

CHAPTER 15

SALADS, DRESSINGS, AND DIPS



SALADS AND THE MENU

Starter salad:

- Appetizer to main meal
- Smaller portion
- Light, fresh, crisp ingredients
- Tangy, flavorful dressings
- Small portions of proteins
- Set tone for rest of meal



SALADS AND THE MENU

Accompaniment salad:

- Side salad
- Served with main course
- Light and flavorful
- Not too rich
- Balance
- Complement main course



SALADS AND THE MENU

Main-course salad:

- Full meal
- Protein ingredients
- Well-balanced meal—visually and nutritionally
- Variety of vegetables, greens, and/or fruits



SALADS AND THE MENU

Intermezzo salad:

- Palate cleanser
- After rich dinner; before dessert
- French meals
- Refreshes or stimulates appetite
- Very light
- Slightly acidic dressings



SALADS AND THE MENU

Dessert salad:

- Sweet and contain fruits, sweetened gelatin, nuts, cream, and whipped cream
- Buffet service
- Family-style service
- Attractive visual presentation



SALAD INGREDIENTS

Quality salad:

- Freshest ingredients—emphasis on seasonality
- Ingredients in balance
- Appealing to the eye

Consider:

- Freshness
- Flavor
- Eye appeal

TYPES OF SALAD GREENS

Arugula



- Pungent, distinctive, peppery flavor

Belgian endive



- Witloof, witlof, French endive
- Related to endive
- Bitter, but pleasant flavor
- Used alone or mixed with other greens
- Steamed, simmered, or grilled

Butterhead lettuce



- Tender, loose, bright-green leaves
- Mild flavor
- Does not keep well
- Bib lettuce and Boston lettuce

TYPES OF SALAD GREENS

Crisphead lettuce



- Head lettuce
- Most popular
- Served alone or mixed with other greens

Curly endive



- Frisée or chicoree frisée
- Bitter flavor
- Used with other greens

Escarole



- Strength and bitterness diminishes as color lightens

TYPES OF SALAD GREENS

Green cabbage



- Slightly tough leaf
- Slightly strong flavor

Kale



- Cabbage produces large, wrinkled leaves
- Curly-leaved kale
- Light to dark green or red
- Great nutritional value

Leaf lettuce



- Red or green leaves
- Grow in bunches
- Wilts easily
- Mild flavor
- Variety and color to salads
- Oak leaf—slightly bitter flavor

TYPES OF SALAD GREENS

Microgreens



- Plant's first true leaves
- Formed between sprouting seed stage and baby stage
- Mild, delicate flavor
- Add color and flavor

Napa cabbage



- Milder flavor than Savoy cabbage

Radicchio



- Leaf chicory
- Italian chicory
- Crunchy texture
- Slightly bitter flavor
- Mixed with other greens
- Adds color

TYPES OF SALAD GREENS

Red cabbage



- Slightly tough leaf
- Mild flavor

Romaine



- Crisp texture
- Full, sweet, mild flavor
- Keeps well and easy to handle
- Caesar salad

Savoy cabbage



- Milder flavor than green cabbage

TYPES OF SALAD GREENS

Sorrel



- Slightly acidic and bitter flavor
- Small leaves—mild flavor

Spinach



- Wash thoroughly
- Remove coarse stems
- Baby spinach—mild, fresh flavor

Watercress



- Pungent, peppery flavor
- Garnish and salads

THE FOUR BASIC PARTS OF A SALAD

Base:

- Layer of salad greens
- Line plate or bowl
- Small leafy greens

THE FOUR BASIC PARTS OF A SALAD

Body:

- Main ingredients
- Mixture of vegetables
- Meats
- Cheeses and various fruits
- Mayonnaise-based salad
- Ingredients vary by season or occasion

THE FOUR BASIC PARTS OF A SALAD

Dressing:

- Liquid or semiliquid used to flavor salads
- Holds salad together
- Mayonnaise to vinaigrette
- Cold sauces—flavor, moisten, enrich
- Green and vegetables salads—tart or sour dressings
- Fruit salads—slightly sweetened dressings
- Mix ahead, plate, or service

THE FOUR BASIC PARTS OF A SALAD

Garnish:

- Enhances appearance
- Complements overall taste
- Eaten with body of salad—flavor component
- Simple
- Mix with ingredients or add at end
- Consider components and overall taste

TYPES OF SALAD

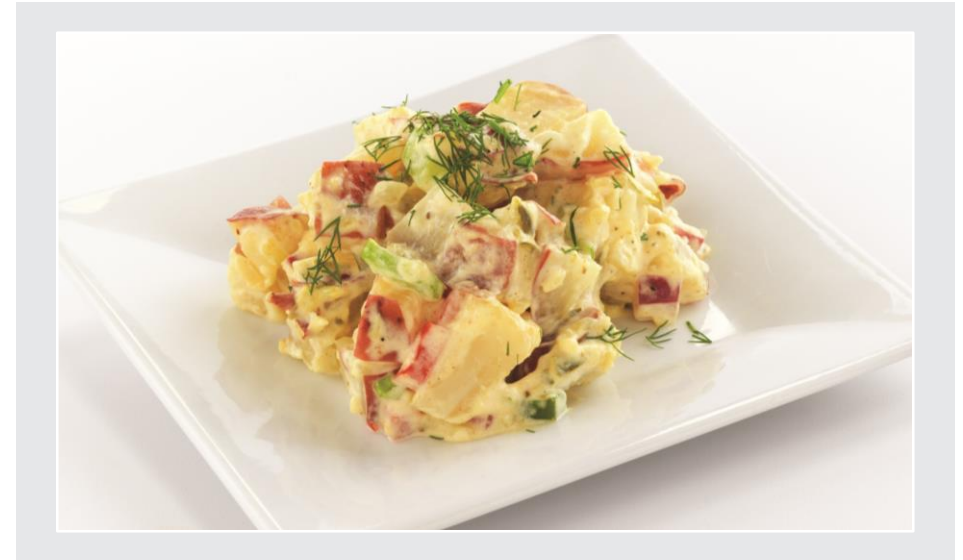
Green salad:

- Tossed (mixed) and composed
- Prepare ingredients individually
- Tossed—mix ingredients prior to plating
- Composed—do not toss together ingredients
- Arrange ingredients on base separately
- Create desired taste experience
- High level of visual appeal

TYPES OF SALAD

Bound salad:

- Prepared from cooked ingredients
- Bound together with heavy dressing



TYPES OF SALAD

Vegetable salad:

- Prepared from cooked and/or raw vegetables
- Heavy or light dressing
- Allow ingredients to rest
 - Increase flavor
 - Change texture



TYPES OF SALAD

Fruit salad:

- Slightly sweet or sweet/sour dressing
- Handle fruit carefully
- Prepare salad close to service
 - Prevents softening, browning, and moisture loss



TYPES OF SALAD

Combination salad:

- Incorporates combination of other salad types
- Prepare according to individual guidelines



TYPES OF SALAD

- Salads—ready-to-eat food
- Wash hands before prep
- Wear single-use gloves
- Change gloves when required

DESIGNING AN ATTRACTIVE SALAD

1. Plate or bowl—picture frame
 - Select right dish for portion
 - Keep salad off rim
2. Maintain color balance
3. Add height
4. Cut ingredients neatly and uniformly

DESIGNING AN ATTRACTIVE SALAD

5. Ingredients easily identified
6. Finely chop seasoning ingredients
7. Keep ingredient arrangement simple

DESIGNING AN ATTRACTIVE SALAD



Caesar salad



Caprese salad



Crab and shrimp tower salad

PREPARING FRUIT SALADS

1. Tossed or composed
2. Dip fruit in lemon juice and water
 - Bananas
 - Apples
3. Prepare close to service
4. Drain canned fruit—use for dressings



PREPARING FRUIT SALADS

5. Attractive and delicate pieces on top
 - Broken/less attractive on the bottom
6. Sweet or tart dressing



CLEANING AND STORING GREENS

- Thoroughly wash greens
- Do not handle ingredients too much
- Do not open containers until ready to use
- Check quality
- Prepackaged greens
 - Convenient
 - Decrease labor costs
 - Decrease risk of contamination



CLEANING GREENS

1. Refrigerate greens until ready to prepare and serve
 - Store between 36°F and 41°F (2°C and 5°C)
2. Clean greens thoroughly
3. Remove outer leaves
4. Separate leaves
5. Rinse thoroughly
 - Water warmer than greens
 - Avoid soaking



CLEANING GREENS

6. Dry greens
 - Salad spinner
 - Colander
 - Dressing will not adhere
7. Remove tough stems or wilted spots
 - Tear delicate greens—do not bruise leaves
8. Refrigerate



OILS AND VINEGARS

- Salad dressing—enhances salad ingredients
- Dressing type—depends on texture of ingredients
- Light dressings—delicate ingredients
- Heavy dressings—robust, heartier ingredients

TYPES OF DRESSING

Primary dressings:

- Vinaigrette
- Emulsified vinaigrette
- Mayonnaise-based
- Mayonnaise

TYPES OF DRESSING

Vinaigrette dressing:

- Oil and vinegar
- Lighter, thinner dressing
- Used on delicate ingredients
- Standard ratio—three parts oil to one part vinegar
- Substitute vinegar—acidic juices



TYPES OF DRESSING

Suspension:

- Temporary mixture of ingredients
- Eventually separates back
- Vinaigrette—separates after nonuse
- Remix before every service

TYPES OF DRESSING

Emulsified vinaigrettes:

- Emulsion process
- Salads with sturdy, robust ingredients

Emulsion:

- Mixture of ingredients
- Permanently stay together
- Need an emulsifier

Emulsifier:

- Permanently bind dissimilar ingredients
- Egg yolks—lecithin

PREPARING VINAIGRETTES AND EMULSIONS

Mayonnaise:

- Thickest and most stable emulsified dressing
- Higher ratio of oil to vinegar
- Greater quantity of egg yolks

PREPARING VINAIGRETTES AND EMULSIONS

Mayonnaise-based dressings:

- Creamy dressings
- Thicker than emulsified vinaigrettes
- Apply close to service
- Versatile
- Create flavor profiles—mustard, herbs, garlic

MATCHING DRESSINGS WITH SALAD GREENS

Dressings	Greens
Vinaigrette dressing made with vegetable or olive oil and vinegar or lemon juice	Any greens
Vinaigrette dressing made with nut oil and balsamic vinegar	Delicate greens
Emulsified vinaigrette dressing	Any greens
Mayonnaise-based dressing	Hardy greens

HOW TO MAKE EMULSIFIED VINAIGRETTE DRESSING

1. Beat egg yolks—frothy consistency
 - Add water if too thick
2. Add small amount of vinegar or lemon juice
3. Mix $\frac{2}{3}$ oil, whisking constantly
4. Add remainder of vinegar or lemon juice
 - Blend well



HOW TO MAKE EMULSIFIED VINAIGRETTE DRESSING

5. Mix remainder of oil, seasonings, or flavorings
6. Check for nappe consistency
 - Sauce or dressing coats spoon
7. Serve immediately or refrigerate



HOW TO MAKE MAYONNAISE

1. Place egg yolks in stainless-steel bowl
2. Add dry ingredients
 - Whisk until frothy and blended
3. Drizzle oil slowly into mixture
 - Whisk rapidly
4. Alternate adding vinegar or lemon juice



HOW TO MAKE MAYONNAISE

5. Check taste
 6. Serve immediately or refrigerate
- House-made mayonnaise—use pasteurized egg yolks



DIPS

- Flavorful mixture
- Accompanies certain food items
- Served hot or cold
- Cold dip bases
 - Mayonnaise
 - Sour cream
 - Cream cheese

DIPS

- Proper consistency and temperature
- Scoop with cracker, chip, or vegetable
- Thickens in refrigeration
- Heated in oven or microwave

DIPS

Guacamole



- Avocado dip
- Aztec origin

Salsa



- Made from peppers, onions, and tomatoes
- Mexico

Hummus



- Made with chickpeas, garlic, and tahini
- Middle East

DIPS

Queso



- Queso Oaxaca, peppers, and spices
- Mexico

Plum sauce



- Made with plums, soy, garlic, ginger, and vinegar
- China

Spinach and artichoke



- Made with spinach, mayonnaise, cream cheese, artichokes, and spices
- American favorite
- Unknown origin