

SALADS

A salad is a food served with a dressing; the food can be a cold dim or green vegetables or mixture of fruit, or hot mixture of piquant foods, or frozen mixture of bland fruit, or chopped foods in aspic, coleslaw potato, or meat.

The difference between hors d'oeuvres and salads is that the hors d'oeuvre is an important course and it is always the first course- It is served in small quantities, and is a light, appetizing, colorful and stimulating dish. Horsd'oeuvre is not served as any other course. Salad can be served as the first course, in small quantities; it can also be served as a salad course or as an accompaniment with the entree or roast course. Salads may be served in substantial quantity. Freshness and stimulating flavors are characteristics desired in salads. To qualify as a salad, food must possess piquancy or relish value. In some foods, flavor has to be developed with marinades, spices and herbs.

Salads should be cold, crisp, piquant, colorful, well seasoned and attractive. They supply nutrients to the dish, especially then they are made of fresh fruit and vegetables. The preparation involves working with foods that possess highly perishable qualities in ways that may readily result in contamination. In order to ensure safely and good quality, cleanliness continuous refrigeration arc essential. A large share of preparation calls for cutting and arranging foods by hand.

Materials selected for salads and the size of the portions, need to be governed by the salad's role on the menu. Their arrangement should be, simple with a natural rather than a set appearance. Arrangements that are exact, uniform or perfect tend to lead to over handling of materials.

The other ways of serving salads are:

1. *As a main dish* — it is substantial enough as a main dish. One of the body-building foods, such as meal, fish, eggs or cheese, forms the base. The volume and richness of these salads are adequate to satisfy the normal appetite.
2. *Salad course* — Salads are served as a separate course following the main course, in the more formal types of service. The salad that follows a heavy course is light and refreshing; it provides a change from the main course and refreshes the appetite. Well-dressed salad greens and savory vegetables are popular choices.
3. *Salads, as accompaniments* — the salads are served with the main course and provide relish with the main course foods.
4. *Salads, as a dessert* – Dessert salad 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.

Salads are of two types: Plain or Simple salads, and Compound or Composite salads.

Simple Salads

These can be subdivided into green salad or salad in season, which is served raw or cooked, consisting usually of a single kind of vegetable as a base. One or two ingredients, in small quantities are used for deco-ration or as a garnish. Examples of some of the simple salads are:

Name of the Salad	Ingredients	Dresssings
Chicory	Wild Chicory	Mustard Cream
Celery	Chopped Celery	Vinaigrette
Endive	Curly of other Endive	Vinaigrette, Garlic
Cabbage	Julienne of Cabbage	Vinaigrette or Mustard Cream
Cucumber	Roundels of Cucumber	Vinaigrette
Lettuce	Salad Leaves	Vinaigrette
Artichoke	Cooked Artichoke Bottoms	Vinaigrette
Potato	Dices or roundels of cooked potatoes, with onion	Vinaigrette or Mayonnaise
Beetroot	Roundels or dices of cooked beetroots with parsley	Mustard Cream
Tomato	Slices of tomatoes and parsley	Vinaigrette

Compound Salads

They are more elaborate salads, and consist of more than one ingredient. They are divided into four groups:

1. Fish based
2. Vegetables based
3. Poultry, game or meat based
4. Fruit based

The salad has four basic parts: Underline or base, body, dressing and garnish. While composing a salad, each part plays an important role, and if one part is omitted or done poorly, the finished salad will not be up to the standard.

Base

The underline is usually a leafy vegetable such as lettuce of different kinds as romaine or cos, watercress, cabbage, etc. There are not many varieties cultivated, and only one variety is used. The tossed salads do not have an underline, they are piled in bowls. The main purpose is to keep the plate or bowl from looking bare and to provide contrast color to the other parts of the salad.

Body

This is the most important part of the salad. The salad gets its name from the ingredients that are used for the body. This part gets the most attention and its appearance is enhanced by decorations. The ingredients used have a balance of flavor and taste. The body consists of broken salad greens, fruit in moulded aspic. Sliced cooked potatoes, raw cabbage, tomato stuffed with tuna fish, chicken or meat dices or strips, etc.

Garnish

The main purpose of the garnish is to add an eye appeal to the finished product, but in some cases it improves the taste and form (border). It may be a part of the body or it can be an additional item that will blend and complement. If the garnish is simple it will attract and not distract.

Dressings

A salad, either very simple or elaborate, is not complete without its light coat of dressing, whether it be a sharp mustard vinaigrette, a creamy mayonnaise or a simple sprinkling of fine olive oil and mature vinegar. The basis for all salad dressings is the oil and vinegar, and large assortments of both are available. Some are soft and delicate in both taste and texture, such as the light olive oils and champagne vinegars, ideal companions for tender young leaves; others are sharper and more robust, like the aged red wine or sherry vinegars and heavier fruitier olive oils which complement the more substantial greens with their stronger taste and heavier leaf structure. The more powerful nut-flavoured oils and sweetened balsamic vinegars, however, require leaves of equal character and strength, such as the milder bitter endives, radicchio and other members of the chicory family. It is the skillful blending of all these elements that ensures that the texture and aroma of the salad is enhanced and its subtle flavours accentuated.

The basic dressings are:

Mayonnaise, vinaigrette or French dressing, lemon dressing, mustard cream and acidulated cream. Mayonnaise is also known as a basic cold sauce and has numerous derivatives. It is used for cold dishes, the coating of fish, meat, eggs, etc. Numerous variations can be achieved through this particular dressing.

- a) Herb mayonnaise – Tarragon + Parsley + Chervil + Chives into mayonnaise.
- b) Ranch – Sour Cream + Wine vinegar + Lemon juice + W. Sauce + Parsley + Chives + Garlic + Celery Seed into mayonnaise.
- c) Lemon Mayonnaise – Lemon Juice + Lemon Rind into mayonnaise.
- d) Remoulade – Finely chopped garlic + Tomato Ketchup + Tabasco + Brandy to mayonnaise.
- e) Thousand Island – Chilly sauce + Minced onion + chopped green pepper + chopped pimento + chopped hard boiled egg into mayonnaise.
- f) Chantilly Dressing – Whipped heavy cream with mayonnaise.

Vinaigrette can be made, in the French, English or American style. The ratio of ingredients varies.

French - 3 parts of oil and one part of vinegar and French mustard and seasonings.

English - 1 part oil and 2 parts vinegar, mustard and seasonings,

American - Equal quantities of vinegar and oil, seasonings and sugar.

Lemon Dressing - same as vinaigrette using lemon juice instead of vinegar.

Acidulated Cream - 3 parts thin cream and 1 part of vinegar or lemon juice, salt and pepper.

Hazelnut Dressing – Garlic, Dijon Mustard, Hazelnut Oil, White Wine Vinegar, Seasoning, Chervil.

Roquefort Dressing – Roquefort Cheese, Lemon Juice, Garlic, Natural Yogurt, Vinaigrette, Parsley.

Oriental Dressing – Olive or Sunflower Oil, Light Sesame Oil, Red Wine Vinegar, Garlic, Soy Sauce, Tabasco Sauce, Szechuan Pepper, Muscovado Sugar.

Teriyaki Dressing – Sunflower Oil, Light Sesame Oil, Red Wine Vinegar, Garlic, Teriyaki Sauce, Tabasco Sauce, Szechuan pepper, Muscovado Sugar.

Green Lentil Dressing – Whole green or yellow Lentils, Boiling water, Lemon juice, Sunflower oil, Ground black pepper.

Champagne Dressing – Garlic, Dijon Mustard, Olive oil, White wine or Champagne vinegar, Salt, Ground black pepper.

Gribiche – White wine vinegar + Salad Oil + Seasoning + Chopped Gherkins + Chopped Caper + Chopped Onions + Hard Boiled Egg (Grated).

Compound or Composite Salads: Some of the examples of the salads with many ingredients are

Vegetables Based

Name of the Salad	Ingredients	Dressings
Tossed	Prepared of salad greens and are tossed in large bowls, in the kitchen or before the customers.	Vinaigrette
Coleslaw	Sliced cabbage, capsicum, carrots.	Vinaigrette
Oriental	Rice, tomatoes, dices, chopped garlic, and green beans, pimentos.	Vinaigrette
Aida	Curly chicory (endive) tomatoes and sliced artichoke, artichoke.	Vinaigrette
Andalouse	Quarters of tomatoes, julienne of sweet pimentos, plain boiled rice.	Vinaigrette
Grand Duchesse	French beans. juliennes of potatoes and celery.	Mayonnaise

Meat Based

Name of the Salad	Ingredients	Dressings
Carmen	Rice, red pimentos, cold chicken, green peas.	French Dressing
Hongroise	Bacon juliennes, cabbage, potatoes, grated radish, crisp lettuce.	Lemon Dressing
Laperouse	Tomatoes + Dices of ham + French beans + artichoke bottoms.	Mayonnaise
Bagretion	Julienne of celery and chicken + artichoke bottoms + macaroni.	Mayonnaise
Chatelaine	Hard-boiled eggs, truffles, artichoke bottoms, potatoes.	Vinaigrette

Fish Based

Name of the Salad	Ingredients	Dressings
Parissienne	Fish aspic, vegetable salads macedoine. lobster flesh.	Mayonnaise with Aspic
Fish Mayonnaise	Fish, mayonnaise, tomato, parsley for decoration.	Mayonnaise
Belles De Nuit	Slices of truffles and crayfish.	Vinaigrette
Favorite	Crayfish tails, slices of white truffles. asparagus lips.	Lemon Dressing
Hollandaise	Smoked salmon in dices, potatoes, caviar and onions.	Lemon Dressing

Fruit Based

Name of the Salad	Ingredients	Dressings
Creole	Small melons, take out the flesh, cut into dices, salt.	Acidulated Cream
Japonaise	Tomatoes, pineapple, orange dices and lettuce.	Lemon
Dalia	Bananas, apples, juliennes of celery.	Mayonnaise
Eve	Prepare apples, scoop and till with balls of apple, bananas.	Acidulated Cream

Classical Salad

Name of the Salad	Ingredients	Dressings
Nicoise	Waxy Potato, Green Beans, Boston Lettuce, Tuna, Anchovy Fillet, Olive, Hard Cooked Egg, Tomato, Parsley.	Vinaigrette
Waldorf	Red Apples, Walnuts, Lettuce Cups.	Chantilly
Coleslaw	Shredded Cabbage, Lettuce Cup.	Mayonnaise
Ceaser	Romaine leaves, white bread, olive oil, anchovy fillet, parmesan cheese.	Garlic Mayonnaise
Russian	Potato, Carrot, Green Peas, French Beans, Pineapple, Sliced Truffle, Diced Langouste, Crayfish Tail.	Mayonnaise