

Chapter 4

Salads and Garnishing



Objectives

- Identify the 4 parts of a salad
- Describe the 5 main types of salad
- Identify the salad service courses
- Recognize common salad greens
- List and describe preparing and storing of salad greens



Quality Salads are Based on:

- The freshness of ingredients
- Having all the ingredients blend together in harmony
- Making sure the salad is appealing to the eye



Four Parts to a Salad:

1. The **base** of a salad is usually a layer of salad greens that line the plate or bowl in which the salad will be served.
2. The **body** of the salad consists of the main ingredients.
3. **Garnish** enhances the appearance of the salad while also complementing the overall taste.
4. Salad **dressings** are liquids or semi-liquids used to flavor salads.



Types of Salad



- The five main types of salad are:
 1. The two types of green salad are **tossed** and **composed** (or mixed). Prepare all ingredients individually for either salad.
 2. Prepare the **bound salad** from cooked primary ingredients such as meat, poultry, fish, egg, or starch such as potato, pasta, or rice.
 3. Prepare a **vegetable salad** from cooked and/or raw vegetables.
 4. Prepare a **fruit salad** from fruit using a slightly sweet or sweet/sour dressing to enhance the flavor.
 5. A **combination salad** incorporates a combination of any of the four salad types.

Salads and Service



- Salads can be used in five ways during the **service courses**:
 1. A **starter salad**, served as an appetizer to the main meal, is smaller in portion and consists of light, fresh, crisp ingredients to stimulate the appetite.
 2. Serve an **accompaniment salad**, or side salad, with the main course of the meal, and make it light and flavorful, but not too rich.
 3. **Main course salads** are large enough to serve as a full meal and may contain protein ingredients, such as meat, poultry, seafood, egg, beans, or cheese.
 4. The **intermezzo salad** is intended to be a palate cleanser after a rich dinner and before dessert.
 5. **Dessert salads** are usually sweet and often contain fruits, sweetened gelatin, nuts, cream, and whipped cream.

Salad Search

- Using the iPads, find 3 recipes for salads that contain all four components.

Name of Salad:	
Source:	
Base:	
Body:	
Garnish:	
Dressing:	
<i>Salad Type:</i>	
<i>Salad Service:</i>	



Common Salad Greens

- Iceberg Lettuce
 - Most popular variety in U.S.
 - Long shelf life
 - Crisp leaves, round shape, tightly packed head
 - Mild, sweet, refreshing flavor



Common Salad Greens

- Romaine Lettuce (Cos)
 - Crisp ribs surrounded by tender leaves
 - Elongated head with round-tipped leaves



Common Salad Greens

- Escarole (Broad Leaf Endive)
 - Loose, relatively crisp head; flat leaves with curly tips
 - Slightly bitter flavor



Common Salad Greens

- Curly Endive (Curly Chicory)
 - Crisp ribs; narrow leaves with curly edge
 - Bitter flavor; provides contrasting flavor and texture in lettuce mixtures



Common Salad Greens

- Belgian Endive
(Witloof Chicory)
 - Tightly packed, elongated head with pointed tip
 - Bitter flavor with slight sweetness



Common Salad Greens

- Leaf Lettuce (Green Leaf Lettuce)
 - Used in salads or as liner for plates and platters
 - Mild flavor



Common Salad Greens

- Red Leaf Lettuce (Red-Tipped Lettuce)
 - Same texture and flavor as green leaf lettuce
 - Often included in salad mixes for contrasting color



Common Salad Greens

- Boston Lettuce (Butterhead)
 - Soft green cup-shaped leaves
 - Loose head with creamy-colored inner leaves
 - Popular as salad base and in mixed salads



Common Salad Greens

- Bibb Lettuce (Limestone Lettuce)
 - Developed in Kentucky
 - Similar color and texture to Boston lettuce, but smaller head
 - One head is often served as single portion



Common Salad Greens

- Spinach
 - Smaller, tender leaves are best for salads
 - Purchased in bunches or cello pack, packaged in plastic bags
 - Remove fibrous stems and wash several times to remove dirt and grit



Common Salad Greens

- Watercress
 - Classic plate garnish for red meats
 - Remove thick stems before serving
 - Peppery flavor



Common Salad Greens

- Radicchio
 - Italian variety of chicory
 - Bitter flavor
 - Small amounts added to mixed greens for contrasting color



Common Salad Greens

- Mesclun
 - Often purchased ready-to-use
 - Attractive variety of textures, colors, and flavors



Common Salad Greens

- Sprouts
 - Grown from seeds or beans soaked in water
 - Alfalfa, bean, radishes, and mustard are most popular types
 - Grown in high moisture, high temperature environment conducive to bacterial growth



Buying Lettuce

- Subject to great fluctuations in quality and price
- Usually packed 24 heads to a case
- Actual cost of the lettuce is affected by the amount of waste



Buying Lettuce

- Ready-to-Eat Greens
 - Greens are prewashed and precut
 - More expensive than other greens
 - No prep time and little or no waste for the operation
 - Must be rotated and used quickly



Preparing Salad Greens

- Hand washing is essential in salad production
- The key to preparing good-tasting, interesting, attractive salads is to start with clean, fresh ingredients.
- Always thoroughly wash greens because dirt can lodge between leaves.
- Steps for preparing salad greens include
 - cutting
 - washing
 - drying



Cutting

- Trim and remove the core
- Trim any wilted or discolored leaves
- Remove thick fibrous stems from leafy greens
- Cut (or tear) into bite-sized pieces



Washing

- Cut greens are placed in a sink or large container filled with cold water
- Greens should float freely



Washing

- Stir the greens to loosen dirt and sand, which sinks to the bottom
- Remove greens from the water and drain



Drying

- To remove excess water from washed salad greens
 - drain in a colander or perforated hotel pan
 - use a salad spinner (best method)



Storing Salad Ingredients



- After the greens are clean, proper storage is essential to keeping them fresh.
- Proper storage ensures the quality of the product served to the guest.
- All labels on stored containers should include the name of the item, weight, date received, name of person storing the product, and the original use-by date, if any.

Section 4.1 Summary



- Lettuce is frequently used as a salad base, but any number of ingredients can be used in a salad.
- The basic parts of a salad are the base, the body, the garnish, and the dressing.
- The five basic types of salad are green salads (tossed or composed), bound, vegetable, fruit, and combination.
- The five basic salads that can be served throughout the course of a meal are starter, accompaniment, main course, intermezzo, and dessert.
- To clean salads, remove the outer leaves of greens, pull apart the remaining leaves, and rinse them thoroughly to remove any and all dirt, grit, and insects.

Sources

Foundations of Restaurant Management & Culinary Arts: Level 2. Boston, MA: Prentice Hall, 2011. Print.

Lewis, Joan E. *Culinary Professional.* Place of Publication Not Identified: Goodheart-Willcox, 2013. Print.

