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 overpowering 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 – 3 parts 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** – 3 parts 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
### Compound Salads

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

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</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Waldorf Salad</td>
<td>Diced Apples, celery, chopped, blanched de-skinned walnuts</td>
<td>Mayonnaise dressing</td>
</tr>
<tr>
<td>Fruit</td>
<td>Japonnais</td>
<td>Diced Apple, diced pineapple, orange segments</td>
<td>Acidulated Cream</td>
</tr>
<tr>
<td>Fruit</td>
<td>Dalila</td>
<td>Diced Apple &amp; Banana</td>
<td>Mayonnaise dressing</td>
</tr>
</tbody>
</table>
## BASE

<table>
<thead>
<tr>
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<th>NAME OF SALAD</th>
<th>INGREDIENTS</th>
<th>DRESSING</th>
</tr>
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<tbody>
<tr>
<td>Fish</td>
<td>Tuna Salad</td>
<td>Tuna meat, juliennes of carrots, capsicum, tomatoes &amp; chopped capers.</td>
<td>Mayonnaise dressing</td>
</tr>
<tr>
<td>Fish</td>
<td>Nicoise Salad</td>
<td>Blanched &amp; strung French beans, boiled &amp; quartered eggs, quartered tomatoes, kalamata olives, anchovy, vinaigrette dressing, capers &amp; boiled diced potatoes.</td>
<td>Vinaigrette dressing</td>
</tr>
<tr>
<td>Meat</td>
<td>Carmen Salad</td>
<td>Chicken, rice, red pimentos &amp; green peas</td>
<td>Mustard dressing</td>
</tr>
<tr>
<td>Meat</td>
<td>Hongroise</td>
<td>Bacon julienne, lettuce, potato &amp; paprika</td>
<td>Vinaigrette dressing</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Fattoush</td>
<td>Chiffonade of iceberg, tomatoes &amp; green peppers</td>
<td>Vinaigrette dressing</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Indienne Salad</td>
<td>Boiled rice, asparagus tips, juliennes of sweet pimentos &amp; apple dices</td>
<td>Curry cream dressing</td>
</tr>
</tbody>
</table>
CULINARY TERMS FOR SALADS

1) Acidulated Cream: - 3 parts 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.