Salads and Dressings

Culinary Terminology

- simple salad, p. 254
- composed salad, p. 255
- bound salad, p. 255
- marinated salad, p. 256
- mesclun, p. 259
- vinaigrette, p. 263
- emulsion, p. 264
- mayonnaise, p. 264

Objectives

After studying this chapter, you will be able to

- recognize the different purposes salads serve on a menu.
- classify the different types of salads.
- recognize common salad greens.
- explain various factors involved when buying lettuce.
- execute the preparation of salad greens.
- compare and contrast the three salad dressings—simple vinaigrette, mayonnaise, and emulsified dressing.
- recall standard procedures that will ensure both sanitation and quality in salad preparation.

In a professional kitchen, salads and dressings represent a large part of the work assigned to the garde manger or cold station. This area may also be called the pantry. Salads take a starring role in the trend toward lighter eating. No longer just an appetizer, many salads can be served as main courses and sides. With a nearly limitless list of ingredients and dressings, salad possibilities can go as far as imagination and good taste will carry them.

Salads on the Menu

Salads are a popular part of the American diet and can serve a number of purposes.

Appetizer Salads

The traditional purpose salads have served on the menu is as an appetizer before the main course of a meal. Salads are light and refreshing and therefore a good lead-in for the more substantial foods that follow. The quick preparation of salads also makes them an easy way to keep diners satisfied while their main courses are being prepared.

Main Course Salads

Salads have gained an even more important purpose on the menu with the rising popularity of main course salads. Green salads paired with portions of cooked chicken, seafood, or meat are a great way for chefs to create lighter entrées. One common example of a main course salad is a Caesar salad.
topped with grilled chicken breast, 16-1. Extremely popular on lunch menus, these main course salads may combine hot and cold elements on the same plate.

**Salad Bars**

Salad bars or buffets have become a fixture in American casual dining and fast-food restaurants. They are popular with diners because they offer variety, choice, and custom-salad creations. Restaurant operators find salad bars attractive because the ingredients are relatively low cost and the self-serve format saves labor costs.

The key to a successful salad bar is a large variety of attractively displayed ingredients, 16-2. Salad bars should be designed for easy access while still maintaining sanitary conditions. Maintaining the proper temperature of food on display is essential.

**Types of Salads**

Salads take on many different appearances. However, all salads can be categorized as one of three main types.

**Simple Salads**

Simple salad is a term used to classify a salad of greens and various raw vegetables such as cucumbers, carrots, tomatoes, and others. A mixture of ingredients providing a variety of flavors, colors, and textures is desirable for simple salads.

Simple salads may be served with any type of dressing. The dressings can be either tossed with the salad or served on the side. Tossing simple salads with dressing too far in advance will cause the salad, especially delicate greens, to wilt. For this reason, salads served at banquets are typically presented with the dressing on the side.

**Composed or Plated Salads**

When salad ingredients are assembled in a particular arrangement, the finished salad is called a composed salad. Also known as plated salads, they are often made up of more than simply greens. These salads are popular as main courses, especially at lunch. Whatever the ingredients, composed salads usually include the following four parts:

1. **Base.** Usually lettuce leaves or a bed of cut greens is used as the backdrop for the other ingredients.
2. **Body.** The main ingredient of the salad might be greens, a marinated or bound salad, meat, fish, or poultry.

3. **Dressing.** Any dressing that is compatible with the other ingredients may be used to add moisture and flavor to the salad.

4. **Garnish.** Many different elements can be used to add color and texture to the finished presentation.

**Bound and Marinated Salads**

An almost endless list of cooked foods can be turned into salads. Salads provide a way for a creative chef to use up leftovers. These salads can be made of any complementary combination of vegetables, meats, poultry, seafood, cheese, potatoes, pasta, or grains.

When cooked items are mixed with mayonnaise, it is referred to as a bound salad. The thick, binding consistency of a

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16-1 A chicken Caesar salad is a popular main course salad.

16-2 An attractively displayed salad bar appeals to customers.
proper mayonnaise acts to hold the salad together. When cooked foods are mixed with a vinaigrette, it is commonly called a marinated salad.

**Common Salad Greens**

Salad greens come in a variety of shapes, colors, textures, and flavors.

16-3 A colorful pasta salad is an example of a marinated salad.

**Salad Greens**

- **Iceberg Lettuce**
  - Iceberg lettuce is by far the most popular variety of lettuce in the United States. Its crisp leaves, round shape, and tightly packed head make it easy to pack and ship. These traits result in a relatively long shelf life. Most of the head is comprised of crisp pale green leaves with a mild, sweet, refreshing flavor.

- **Romaine Lettuce (Cos)**
  - Romaine has leaves with crisp ribs that make it sturdy and give this lettuce a distinctive crunch. The crisp ribs are surrounded by tender leaves which range in color from dark green outer leaves to pale yellow inner leaves. It has an elongated head with round-tipped leaves. Quality heads have tightly packed leaves with few or no blemishes on the tips or rust on the root end.

- **Escarole (Broad Leaf Endive)**
  - Escarole is a loose, relatively crisp head with flat leaves that have curly tips or edges. Leaves are dark green at the tip to yellowish white at the base and in the core of the head. A lettuce with a slight bitter flavor, it is often prepared as a hot vegetable in Italian cookery.

- **Curly Endive (Curly Chicory)**
  - Curly endive has crisp ribs that create narrow leaves with a curly edge. The outer leaves are deep green with a pale yellow core. This bitter green is usually served as part of a mixture to provide contrasting flavor and texture.
Belgian Endive (Witloof Chicory)
Belgian endive has a tightly packed, elongated head with a pointed tip. Heads are approximately five inches long. Leaves are white with yellow tips. Belgian endive has a bitter flavor with a slight sweetness. Individual leaves are often used as a garnish or filled and served as a cold appetizer.

Leaf Lettuce (Green Leaf Lettuce)
Large, tender, ruffled bunches of bright green color make leaf lettuce good in salads and as a liner for plates and platters. With a mild flavor, the supple leaves also work well for sandwiches.

Bibb Lettuce (Limestone Lettuce)
Bibb lettuce is a variety that was developed in Kentucky. It has a color and texture similar to Boston lettuce but forms a smaller head. Heads are elongated and small enough that one head is often served as a single portion.

Red Leaf Lettuce (Red-Tipped Lettuce)
Red leaf lettuce has the same texture and flavor as green leaf lettuce but with reddish-brown color at the tip of the leaves. It is often added to salad mixes for contrasting color.

Boston Lettuce (Butterhead)
The soft green leaves of this lettuce form a loose head with creamy-colored inner leaves. The leaves have a delicate texture and cupped shape that makes Boston lettuce popular as a salad base as well as in mixed salads.

Spinach
The smaller, tender leaves of spinach are best for salads. Spinach can be purchased in bunches or cello pack. Cello pack means the spinach is packaged in plastic bags. In either form, fibrous stems should be removed and leaves should be washed several times to remove dirt and grit.

Watercress
Although watercress is the classic plate garnish for red meats, it is often used in salads. Prized for its peppery flavor, it has small round leaves attached to long stems. Thicker stems should be removed before serving.

Mesclun
Sometimes referred to as spring mix or field greens, mesclun is a mixture of baby lettuces. It is often purchased cut, washed, mixed, and ready to use. Mesclun should contain an attractive variety of textures, colors, and flavors.

Sprouts
Seeds or beans, which are soaked in water, begin to grow as sprouts. These tender little shoots of various plants are used as an ingredient in salads. The most popular sprouts are from alfalfa, bean (mung beans), radishes, and mustard. Unfortunately, sprouts are grown in a high moisture and high temperature environment which is perfect for bacterial growth. Therefore, great care should be taken when handling sprouts to reduce the risk of foodborne illness.

Radicchio
A red lettuce with white stems and veins, radicchio is an Italian variety of chicory. It has a bitter flavor; so small amounts are added to mixed greens for a dramatic colorful accent.
Buying Lettuce

Of all produce items, none is more subject to fluctuations in quality and price than lettuce. Factors such as growing conditions, weather, and market demand make buying lettuce a complicated matter. Produce wholesalers can choose from a wide range of quality and cost for the most popular lettuces. The lowest priced lettuce is not always the best buy, 16-4.

Most lettuce comes packed 24 heads to a case instead of by standard weight. It is important to determine how much product will be lost from trimming away wilted, bruised, or rusted leaves. The amount of waste affects the actual cost of the lettuce. A reputable produce supplier will help you determine the product and price that is a value for your operation.

Ready-to-Eat Greens

One choice for chefs and restaurateurs that continues to grow in popularity is ready-to-eat greens. Sold prewashed and precut, these products are significantly more expensive than traditionally packed greens. The advantage of no prep time and no waste often makes up for the higher cost. Stock of prepared lettuce should be rotated and consumed quickly since cut and washed greens lose flavor, texture, and nutrients more rapidly than uncut.

Preparing Salad Greens

If your operation does not purchase ready-to-eat greens, the greens must be prepared for salads before use. Each step is important in order to produce a quality salad.

Cutting

When lettuces and other greens are received in whole heads, the first step in preparation is trimming and cutting. This step is done first so that dirt or insects lodged in the core of the lettuce are more easily removed during the washing process.

Lettuce and greens should be trimmed of any whole or partial leaves that are wilted or discolored. Remove the cores on head lettuce, 16-5. The thick fibrous stems from leafy greens must also be removed, 16-6.

Cut the lettuce into bite-size pieces. In most cases, the pieces should be small enough that the diner should not have to use a knife to cut their salad. Some cooks maintain the belief that salad greens should

Science & Technology

Hydroponic Greens

A viable option for commercially growing lettuce and herbs today is hydroponics. Hydroponics is the science of growing produce in a nutrient-rich water bath rather than in soil. Hydroponic produce is grown indoors, often under artificial light. Though hydroponic items have a milder flavor than field-grown products, they contain no dirt, insects, or pesticides. Hydroponic produce is also available year-round.

16-5 To core iceberg lettuce, (A) strike the core on a firm surface and (B) pull the core out of the head.

16-6 Spinach stems can be tough and should be removed before serving.
be torn by hand rather than cut. This belief probably originates in a time when all kitchen knives were made of carbon steel. Cutting leafy greens with a carbon steel knife causes them to oxidize or discolor and possibly take on a metallic taste. Since today most chefs use stainless steel or high carbon stainless steel knives, oxidation is not a problem. In high volume commercial kitchens, cutting lettuce with a knife is the most efficient way to cut large volumes of lettuce.

**Washing**

At home, lettuce is often washed by running cold water over it. In a commercial kitchen, lettuce and greens are washed by submersion. Cut greens are put into a sink or container of cold water that is deep enough for them to be fully covered and float freely. The product is stirred to help loosen dirt or sand that will sink to the bottom. The greens are lifted from the water and drained, leaving the dirt and sand in the sink.

Cut lettuce will float as the dirt and debris sink to the bottom.

**Drying**

After salad greens are washed, excess water must be drained off. Wet greens become soggy over time. Dressings placed on wet greens can become diluted, making them runny, bland, and unappetizing. Greens can be drained in a colander or perforated hotel pan. Patting them with absorbent paper towel also helps, but the best method is to use a salad spinner. A salad spinner uses centrifugal force to remove moisture. The greens are placed in the basket and then spun at a high rate of speed. The result is salad greens that are dry and uncruished.

**Salad Dressings**

A salad dressing should enhance the flavor of the salad. Many different ingredients can be used to make dressings. However, dressings fit into one of three basic types—simple vinaigrette, mayonnaise, or emulsified dressing.

**Simple Vinaigrettes**

The French term *vinaigrette* tends to make something that is beautifully simple sound unnecessarily complex. In its most basic form, a *vinaigrette* is nothing more than a mixture of oil and vinegar. Oil is liquid at room temperature and provides the palate with a supple mouth feel. It also acts as an excellent flavor carrier for other ingredients. The task of the acidic vinegar is to “cut” the fat, add another taste sensation, and stop the oil from coating the palate. In short, the only real secret to preparing a good vinaigrette is to achieve a balance in fat, acid, and other seasonings.

**Proportion**

In most cases, the ratio of three parts oil to one part vinegar by volume achieves the desired balance for a vinaigrette. Sometimes, due to the characteristics of the vinegar, these proportions may need to be altered. When working with a stronger vinegar, most chefs choose to adjust the ratio of oil to vinegar, using four or five parts oil to one part vinegar, rather than dilute the vinegar.

Simple vinaigrette doesn’t stay blended very long. The nature of vinegar and oil is to repel each other and separate. Therefore, it is important to stir simple vinaigrette immediately before serving.
Part 3  Ingredients, Preparation, and Presentation

Using Ratios

Ratios tell how one number is related to another number. They can be used to describe relationships that are “part to whole,” “part to part,” or “whole to part.” Ratios are often used in cooking. For example, vinaigrette is prepared using a ratio.

One cup of vinegar plus three cups of oil yields four cups of vinaigrette.

Ratios can be written in a number of different ways—1:4 or \( \frac{1}{4} \) or one part to four parts or simply, one to four. Therefore, the ratio for vinaigrette can be written as 1:3.

Let’s say you need 1 gallon (128 oz.) of vinaigrette. How would you calculate the amounts of oil and vinegar you need? You already know that the ratio for vinaigrette is

\[ 1 \text{ part vinegar : 3 parts oil} \]

1:3 means there are 4 equal parts

\[ 1 + 3 = 4 \]

Divide 128 ounces by 4 parts to find how many ounces each equal part is.

\[ 128 \text{ ounces} \div 4 \text{ parts} = 32 \text{ ounces/part} \]

Now you know that each equal part is 32 ounces. You can solve your problem now.

1 part vinegar x 32 ounces/part = 32 ounces vinegar
3 parts oil x 32 ounces/part = 96 ounces oil

Double-check your work.

32 ounces vinegar + 96 ounces oil = 128 ounces vinaigrette

Mayonnaise and Emulsified Dressings

When simple vinaigrette is shaken or whipped, the oil and vinegar mix together in microscopic droplets creating an emulsion. An emulsion is a mixture of two liquids that don’t naturally mix such as oil and vinegar. In an emulsion, tiny droplets of one ingredient are suspended in the other. A simple vinaigrette soon separates back to oil and vinegar because it is a temporary emulsion.

The culinary solution to prevent oil and vinegar from separating is to stabilize the emulsion with egg or egg yolks. Mayonnaise is a cold sauce that is an emulsion of oil and vinegar stabilized with egg yolk and mustard. To make mayonnaise, oil is formed into tiny droplets by gradually adding it to the other ingredients while whipping. These tiny droplets are suspended in the water contained in the vinegar and egg. Proteins, found in egg yolks, keep these suspended droplets of oil and water from separating.

Mustard is another ingredient commonly used in mayonnaise and emulsified dressings. Compounds found in mustard also help prevent an emulsion from breaking or separating.

Mayonnaise is an important item in the cold kitchen because it is often used as a base in creating dressings or cold sauces. The quality of these preparations relies on the quality of the mayonnaise.

Mayonnaise Proportions  One key to successful mayonnaise is the right proportion of egg yolk to oil. The standard proportion for making mayonnaise is one egg yolk to one cup of oil. This ratio creates a proper emulsion.

Fluid, pasteurized egg products are commonly used in commercial kitchens. Since one yolk is roughly equivalent to one fluid ounce, the proportion is also expressed as one ounce pasteurized egg yolk to one cup oil.

Mustard and vinegar play a supporting role in creating an emulsion, therefore, measurement of them need not be exact. They are often added to taste.

Creating Emulsified Dressings with the Mayonnaise Technique  Once you have mastered the technique for making mayonnaise, you will be able to create any emulsified sauce with the same technique for creating an emulsion. Most recipes for emulsified dressings incorporate additional ingredients in the emulsion besides egg yolks and oil. Herbs, spices, and cheese are commonly included. The consistency of most emulsified dressings is thinner than mayonnaise, a result of added liquid or using whole eggs rather than just yolks.

Ingredients for Dressings  All dressings include oil, vinegar, and often mustard in their list of ingredients. However, each of these ingredients can be

Sanitation Savvy

Pasteurized Egg Products  Traditionally, mayonnaise and salad dressings have been prepared with fresh shell eggs. However, the danger of salmonella bacteria that is found in eggs and poultry has made the use of raw eggs ill-advised and in most areas illegal. In most places, the sanitation codes prohibit foodservice operations from serving dressings made with raw eggs. Because of this, many varieties of pasteurized egg products have become available. Processed refrigerated or frozen, whole eggs, yolks, or whites; these products should be used instead of raw eggs to ensure the safety and shelf life of the finished dressing.

Technique

Preparing Mayonnaise

Preparation of mayonnaise and emulsified dressings can be done by hand, with an electric mixer, or in a food processor. However it is done, the same basic procedure is followed:

1. Place egg yolks, mustard, and vinegar in a bowl and whip to combine them well.
2. While constantly whipping the yolk mixture, add the oil in a thin stream.
3. Continue to whip and add oil simultaneously until all the oil is incorporated.
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.
derived from a variety of different sources or methods of preparation. Each source or method lends a unique flavor or texture to that ingredient. This range of choices allows chefs to customize the dressing to the salad.

**Oils**

Oil makes up the bulk of most salad dressings; so good quality oil is essential for making a good vinaigrette, mayonnaise, or dressing. Oil is an excellent carrier for the flavors of other ingredients in the dressing or contributes its own flavor. Oils can be classified as either neutral or flavored. Neutral oils are manufactured to be essentially flavorless and are interchangeable in recipes. The general term *salad oil* refers to neutral oils. Flavored oils are extracted from flavorful ingredients that contribute their unique flavor to the products with which they are mixed, 16-10.

**Vinegars**

The name vinaigrette is derived from vinegar, which gives this cold sauce its most pronounced flavor. Vinegar was originally made from fermented barley juice, wine, or apple cider. Today, many varieties and flavors of vinegar are available. Some vinegars are made from specific varieties of wine or others are flavored with fruits or herbs. The acidity of commercially produced neutral oils

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<td>vinegar</td>
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<td>dry mustard</td>
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<td>1 pt.</td>
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<tr>
<td>to taste</td>
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<td>white pepper</td>
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<tr>
<td>as needed</td>
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<td>lemon juice (optional)</td>
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### Method (CCP)

1. Combine yolks, vinegar, and mustard in a bowl.
2. While constantly whipping the yolk mixture, add the oil in a thin stream.
3. Continue to whip and add oil simultaneously until all the oil is incorporated.
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. Cool to 41°F (5°C) or below within 4 hours and hold until service. (CCP)

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<tr>
<td>2 fl. oz.</td>
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<td>120 mL</td>
<td>extra virgin olive oil</td>
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<tr>
<td>½ tsp.</td>
<td>3 mL</td>
<td>ground black pepper</td>
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### Method (CCP)

1. Purée or finely chop anchovies and garlic.
2. Place anchovies and garlic in a bowl with lemon juice, vinegar, and egg yolks.
3. While constantly whipping, pour oil into purée in a thin stream to create an emulsion.
5. Cool to 41°F (5°C) or below within 4 hours and hold until service. (CCP)

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<th>Protein (g)</th>
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**Chef Speak**

**Extra Virgin Olive Oil**

By far the most popular flavored oil is olive oil. Used in the Mediterranean for centuries, it has recently gained praise because of its health benefits in lowering cholesterol. To choose the best olive oil for salads and cold sauces, select an olive oil that is graded “extra virgin.” Extra virgin olive oil is the first pressing of the olives and is done without heat. Extra virgin oils have a frutier, mellower flavor because heat, which destroys the delicate flavor of olive oil, is not used. Less expensive pomice (nonvirgin) oil is more commonly used for cooking because the heat destroys the delicate flavors of extra virgin oil.

16-10 There are a variety of oils to choose from when making salad dressing.
vinegars is diluted to consistently produce a product with five percent acid. Natural fermentation of most wine vinegars produces vinegar with six to seven percent acid, 16-11.

In addition to vinegar, citrus juice such as lemon or lime can be used to provide acid for a vinaigrette.

**Mustard** Mustard adds a sharp flavor which helps counter the richness of the oil in vinaigrette. More importantly, mustard helps to emulsify mayonnaise and emulsified dressings. Dry mustard powder, Dijon-style mustard, or other prepared mustards can all be used in vinaigrettes. Since the flavor of these mustards is strong, they are used in small amounts.

### Sanitation and Quality in Salad Preparation

As with many other areas of the professional kitchen, quality and sanitation go hand in hand. By following sanitary procedures, you are also ensuring the quality of the salads you serve, 16-12. The following standard procedures help ensure both quality and sanitation:

- Thoroughly wash all salad ingredients before using in a salad presentation.
- Keeping salad ingredients well chilled keeps them crisp and sanitary as well.
- Keep dressings containing egg or dairy products refrigerated at or below 41°F (5°C).
- Chill salad plates before plating to avoid wilting greens and other ingredients.
- Use gloves or utensils to handle salad ingredients because it is ready-to-eat food.
- Mix tossed salads with dressing as close to service as possible.
- Don’t overdress salads. Use only enough dressing to lightly coat the greens.

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<thead>
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<th>Flavored Vinegars</th>
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<tr>
<td>Wine vinegars (such as red wine, white wine, champagne, sherry)</td>
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<tr>
<td>Apple cider vinegar</td>
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<tr>
<td>Fruit vinegars (raspberry, apricot, blueberry, peach)</td>
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<tr>
<td>Infused vinegars (herbs, chiles, spices)</td>
</tr>
<tr>
<td>Malt vinegar</td>
</tr>
<tr>
<td>Rice vinegar</td>
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16-11 Flavored vinegars add interest to vinaigrettes.

16-12 Well-trained staff know that sanitation procedures must be followed when handling salad ingredients.
Salads have experienced a rise in popularity and serve a variety of purposes on the menu. There are three basic types of salads—simple, composed or plated, and marinated and bound. Proper preparation of salad greens includes cutting, washing, and drying. The same basic ingredients are used in the three main categories of salad dressings. Proper sanitation in garde manger is necessary to produce a safe, quality salad.

1. Explain why restaurant operators like salad bars.
2. List the four parts of a composed salad.
3. True or false. Bound and marinated salads can be a creative way to utilize leftovers.
4. Name each salad green described below.
   A. The most popular variety of lettuce in the United States with crisp leaves and round, tightly packed heads.
   B. Large, ruffled bunches of tender, bright green leaves used in salads and as plate liners.
   C. Mixture of baby lettuces sometimes referred to as spring mix or field greens.
   D. Tender shoots that are grown by soaking beans or seeds in water.
5. True or false. Chefs like ready-to-eat greens because they maintain their flavor, texture, and nutrients a long time.
6. Explain why salad greens are cut before they are washed.
7. The best method for drying lettuce is to use a ___.
8. The standard ratio for vinaigrette is ____ part(s) oil to ____ part(s) vinegar.
9. What are the ingredients in mayonnaise that act to stabilize the emulsion?
10. List the two classifications of oils used in salad dressings.
11. List five standard procedures to follow when making salads to ensure sanitation and food quality.

Thinking like a Chef

1. Analyze. Find a recipe for a salad dressing. Determine if it is a simple or emulsified dressing. How do you know?
2. Compare. Read the ingredients label on a bottle of prepared salad dressing and compare it to the recipe in Question 1 above. Are the lists of ingredients similar? If there are any ingredients you are unfamiliar with, research them to find out their role in the recipe.
3. Debate. Form small groups, debate the following topic: It is advantageous for a foodservice operation to use convenience products such as ready-to-use dressings and precut greens on the salad station.

Key Points

- Salads have experienced a rise in popularity and serve a variety of purposes on the menu.
- There are three basic types of salads—simple, composed or plated, and marinated and bound.
- Proper preparation of salad greens includes cutting, washing, and drying.
- The same basic ingredients are used in the three main categories of salad dressings.
- Proper sanitation in garde manger is necessary to produce a safe, quality salad.

In Review

Write your answers on a separate sheet of paper.
1. Explain why restaurant operators like salad bars.
2. List the four parts of a composed salad.
3. True or false. Bound and marinated salads can be a creative way to utilize leftovers.
4. Name each salad green described below.
   A. The most popular variety of lettuce in the United States with crisp leaves and round, tightly packed heads.
   B. Large, ruffled bunches of tender, bright green leaves used in salads and as plate liners.
   C. Mixture of baby lettuces sometimes referred to as spring mix or field greens.
   D. Tender shoots that are grown by soaking beans or seeds in water.
5. True or false. Chefs like ready-to-eat greens because they maintain their flavor, texture, and nutrients a long time.
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Workplace Skills

The kitchen is preparing an evening banquet for 500 people. The salad is greens dressed with vinaigrette. The garde manger wants to dress and plate up the greens early in the day so she can begin working on the appetizers for the event. Is this good planning? Explain your answer.

Chef’s Math

Using the standard ratio discussed in this chapter, calculate how much oil and vinegar you would use to make one quart of simple vinaigrette.

Chef’s Lab

Working in pairs, create two preparations each consisting of 2 fl. oz. vinegar and 6 fl. oz. salad oil. Note the separate layers of vinegar and oil. Add 1 teaspoon of dry mustard to one of the preparations. Place each preparation in a clear container with a lid. While one partner keeps track of the time, the second partner shakes the preparations simultaneously for 30 seconds. After 30 seconds of shaking, place both containers on the counter and begin timing. Record the time it took for each preparation to separate back out into the vinegar and oil layers. Record your observations. Did both preparations separate out at the same time? If not, which separated first? Why do you think that is?