun: a popular mix of various types of young, small greens.



Types of Salad Greens

- Escarole (ES-kuh-rohl)--green leaves with a yellow center. Slightly bitter flavor.



Types of Salad Greens

- Iceberg--Mild flavor, low in nutritional value.



Types of Salad Greens

- Arugula: small, bright green, smooth leaves. Pungent, peppery, nutty flavor.
- Highly perishable



Types of Salad Greens

- Curly Endive--
coarse texture with
bitter flavor.
- Best if served with
other greens.



Types of Salad Greens

- Leaf lettuce--mild flavor
- Some varieties have red-tipped leaves



Types of Salad Greens

- Radicchio--colors vary from deep red with white ribs to streaked with pink, red or green.
- Firm texture with a slightly bitter flavor.



Types of Salad Greens

- Butterhead lettuce-
sweet flavor with
tender, buttery
texture.
- Wash and handle
gently to avoid leaf
damage.
- Bibb and Boston are
two varieties.



Types of Salad Greens

- Watercress-grows in running streams. Crisp texture with a slightly bitter, peppery flavor.



Homemade Dressings

- Vinaigrettes-mixture of vegetable oil, vinegar or lemon juice, and seasonings.
- Also called French dressing
- Emulsion-mixture of two liquids that normally don't combine.
- Temporary emulsion-as soon as you stop mixing them, the oil and vinegar separate.

- Permanent emulsion-will not separate
- Mayonnaise-an emulsion of oil, vinegar or lemon juice, egg yolks, and seasonings.
- Cooked dressings-using starch to thicken. German potato salad.
- Dairy dressings-based on buttermilk, yogurt, sour cream, or cottage cheese. Ranch dressing is an example.