4.2: Salad Dressings & Dips
• What are the 5 main types of salad?
  – Green
  – Bound
  – Vegetable
  – Fruit
  – Combination
• What are the 5 salad service courses?
  – Starter
  – Accompaniment
  – Main Course
  – Intermezzo
  – Dessert
Review

• Name the steps used to prepare salad greens
  – Cutting
  – Washing
  – Drying
Salad Green Identification

Belgian endive (Witloof chicory)  Romain lettuce (Cos)
Salad Green Identification

Bibb lettuce

Iceberg lettuce
Salad Green Identification

Curly endive (Curly chicory)  Leaf lettuce (Green leaf lettuce)
Salad Green Identification

Escarole (Broad leaf endive)  Red leaf lettuce (Red-tipped lettuce)
Salad Green Identification

Mesclun

Watercress
Review

• What are the 4 main components in a salad?
  – Base
  – Body
  – Garnish
  – Dressing
Today’s Objectives

– Compare and contrast the four main salad dressings
– Identify purposes and origins of specific dips
– Prepare your own original vinaigrette
Salad Dressings

• Four basic types of salad dressing include
  – Vinaigrette
  – Emulsified vinaigrette
  – Mayonnaise-based
  – Mayonnaise
Ingredients for Dressings

- Ingredients commonly used in dressings include
  - oil
  - vinegar
  - mustard

There is a range of choices for each of these ingredients, which allows chefs to customize dressings.
Ingredients for Dressings

• Oils
  – High quality oil is essential for making a good vinaigrette, mayonnaise, or dressing
  – Oils are classified as neutral or flavored
  – Neutral oils are “flavorless” and interchangeable in recipes
  – Flavored oils are extracted from ingredients that contribute their unique flavor
Ingredients for Dressings

• Vinegars
  – Originally made from fermented barley juice, wine, or apple cider
  – Today, they are made from different types of wine, fruits, or herbs

See pg. 245 for types of oil & vinegar
Ingredients for Dressings

• Vinegars
  – Most vinegars are diluted to five percent acid
  – Naturally fermented wine vinegars usually contain six to seven percent acid
  – Citrus juice can also be used as an acid in vinaigrettes
• Mustard
  – Sharp flavor counters the richness of the oil
  – Helps emulsify mayonnaise and emulsified dressings
  – Dry or prepared mustards can be used
  – Used in small amounts because of its strong flavor
Vinaigrettes

- **Vinaigrette dressing** in its simplest form is made of oil and vinegar.

- Vinaigrettes are lighter, thinner dressings often used on more delicate ingredients, such as greens and vegetables.
The secret to a good vinaigrette is balancing the fat, acid, and seasonings

- Oil provides the palate with a pleasant mouthfeel and acts as flavor carrier
- Vinegar “cuts” the fat, adds another taste sensation, and prevents the oil from coating the palate
Vinaigrettes

• To achieve the desired balance, typically use a **3:1 ratio of oil to vinegar**

• When working with a **stronger vinegar**, most chefs change the ratio to **4 or 5:1**
  - Examples: Tarragon or Balsamic Vinegar
• When shaken together, ingredients form a **SUSPENSION**:  
  – A temporary mixture of ingredients that eventually separates back to its unique parts.

• Because vinegar and oil separate, remix immediately before service
Emulsified vinaigrettes have gone through the emulsion process.

- An **emulsion** is a mixture of ingredients that permanently binds dissimilar ingredients
  - Example: Vinegar and oil

- Requires an emulsifier
  - Example: Eggs
Emulsified Vinaigrettes

• Thicker than suspension vinaigrettes
  • Coat ingredients more heavily

• Good for salads containing sturdier ingredients
  • pastas
  • meats
  • fish
Mayonnaise-Based Dressings

- Typically creamy
  - Examples: Russian, Thousand Island, Bleu Cheese
- Often thicker than emulsified vinaigrettes (but not always)
- Versatile in dressing lighter greens or heartier proteins
- Apply them as close to service as possible
Mayonnaise

• Standard proportion for making mayonnaise:
  – One egg yolk: One cup of oil

• Mustard and vinegar are often added to taste
• When making mayonnaise, the tiny drops of oil become suspended in the water from the vinegar and egg

• Proteins from the egg yolk keep the oil and water from separating

• Mayonnaise is often used as a base for dressings and cold sauces
Mayonnaise and Emulsified Dressings

- Herbs, spices, and cheese are common ingredients in emulsified dressings and can be added to mayonnaise (aioli).

- Emulsified dressings are usually thinner than mayonnaise because of added liquid or the use of whole eggs.
Technique: Preparing Mayonnaise

Note: Preparation of mayonnaise and emulsified dressings can be done by hand, with an electric mixer, or in a food processor.

1. Place egg yolks, mustard, and vinegar in a bowl and whip to combine them well.
Technique: Preparing Mayonnaise

2. While constantly whiping the yolk mixture, add the oil in a thin stream.
3. Continue to whip and add oil until all the oil is incorporated.
Technique: Preparing Mayonnaise

4. Adjust consistency by thinning with a small amount of water or lemon juice if needed.

5. Season with salt and pepper. Adjust acidity with additional vinegar or lemon juice if needed.

6. Refrigerate immediately.
A **dip** is a flavorful mixture that accompanies certain foods.

- Like salad dressings, dips should complement or enhance a food’s flavor.

- A dip must have the proper consistency. A dip should be soft enough to scoop up with a cracker, chip, or vegetable, but thick enough to stay on it.
Ethnic variations of special salads and accompaniments are very popular as dips:

- **Guacamole**: Avocado dip (Aztec origin).

- **Salsa**: Peppers, such as jalapeño or serrano, onions, and tomatoes (Mexico).

- **Hummus**: Chickpeas with garlic and tahini (Middle East).
Prepare Your Own Vinaigrette

Remember…

• To achieve the desired balance, typically use a 3:1 ratio of oil to vinegar

• When working with a stronger vinegar, most chefs change the ratio to 4 or 5:1
  – Examples: Tarragon or Balsamic Vinegar

Add seasonings to taste