

Semester V: Unit 1: Chapter 1.8

SALADS

Definition: - Salad is a composition of ingredients that can be raw, cooked or cold, usually served with a dressing and eaten as an appetizer or as a main course.

Composition of a Salad: -

- 1) Base
- 2) Body
- 3) Dressing
- 4) Garnish

SALAD DRESSING USES

- 1) Dressing heightens the flavor of a salad, making it more palatable & improves appearance.
- 2) Dressing is usually in a liquid or semi liquid form.
- 3) Dressing should improve the food value and should not be over powering to mask the flavors of the salad.

TYPES OF DRESSINGS: The basic dressings are Mayonnaise, Vinaigrette or French dressing, lemon dressing, mustard cream and acidulated cream.

Mayonnaise – is also known as basic cold sauce and has numerous derivatives. It is used for cold dishes, the coating of fish, meat, eggs, etc.

Vinaigrette – can be made, in the French, English or American style.

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

English – 1 part of oil and 2 parts of vinegar, mustard and seasonings.

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

Italian – 4 parts Olive Oil to 1 part Vinegar, seasonings.

Lemon dressing – same as vinaigrette using lemon juice instead of vinegar.

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

SIMPLE SALADS

Simple salads comprise of only one primary ingredient and another one or two ingredients used for garnish or dressing. E.g. Beetroot salad, Tomato salad with vinaigrette dressing.

COMPOUND SALADS

Meat based
E.g. Carmen salad, Hongroise salad

Fish based
E.g. Nicoise salad, Tuna salad

Fruit based
E.g. Waldorf salad, Japonnaise salad, Dalila

Vegetable based
E.g. German Potato salad, Russian salad, Coleslaw, Caesar salad

Miscellaneous
E.g. Indienne salad, Fattoush

TOSSED SALADS

Varieties of cooked vegetables, mushrooms, meat, fish or shellfish are tossed up together with a dressing. E.g. Toss salad

Semester V: Unit 1: Chapter 1.8

COMPOUND SALADS

BASE	NAME OF SALAD	INGREDIENTS	DRESSING
Vegetable	Caesar Salad	Romaine/Cos lettuce + garlic + croutons+ rendered bacon	Caesar dressing(coddled egg, olive oil, anchovies & grated parmesan)
Vegetable	Coleslaw	Juliennes of cabbage, carrot & capsicum	Mayonnaise dressing
Vegetable	Russian Salad	Boiled diced potatoes, carrots, pineapple, green peas & French beans	Mayonnaise dressing
Vegetable	German Potato Salad / Kartoffel Salat	Potatoes, boiled and sliced	Reduced stock & grainy mustard.

BASE	NAME OF SALAD	INGREDIENTS	DRESSING
Fruit	Waldorf Salad	Diced Apples, celery, chopped, blanched de-skinned walnuts	Mayonnaise dressing
Fruit	Japonnaise	Diced Apple, diced pineapple, orange segments	Acidulated Cream
Fruit	Dalila	Diced Apple & Banana	Mayonnaise dressing

Semester V: Unit 1: Chapter 1.8

BASE	NAME OF SALAD	INGREDIENTS	DRESSING
Fish	Tuna Salad	Tuna meat, juliennes of carrots, capsicum, tomatoes & chopped capers.	Mayonnaise dressing
Fish	Nicoise Salad	Blanched & strung French beans, boiled & quartered eggs, quartered tomatoes, kalamata olives, anchovy, vinaigrette dressing, capers & boiled diced potatoes.	Vinaigrette dressing

BASE	NAME OF SALAD	INGREDIENTS	DRESSING
Meat	Carmen Salad	Chicken, rice, red pimentos & green peas	Mustard dressing
Meat	Hongroise	Bacon julienne, lettuce, potato & paprika	Vinaigrette dressing
BASE	NAME OF SALAD	INGREDIENTS	DRESSING
Miscellaneous	Fattoush	Chiffonade of iceberg, tomatoes & green peppers	Vinaigrette dressing
Miscellaneous	Indienne Salad	Boiled rice, asparagus tips, juliennes of sweet pimentos & apple dices	Curry cream dressing

Semester V: Unit 1: Chapter 1.8

CULINARY TERMS FOR SALADS

- 1) Acidulated Cream: - 3parts thin cream and 1 part of vinegar or lemon juice, salt and pepper.
- 2) Balsamic Dressing; - Balsamic is an aged vinegar from Italy. 3 parts Olive oil emulsified with 1 part balsamic vinegar.
- 3) Blue Cheese dressing; - Lightly whipped cream mixed with blue cheese.
- 4) Emulsify: - Homogeneous mixture of 2 insoluble liquids created by agitation or blending.
- 5) Maceration: - Letting the ingredients infuse with flavorings for considerable amount of time.
- 6) Sour Cream: - Cream set into yoghurt by addition of yoghurt culture.
- 7) Yoghurt Dressing: - Drained yoghurt blended with herbs and flavorings, used as a dressing for Salads.