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 (6 oz. each) Lemon or Lime flavor JELL-O® Brand Gelatin
2 teaspoons salt
2 cups boiling water
1 cup cold water
2 tablespoons vinegar
1/4 cup thinly sliced scallions or red onion
1/4 cup cooked ham strips
1/4 cup thinly sliced Swiss or process American cheese 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 6 or 8 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.