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.

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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
