In the days before modern refrigeration, the pantry was the storeroom where food products were kept before being brought into the kitchen. Because this room was cooler than the kitchen, it was especially suited as a work area for the production of cold food, especially aspics, chaud-froids, and other elaborate buffet preparations. In kitchens around the world, this department is often referred to by its French name, garde manger (gard mawn zhay).

Today, the pantry is the department responsible for cold foods and related items. This does not mean that no cooking is done in the pantry. On the contrary, garde manger chefs must be masters of a wide range of cooking techniques. In addition, they should have artistic judgment as well as the patience and dexterity to perform a great many hand operations quickly and efficiently.

This chapter deals with two groups of items prepared in the pantry: salads and salad dressings.
Salads

Because the number and variety of salad combinations is nearly endless, it is helpful to divide salads into categories in order to understand how they are produced. For the pantry chef, the most useful way to classify salads is by ingredients: green salads, vegetable salads, fruit salads, and so on. This is because production techniques are slightly different for each kind. We use this kind of classification when we discuss specific recipes later in this chapter.

Before the pantry chef can produce the salads, first he or she has to decide exactly what salads should be made. Therefore, you should know what kinds of salads are best for which purposes. For this reason, salads are also classified according to their function in the meal. The most important salad types are appetizer salads, which are served as a first course; accompaniment salads, which are served as side dishes with the main course; main course salads, which can stand alone as a meal; and dessert salads, often made with fruit and sweet ingredients. Keep in mind that there is no exact dividing line between types. For example, a salad that is suitable as a first course of a dinner may also be a good main course at lunch.

Ingredients

Freshness and variety of ingredients are essential for quality salads. Lettuce, of course, is the first choice for most people, but many other foods can make up a salad.

The following tables list, by category, most of the ingredients used in popular salads. You will be able to think of others. Add them to the lists as they occur to you or as they are suggested by your instructors. The lists will be useful to you when you are creating your own salad ideas.

Following these lists are detailed descriptions of two groups of foods that have not been covered in previous chapters and belong especially in the pantry: salad greens and fresh fruits (Table 19.1).

SALAD GREENS

<table>
<thead>
<tr>
<th>Iceberg lettuce</th>
<th>Escarole</th>
<th>Spinach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Romaine lettuce</td>
<td>Chicory or curly endive</td>
<td>Dandelion greens</td>
</tr>
<tr>
<td>Boston lettuce</td>
<td>Belgian endive</td>
<td>Watercress</td>
</tr>
<tr>
<td>Bibb or limestone lettuce</td>
<td>Chinese cabbage or celery</td>
<td>Arugula</td>
</tr>
<tr>
<td>Loose-leaf lettuce</td>
<td>cabbage</td>
<td>Radicchio</td>
</tr>
</tbody>
</table>

VEGETABLES, RAW

<table>
<thead>
<tr>
<th>Avocado</th>
<th>Celery</th>
<th>Onions and scallions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean sprouts</td>
<td>Celeriac (celery root)</td>
<td>Peppers, red, green, and yellow</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cucumbers</td>
<td>Radishes</td>
</tr>
<tr>
<td>Cabbage, white, green, and red</td>
<td>Jerusalem artichokes</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Carrots</td>
<td>Kohlrabi</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Mushrooms</td>
<td></td>
</tr>
</tbody>
</table>

VEGETABLES, COOKED, PICKLED, AND CANNED

<table>
<thead>
<tr>
<th>Artichoke hearts</th>
<th>Corn</th>
<th>Peas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Cucumber pickles (dill, sweet, etc.)</td>
<td>Peppers, roasted and pickled</td>
</tr>
<tr>
<td>Beans (all kinds)</td>
<td>Hearts of palm</td>
<td>Pimientos</td>
</tr>
<tr>
<td>Beets</td>
<td>Leeks</td>
<td>Potatoes</td>
</tr>
<tr>
<td>Carrots</td>
<td>Olives</td>
<td>Water chestnuts</td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
STARCHES
- Dried beans (cooked or canned)
- Potatoes
- Macaroni products
- Rice
- Bread (croutons)

FRUITS, FRESH, COOKED, CANNED, OR FROZEN
- Apples
- Apricots
- Bananas
- Berries
- Cherries
- Coconut
- Dates
- Figs
- Grapefruit
- Grapes
- Kiwi fruit
- Mandarin oranges and tangerines
- Mangoes
- Melons
- Oranges
- Papayas
- Peaches and nectarines
- Pears
- Persimmons
- Pineapple
- Plums
- Prunes
- Pomegranates
- Raisins

PROTEIN FOODS
- Meats (beef, ham)
- Poultry (chicken, turkey)
- Fish and shellfish (tuna, crab, shrimp, lobster, salmon, sardines, anchovies, herring, any fresh cooked fish)
- Salami, luncheon meats, etc.
- Bacon
- Eggs, hard-cooked
- Cheese, cottage
- Cheese, aged or cured types

MISCELLANEOUS
- Gelatin (plain or flavored)
- Nuts

LETTUCE AND OTHER SALAD GREENS

Iceberg Lettuce
The most popular salad ingredient. Firm, compact head with crisp, mild-tasting, pale-green leaves. Valuable for its texture because it stays crisp longer than other lettuces. Can be used alone but is best mixed with more flavorful greens such as romaine because it lacks flavor itself. Keeps well.

Romaine or Cos Lettuce
Elongated, loosely packed head with dark-green, coarse leaves. Crisp texture, with full, sweet flavor. Keeps well and is easy to handle. Essential for Caesar salad. For elegant service, the center rib is often removed.

Boston Lettuce
Small, round heads with soft, fragile leaves. Deep green outside shading to nearly white inside. The leaves have a rich, mild flavor and delicate, buttery texture. Bruises easily and does not keep well. Cup-shaped leaves excellent for salad bases.
Chinese Cabbage
Elongated, light-green heads with broad, white center ribs. Available in two forms: narrow, elongated head, often called celery cabbage, and thicker, blunt head, called napa cabbage. Tender but crisp, with a mild cabbage flavor. Adds excellent flavor to mixed green salads. Also used extensively in Chinese cooking.

Bibb or Limestone Lettuce
Similar to Boston lettuce, but smaller and more delicate. A whole head may be only a few inches (less than 10 cm) across. Color ranges from dark green outside to creamy yellow at the core. Its tenderness, delicate flavor, and high price make it a luxury in some markets. The small, whole leaves are often served by themselves, with a light vinaigrette dressing, as an after-dinner salad.

Loose-leaf Lettuce
Forms bunches rather than heads. Soft, fragile leaves with curly edges. May be all green or with shades of red. Wilts easily and does not keep well, but is inexpensive and gives flavor, variety, and interest to mixed green salads.

Escarole or Broad-leaf Endive
Broad, thick leaves in bunches rather than heads. Texture is coarse and slightly tough, and flavor is somewhat bitter. Mix with sweeter greens to vary flavor and texture, but do not use alone because of the bitterness. Escarole is frequently braised with olive oil and garlic and served as a vegetable in Italian cuisine.

Chicory or Curly Endive
Narrow, curly, twisted leaves with firm texture and bitter flavor. Outside leaves are dark green; core is yellow or white. Attractive when mixed with other greens or used as a base or garnish, but may be too bitter to be used alone.

Frisée
Frisée is the same plant as curly endive or chicory, except that it is grown in a way that makes it more tender and less bitter. Except for the outer layer, the leaves are pale yellow, slender, and feathery, with a distinct but mild taste.

Belgian Endive or Witloof Chicory
Narrow, lightly packed, pointed heads resembling spearheads, 4 to 6 inches (10 to 15 cm) long. Pale yellow-green to white in color. Leaves are crisp, with a waxy texture and pleasantly bitter flavor. Usually expensive. Often served alone, split in half or into wedges, or separated into leaves, accompanied by a mustard vinaigrette dressing.

Chinese Cabbage
Elongated, light-green heads with broad, white center ribs. Available in two forms: narrow, elongated head, often called celery cabbage, and thicker, blunt head, called napa cabbage. Tender but crisp, with a mild cabbage flavor. Adds excellent flavor to mixed green salads. Also used extensively in Chinese cooking.
**Spinach**
Small, tender spinach leaves are excellent salad greens, either alone or mixed with other greens. A popular salad is spinach leaves garnished with sliced, raw mushrooms and crisp, crumbled bacon. Spinach must be washed thoroughly and the coarse stems must be removed.

**Watercress**
Most commonly used as a garnish, watercress is also excellent in salads. Small, dark-green, oval leaves with a pungent, peppery flavor. Remove thick stems before adding to salads.

**Arugula**
Also known as *rugula or rocket*, these pungent, distinctively flavored greens are related to mustard and watercress. They are tender and perishable, and they often are sandy, so they must be washed carefully. Arugula was once found almost exclusively in Italian restaurants, but it has since become more widely available and is increasingly popular.

**Mesclun**
Mesclun is a mixture of tender, baby lettuces. It is available as a mixture, but some chefs prefer to buy individual baby lettuces and make their own mixture.

**Tatsoi**
Tatsoi is a small, dark-green, round leaf. Its flavor has a pleasant bite similar to that of arugula and watercress and other members of the mustard family. It is sometimes included in mesclun mixtures, although it is not actually a lettuce.

**Mâche**
Also called corn salad, lamb's lettuce, lamb's tongue, and field salad, mâche is a small, very tender green with spoon-shaped leaves. It has a delicate, nutty flavor.

**Radicchio**
Radicchio (ra dik ee oh), a red-leaved Italian variety of chicory, has creamy white ribs or veins and generally comes in small, round heads. It has a crunchy texture and a slightly bitter flavor. Radicchio is expensive, but only a leaf or two are needed to add color and flavor to a salad.

**Treviso**
Treviso is a red-leaved plant like radicchio, but with elongated leaves somewhat like Belgian endive. Like radicchio and endive, it belongs to the chicory family and has a slightly bitter flavor.

**Dandelion Greens**
The familiar lawn ornament is also cultivated for use in the kitchen. Only young, tender leaves may be used. Older leaves are coarse and bitter, though cultivated varieties are milder than wild dandelion. Best in spring.

**Precleaned, Precut Salad Greens**
Precut greens are sold in large, sealed plastic bags. They save labor costs in large operations but are more perishable than unprocessed greens. Keep refrigerated, and do not open until ready to use. Unopened bags will keep for two or three days. Taste before serving to make sure the greens do not have too much antioxidant on them, making them bitter.
TABLE 19.1

Fresh Fruit Pre-preparation

<table>
<thead>
<tr>
<th>Product</th>
<th>Quality Indicators (Q.I.) and Pre-preparation (Prep.)</th>
<th>Percentage Yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Q.I.: Mature apples have fruity aroma, brown seeds, and slightly softer texture than unripe fruit. Overripe or old apples are soft and sometimes shriveled. Avoid apples with bruises, blemishes, decay, or mealy texture. Summer varieties (sold until fall) do not keep well. Fall and winter varieties keep well and are available until summer. Prep.: Wash. Pare (if desired), quarter and remove core, or leave whole and core with special coring tool. Use stainless-steel knife for cutting. After paring, dip in solution of lemon juice (or other tart fruit juice) or ascorbic acid to prevent browning.</td>
<td>75%</td>
</tr>
<tr>
<td>Apricots</td>
<td>Q.I.: Accept only tree-ripened fruits, golden yellow, firm, and plump. Avoid fruit that is too soft or with blemishes, cracks, or decay. Prep.: Wash, split in half, and remove pit. Do not need to be peeled.</td>
<td>94%</td>
</tr>
<tr>
<td>Bananas</td>
<td>Q.I.: Plump and smooth, without bruises or spoilage. Avoid overripe fruit. Prep.: Ripen at room temperature for 3–5 days (full ripe fruit is all yellow with small brown flecks and no green). Do not refrigerate, or fruit will discolor. Peel and dip in fruit juice to prevent browning.</td>
<td>70%</td>
</tr>
<tr>
<td>Berries</td>
<td>Q.I.: Full, plump and clean, with bright, fully ripe color. Watch for mold or spoiled fruits. Wet spots on carton indicate damaged fruit. Prep.: Refrigerate in original container until ready to use. Except for cranberries, berries do not keep well. Sort out spoiled berries and foreign materials. Wash with gentle spray and drain well. Remove stems from strawberries. Handle carefully to avoid bruising.</td>
<td>92–95%</td>
</tr>
<tr>
<td>Cherries</td>
<td>Q.I.: Plump, firm, sweet, and juicy, with uniform dark red to almost black color (except Royal Anne variety, which is creamy white with red blush). No blemishes or bruises. Prep.: Refrigerate in original container until ready to use. Remove stems and damaged fruit. Rinse and drain well. Remove pits with special cherry-pitting tool.</td>
<td>82% (pitted)</td>
</tr>
<tr>
<td>Coconuts</td>
<td>Q.I.: Shake to hear liquid inside. Avoid cracked fruits and fruits with wet eyes. Prep.: Pierce eyes with ice pick or nail and drain liquid (which may be used in curries and similar dishes). Crack with a hammer and remove meat from shell (easier if placed in 350°F (175°C) oven for 10 to 15 minutes). Peel off brown skin with paring knife or vegetable peeler.</td>
<td>50%</td>
</tr>
<tr>
<td>Figs</td>
<td>Q.I.: Plump, soft fruits without spoilage or sour odor. Calimyrna figs are light green when ripe; Missions are nearly black. Prep.: Rinse and drain (handle carefully). Remove stem ends. Very perishable. Store as short a time as possible.</td>
<td>95% (80–85% if peeled)</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Q.I.: Firm, smooth skins, heavy for size. Avoid puffy, soft fruits and those with pointed ends. Cut and taste for sweetness. Prep.: For grapefruit halves, cut in half crosswise and free flesh from membranes with grapefruit knife. For sections and slices, peel and section or slice as illustrated in Figure 7.12.</td>
<td>45–50% (flesh without membrane); 40–45% (juiced)</td>
</tr>
<tr>
<td>Grapes</td>
<td>Q.I.: Firm, ripe, well-colored fruits in full bunches that are firmly attached to stems and do not fall off when shaken. Watch for shriveling or rotting at stem ends. Prep.: Refrigerate in original container. Wash and drain. Leave on bunches if desired for dining room presentation, or pull from stems. Cut in half and remove seeds (except for seedless variety).</td>
<td>90%</td>
</tr>
<tr>
<td>Kiwi fruit</td>
<td>Q.I.: Firm but slightly soft to touch when ripe. No bruises or excessively soft spots. Prep.: Pare thin outer skin with paring knife. Cut crosswise into slices.</td>
<td>80%</td>
</tr>
<tr>
<td>Kumquats</td>
<td>Q.I.: These look like tiny, elongated oranges about the size of an olive. Avoid shriveled or soft fruit. Prep.: Wash, drain well, and cut as desired. Skins and even seeds can be eaten. Skin is sweet, while pulp and juice are tart.</td>
<td>95–100%</td>
</tr>
</tbody>
</table>

(Continued)
### THE STRUCTURE OF A SALAD

The four basic parts of a salad are base, body, garnish, and dressing. Salads may or may not have all four parts.

#### Base or Underliner

Leafy greens usually form the base of a salad. They add greatly to the appearance of some kinds of salads, which would look naked on a bare plate. Bound salads and many vegetable and fruit salads are usually more appealing when made with a base or underliner. Tossed green salads, salads served in a bowl rather than on a plate, and many kinds of combination salads and main-course salads are usually made without a base.

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**TABLE 19.1**

<table>
<thead>
<tr>
<th>Product</th>
<th>Quality Indicators (Q.I.) and Pre-preparation (Prep.)</th>
<th>Percentage Yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemons and limes</td>
<td>Q.I.: Firm, smooth skins. Color may vary: limes may be yellow, and lemons may have some green on skin. Prep.: Cut in wedges, slices, or other shapes for garnish, or cut in half crosswise for juicing.</td>
<td>40–45% (juiced)</td>
</tr>
<tr>
<td>Mangoes</td>
<td>Q.I.: Plump and firm, with clear color and no blemishes. Avoid rock-hard fruits, which may not ripen properly. Prep.: Let ripen at room temperature until slightly soft. Peel and cut flesh away from center stone, or cut in half before peeling, working a thin-bladed knife around both sides of the flat stone.</td>
<td>75%</td>
</tr>
<tr>
<td>Melons</td>
<td>Q.I.: Cantaloupes: Smooth scar on stem end, with no trace of stem (called full slip, meaning melon was picked ripe). Yellow rind, with little or no green. Heavy, with good aroma. Honeydew: Good aroma, slightly soft, heavy, creamy white to yellowish rind, not green. Large sizes have best quality. Crenshaws, casabas, Persians: Heavy, with rich aroma and slightly soft blossom end. Watermelon: Yellow underside, not white. Firm and symmetrical. Large sizes have best yield. Velvety surface, not too shiny. When cut, look for hard, dark-brown seeds and no white heart (hard white streak running through center). Prep.: Hollow types: Wash, cut in half, and remove seeds and fibers. Cut into portion-size wedges or cut balls with ball cutter. Watermelon: Wash. Cut into desired portions, or cut in half and cut balls with ball cutter.</td>
<td>Watermelons: 45%; other: 50–55%</td>
</tr>
<tr>
<td>Nectarines</td>
<td>Same as for peaches, except do not need to be peeled.</td>
<td>86%</td>
</tr>
<tr>
<td>Oranges and mandarins (including tangerines)</td>
<td>Q.I.: Oranges: Same as for grapefruit. Mandarin: May feel puffy, but should be heavy for size. Prep.: Peel by hand and separate sections. Discard fibers between sections.</td>
<td>60–65% (sections with no membranes); 50% (juiced)</td>
</tr>
<tr>
<td>Papayas</td>
<td>Q.I.: Firm and symmetrical, without bruises or rotten spots. Avoid dark-green papayas, which may not ripen properly. Prep.: Let ripen at room temperature, until slightly soft and nearly all yellow, with only a little green. Wash. Cut in half lengthwise and scrape out seeds. Peel, if desired, or serve like cantaloupe.</td>
<td>65%</td>
</tr>
<tr>
<td>Passion fruit</td>
<td>Q.I.: Select large fruit (size of large eggs or larger) that is heavy for size. Heavily wrinkled skin indicates ripeness. If skin is smooth, let ripen at room temperature. Prep.: Cut in half, taking care not to lose any juice. Scrape out seeds, juice, and pulp. Seeds can be eaten, so do not discard.</td>
<td>40–45%</td>
</tr>
<tr>
<td>Peaches</td>
<td>Q.I.: Plump and firm, without bruises or blemishes. Avoid green fruits, which are immature and will not ripen well. Select freestone varieties; clingstone varieties require too much labor.</td>
<td>75%</td>
</tr>
</tbody>
</table>

(Continued)
Cup-shaped leaves of iceberg or Boston lettuce make attractive bases. They give height to salads and help to confine loose pieces of food.

A layer of loose, flat leaves (such as romaine, loose-leaf, or chicory) or of shredded lettuce may be used as a base. This kind of base involves less labor and food cost, as it is not necessary to separate whole cup-shaped leaves from a head.

**Body**

This is the main part of the salad and, as such, receives most of our attention in this chapter.

**Garnish**

A garnish is an edible decorative item that is added to a salad to give eye appeal, though it often adds to the flavor as well. It should not be elaborate or dominate the salad. Remember this basic rule of garnishing: Keep it simple.
Garnish should harmonize with the rest of the salad ingredients and, of course, be edible. It may be mixed with the other salad ingredients (for example, shreds of red cabbage mixed into a tossed green salad), or it may be added at the end.

Often, the main ingredients of a salad form an attractive pattern in themselves, and no garnish is necessary. In the case of certain combination salads and other salads with many ingredients or components, there may be no clear distinction between a garnish and an attractive ingredient that is part of the body.

Nearly any of the vegetables, fruits, and protein foods listed on pages 402–403, cut into simple, appropriate shapes, may be used as garnish.

**Dressing**

Dressing is a seasoned liquid or semiliquid that is added to the body of the salad to give it added flavor, tartness, spiciness, and moistness.

The dressing should harmonize with the salad ingredients. In general, use tart dressings for green salads and vegetable salads and use slightly sweetened dressings for fruit salads. Soft, delicate greens like Boston or Bibb lettuce require a light dressing. A thick, heavy dressing will turn them to mush.

Dressings may be added at service time (as for green salads), served separately for the customer to add, or mixed with the ingredients ahead of time (as in potato salad, tuna salad, egg salad, and so on). A salad mixed with a heavy dressing, like mayonnaise, to hold it together is called a *bound salad*.

Remember: Dressing is *a seasoning* for the main ingredients. It should accent their flavor, not overpower or drown them. Review the rules of seasoning in Chapter 4.

**ARRANGING THE SALAD**

Perhaps even more than with most other foods, the appearance and arrangement of a salad is essential to its quality. The colorful variety of salad ingredients gives the chef an opportunity to create miniature works of art on the salad plate.

Unfortunately, it is nearly as difficult to give rules for arranging salads as it is for painting pictures because the principles of composition, balance, and symmetry are the same for both arts. It is something you have to develop an eye for, by experience and by studying good examples.

---

**Guidelines for Arranging Salads**

1. **Keep the salad off the rim of the plate.**
   Think of the rim as a picture frame and arrange the salad within this frame. Select the right plate for the portion size, not too large or too small.

2. **Strive for a good balance of colors.**
   Plain iceberg lettuce looks pale and sickly all by itself, but it can be livened up by mixing in some darker greens and perhaps a few shreds of carrot, red cabbage, or other colored vegetable. On the other hand, don’t go overboard. Three colors are usually enough, and sometimes just a few shades of green will create a beautiful effect. Too many colors may look messy.

3. **Height helps make a salad attractive.**
   Ingredients mounded on the plate are more interesting than if they are spread flat. Lettuce cups as bases add height. Often just a little height is enough. Arrange ingredients like fruit wedges or tomato slices so that they overlap or lean against each other rather than lay them flat on the plate.

4. **Cut ingredients neatly.**
   Ragged or sloppy cutting makes the whole salad look sloppy and haphazard.

5. **Make every ingredient identifiable.**
   Cut every ingredient into large enough pieces so that the customer can recognize each immediately. Don’t pulverize everything in the buffalo chopper or VCM. Bite-size pieces are the general rule, unless the ingredient can be cut easily with a fork, such as tomato slices. Seasoning ingredients, like onion, may be chopped fine.

6. **Keep it simple.**
   A simple, natural arrangement is pleasing. An elaborate design, a gimmicky or contrived arrangement, or a cluttered plate is not pleasing. Besides, elaborate designs take too long to make.
Recipes and Techniques

Thorough mise en place is extremely important in salad making. Little cooking is involved, but a great deal of time-consuming handwork is. Salads can be made quickly and efficiently only if the station is set up properly.

Procedure for Quantity Salad Production

When salads are made in quantity, an assembly-line production system is most efficient. Figure 19.1 illustrates this technique.

1. Prepare all ingredients. Wash and cut greens. Prepare cooked vegetables. Cut all fruits, vegetables, and garnish. Mix bound and marinated salads (egg salad, potato salad, three-bean salad, etc.). Have all ingredients chilled.

2. Arrange salad plates on worktables. Line them up on trays for easy transfer to refrigerator.

3. Place bases or underliners on all plates.

4. Arrange body of salad on all plates.

5. Garnish all salads.

6. Refrigerate until service. Do not hold more than a few hours or salads will wilt. Holding boxes should have high humidity.

7. Do not add dressing to green salads until service or they will wilt.

Figure 19.1 Efficient production of salads in quantity.

(a) Prepare all ingredients ahead. Arrange cold salad plates on trays for easy refrigeration.

(b) Place lettuce bases on all plates.

(c) Place body of salad (in this case, potato salad) on all plates.

(d) Garnish all salads. Refrigerate until service.
GREEN SALADS

Principles
Salad greens must be fresh, clean, crisp, cold, and well drained, or the salad will be of poor quality. Good greens depend on proper preparation.

Moisture and air are necessary to keep greens crisp.

1. Leaves wilt because they lose moisture. Crispness can be restored by washing and refrigeration. The moisture that clings to the leaves after thorough draining is usually enough. Too much water drowns them and dissolves out flavor and nutrients.

2. Air circulation is essential for the greens to breathe. Do not seal washed greens too tightly or pack too firmly. Refrigerate in colanders covered with clean, damp towels, or in specially designed perforated plastic bins. These protect from drying while still allowing air circulation.

Browning or rusting occurs when cut greens are held too long. This can be partially avoided by rinsing them in a mild antioxidant and by using stainless-steel knives. Better yet, plan purchasing and production so that you don't need to hold them too long.

Basic Procedure for Green Salads

1. **Wash greens thoroughly.**
   Remove core from head lettuce by striking the core gently against the side of the sink and twisting it out. Do not smash it or you'll bruise the entire head. Cut through the core of other greens or separate the leaves so that all traces of grit can be removed. Wash in several changes of cold water, until completely clean. For iceberg lettuce, run cold water into the core end (after removing core), then turn over to drain.

2. **Drain greens well.**
   Lift greens from the water and drain in a colander. Tools and machines are available that quickly spin-dry greens. Poor draining results in a watered-down dressing and a soupy, soggy salad.

3. **Crisp the greens.**
   Refrigerate greens in a colander covered with damp towels or in a perforated storage bin to allow air circulation and complete drainage.

4. **Cut or tear into bite-size pieces.**
   Many people insist on tearing leaves instead of cutting, but this is a slow method if you have a large quantity to do. Also, you are more likely to crush or bruise the leaves.

   Use sharp stainless-steel knives for cutting. Bite-size pieces are important as a convenience to the customer. It is difficult to eat or cut large leaves with a salad fork.

5. **Mix the greens.**
   Toss gently until uniformly mixed. Nonjuicy raw vegetable garnish such as green pepper strips or carrot shreds may be mixed in at this time. Just make sure the vegetables are not cut into compact little chunks that will settle to the bottom of the bowl. Broad, thin slices or shreds stay better mixed.

   For tossed salads to be served immediately, add the dressing to the greens in the bowl. Toss to coat the greens with the dressing. Plate (step 6) and serve immediately. For preplated salads, proceed with steps 6 through 9.

6. **Plate the salads (including underliners, if used).**
   Cold plates, please. Don't use plates right out of the dishwasher.

   Avoid plating salads more than an hour or two before service, or they are likely to wilt or dry.

7. **Garnish.**
   Exceptions: (a) Garnish that is tossed with the greens in step 5. (b) Garnish that will not hold well (croutons will get soggy, avocado will discolor, etc.). Add these at service time.

8. **Refrigerate.**

9. **Add dressing immediately before service, or serve it on the side.**
   Dressed greens wilt rapidly.
## Mixed Green Salad

**Portions:** 25  
**Portion size:** 2½–3 oz (70–90 g)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 heads</td>
<td>2 heads</td>
<td>Iceberg lettuce</td>
<td>1. Review guidelines and method for preparing green salads (p. 411).</td>
</tr>
<tr>
<td>2 heads</td>
<td>2 heads</td>
<td>Romaine</td>
<td>2. Wash and drain the greens thoroughly. Chill in refrigerator.</td>
</tr>
<tr>
<td>½ head</td>
<td>½ head</td>
<td>Curly endive (chicory)</td>
<td>3. Cut or tear the greens into bite-size pieces.</td>
</tr>
<tr>
<td>1 bunch</td>
<td>1 bunch</td>
<td>Watercress</td>
<td>4. Place the greens in a large mixing bowl and toss gently until uniformly mixed.</td>
</tr>
</tbody>
</table>

**Per serving:**
- Calories, 15; Protein, 1 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg;
- Carbohydrates, 2 g; Fiber, 2 g; Sodium, 10 mg.

**VARIATIONS**

Any combination of salad greens may be used. The number of heads needed will vary because the size of the heads is not always the same. Plan on 2½–3 oz (70–90 g) EP per serving. For 25 portions, you will need about 4½ lb (2 kg) trimmed greens.

**Vegetable ingredients**, if they are not juicy, may be tossed with the greens. See pages 402–403 for a listing. Shredded carrot and red cabbage are useful because a small amount gives an attractive color accent.

**Garnishes** may be added after the salads are plated, such as
- Tomato wedges
- Cherry tomatoes
- Cucumber slices
- Radishes
- Pepper rings
- Croutons
- Hard-cooked egg wedges or slices

**Service Variation**

Instead of plating and holding the salads, toss the greens with dressing immediately before service. For 25 portions, use about 1½ pt (700 mL) dressing. Use a vinaigrette variation or emulsified French. Mayonnaise dressings are too thick for tossing. Plate and serve immediately.
Caesar Salad

This famous salad is frequently prepared at the customer’s table by the waiter, and most recipes are written for à la carte service. The recipe included here is adapted for kitchen preparation so that larger quantities can be prepared if desired. The ingredients are traditional, even if the method is not.

Portions: 25       Portion size: 3 oz (90 g) lettuce, plus dressing

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Romaine leaves</td>
<td>1. Wash and drain the greens thoroughly. Chill in the refrigerator.</td>
</tr>
<tr>
<td>5 lb</td>
<td>2.3 kg</td>
<td>White bread</td>
<td>2. Trim the crusts from the bread. Cut the bread into small cubes measuring about ⅜ inch (1 cm).</td>
</tr>
<tr>
<td>12 oz</td>
<td>350 g</td>
<td>Olive oil</td>
<td>3. Heat a thin layer of olive oil in a sauté pan over moderately high heat. Add the bread cubes and sauté in the oil until golden and crisp. Add more oil as needed.</td>
</tr>
<tr>
<td>2–4 oz</td>
<td>60–125 mL</td>
<td></td>
<td>4. Remove the croutons from the pan and hold for service. Do not refrigerate.</td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Anchovy fillets (optional)</td>
<td>5. Mash the anchovies and garlic together to make a paste.</td>
</tr>
<tr>
<td>4</td>
<td>4 g</td>
<td>Garlic, crushed</td>
<td>6. Beat in the eggs and lemon juice until smooth.</td>
</tr>
<tr>
<td>6 oz</td>
<td>175 mL</td>
<td>Eggs, beaten (see note)</td>
<td>7. Beating constantly with a wire whip, slowly add the olive oil.</td>
</tr>
<tr>
<td>2⅓ cups</td>
<td>600 mL</td>
<td>Lemon juice</td>
<td></td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Olive oil</td>
<td></td>
</tr>
<tr>
<td>2 oz</td>
<td>60 g</td>
<td>Parmesan cheese, grated</td>
<td></td>
</tr>
</tbody>
</table>

| Per serving:                                                                                             |
| Calorie, 290; Protein, 5 g; Fat, 26 g (80% cal.); Cholesterol, 35 mg; Carbohydrates, 10 g; Fiber, 2 g; Sodium, 125 mg. |

Note: Coddled eggs are often used instead of raw eggs. To coddle eggs, simmer in water for 1 minute and cool in cold water. Some chefs prefer to use yolks only. It is advisable, for safety reasons, to use pasteurized eggs.

VARIATION

Alternative Method: If speed of service is critical, plate the lettuce and hold for service in the refrigerator. At service time, ladle on the dressing and top with cheese and croutons.

Tableside Service: Using the same proportions of ingredients, use the following method:
1. Have the lettuce and croutons prepared ahead of time.
2. Ask the customers how much garlic they would like. Depending on their answer, either rub the salad bowl with a cut clove of garlic and remove it, or leave it in the bowl and crush it with the anchovies.
3. Mash the anchovies (and garlic, if used) to a paste.
4. Beat in about half of the olive oil.
5. Add the greens and toss to coat with the oil mixture.
6. Break the egg over the bowl and drop it in. Toss the lettuce well.
7. Add the lemon juice, the rest of the oil, the parmesan cheese, and a little salt. Toss again until well mixed.
8. Add the croutons and toss a final time.
9. Plate and serve.
VEGETABLE SALADS

Principles
Vegetable salads are salads whose main ingredients are vegetables other than lettuce or other leafy greens. Some vegetables are used raw, such as celery, cucumbers, radishes, tomatoes, and green peppers. Some are cooked and chilled before including in the salad, such as artichokes, green beans, beets, and asparagus. See pages 402–403 for lists of vegetables that can be used.

Sometimes cooked pasta or a protein item such as meat, poultry, fish, or cheese is added to a vegetable salad. If the proportion of these ingredients is high, the salad may be more like the cooked salads discussed in the next section. There is no exact dividing line between these types of salads. It helps to keep the guidelines for both types of salads in mind when you are preparing these recipes.

Guidelines for Making Vegetable Salads

1. Neat, accurate cutting of ingredients is important because the shapes of the vegetables add to eye appeal. The design or arrangement of a vegetable salad is often based on different shapes, such as long, slender asparagus and green beans, wedges of tomato, slices of cucumber, strips or rings of green pepper, and radish flowers.

2. Cut vegetables as close as possible to serving time, or they may dry or shrivel at the edges.

3. Cooked vegetables should have a firm, crisp texture and good color. Mushy, overcooked vegetables are unattractive in a salad. See Chapter 16 for vegetable cooking principles.

4. After cooking, vegetables must be thoroughly drained and chilled before being included in the salad.

5. Vegetables are sometimes marinated, or soaked in a seasoned liquid, before being made into salads. The marinade is usually some form of oil and vinegar dressing that also serves as the dressing for the salad. Do not plate marinated salads too far ahead of time, or the lettuce base will wilt. Use crisp, sturdy greens (such as iceberg, romaine, or chicory) as bases, as they do not wilt as quickly.

Cucumber and Tomato Salad

Portions: 25  Portion size: about 3 oz (90 g)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>Per serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>10</td>
<td>Tomatoes, medium size</td>
<td>Calories, 110; Protein, 1 g; Fat, 11 g (83% cal.); Cholesterol, 0 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 125 mg.</td>
</tr>
<tr>
<td>3</td>
<td>3</td>
<td>Cucumbers</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>25</td>
<td>Lettuce leaves for underliners</td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td>125 mL</td>
<td>Chopped parsley</td>
<td></td>
</tr>
<tr>
<td>1⅞ cups</td>
<td>400 mL</td>
<td>Vinaigrette</td>
<td></td>
</tr>
</tbody>
</table>

PROCEDURE

1. Wash the tomatoes and cut out the core at the stem end. Cut each tomato into 5 slices of uniform thickness.
2. Wash the cucumbers. Score them lengthwise with a fork or flute them with a channel knife (see Figure 22.1). If the cucumbers have been waxed, peel them.
3. Cut the cucumbers on the bias into slices ⅛ inch (3 mm) thick.
4. Arrange the washed, crisped lettuce leaves on cold salad plates.
5. On the lettuce, overlap 2 slices of tomato alternating with 2 slices of cucumber. Make sure the most attractive side of each slice is facing up.
6. Sprinkle the salads with chopped parsley.
7. Hold for service in refrigerator.
8. At service time, dress each salad with 1 tbsp (15 mL) dressing.
VARIATIONS

Tomato and Cucumber Salad with Capers
Omit chopped parsley and sprinkle the salads with capers.

Tomato Salad
Omit cucumbers. Use 15 tomatoes and serve 3 slices per portion, overlapping on the plate.

Tomato and Spinach Salad
Prepare like Tomato Salad, but use spinach leaves instead of lettuce as the salad base.

Tomato and Watercress Salad
Prepare like Tomato Salad, but use watercress instead of lettuce as the salad base.

Tomato and Onion Salad
Substitute sweet Bermuda onion for the cucumber in the basic recipe. Alternate slices of tomato and onion on the plate.

Tomato and Green Pepper Salad
Substitute green peppers for the cucumber in the basic recipe. Alternate slices of tomato and pepper (rings) on the plate.

Tomato and Avocado Salad
Substitute avocado for the cucumber. Dip avocado slices in vinaigrette or lemon juice to keep them from darkening. Alternate slices of tomato and avocado on the plate.

Coleslaw

Portions: 25  Portion size: 3 oz (100 g)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ pt</td>
<td>750 mL</td>
<td>Mayonnaise</td>
<td>1. Combine the mayonnaise, vinegar, sugar, salt, and pepper in a stainless-steel bowl. Mix until smooth.</td>
</tr>
<tr>
<td>2 oz</td>
<td>60 mL</td>
<td>Vinegar</td>
<td>2. Add the cabbage and mix well.</td>
</tr>
<tr>
<td>1 oz</td>
<td>30 g</td>
<td>Sugar (optional)</td>
<td>3. Taste and, if necessary, add more salt and/or vinegar.</td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>½ tsp</td>
<td>2 mL</td>
<td>White pepper</td>
<td></td>
</tr>
<tr>
<td>4 lb EP</td>
<td>2 kg EP</td>
<td>Cabbage, shredded</td>
<td></td>
</tr>
</tbody>
</table>

Per serving:
Calories, 230; Protein, 2 g; Fat, 24 g (9% cal.); Cholesterol, 25 mg; Carbohydrates, 5 g; Fiber, 2 g; Sodium, 270 mg.

VARIATIONS
1. Substitute sour cream for half of the mayonnaise.
2. Substitute heavy cream for 1 cup (250 mL) mayonnaise.
3. Substitute lemon juice for the vinegar.
4. Use 1 pt (500 mL) basic vinaigrette and omit mayonnaise and vinegar. Flavor with 2 tsp (10 mL) celery seed and 1 tsp (5 mL) dry mustard.
5. Add 2 tsp (10 mL) celery seed to the basic mayonnaise dressing.

Mixed Cabbage Slaw
Use half red cabbage and half green cabbage.

Carrot Coleslaw
Add 1 lb (500 g) shredded carrots to the basic recipe. Reduce cabbage to 3½ lb (1.7 kg).

Garden Slaw
Add the following ingredients to the basic recipe: 8 oz (250 g) carrots, shredded; 4 oz (125 g) celery, chopped or cut julienne; 4 oz (125 g) green pepper, chopped or cut julienne; 2 oz (60 g) scallions, chopped. Reduce cabbage to 3½ lb (1.7 kg).

Coleslaw with Fruit
Add the following ingredients to the basic recipe: 4 oz (125 g) raisins, soaked in hot water and drained; 8 oz (250 g) unpeeled apple, cut in small dice; 8 oz (250 g) pineapple, cut in small dice. Use lemon juice instead of vinegar.
COOKED SALADS

Principles
Cooked salads are those whose main ingredients are cooked foods, usually meat, poultry, fish, eggs, or starch products, and, occasionally, vegetables. They are different from combination salads and from vegetable salads using cooked vegetables in that the cooked product is usually mixed with a thick dressing, generally mayonnaise, during preparation.

A salad that is mixed with a thick dressing to bind it together is called a bound salad. Some bound salads, such as tuna, egg, or chicken salad, can also be used as sandwich fillings.

Popular choices for cooked salads are the following:

- Chicken
- Lobster
- Turkey
- Eggs
- Ham
- Potatoes
- Tuna
- Pastas
- Salmon
- Rice
- Crab
- Mixed vegetables
- Shrimp

Guidelines for Making Cooked Salads

1. Cooked ingredients must be thoroughly cooled before being mixed with mayonnaise, and the completed salad mixture must be kept chilled at all times. Mayonnaise-type salads are ideal breeding grounds for bacteria that cause food poisoning.

2. Cooked salads are good ways to use leftovers such as chicken, meat, or fish, but the ingredient must have been handled according to the rules of good sanitation and food handling. The product will not be cooked again to destroy any bacteria that might grow in the salad and cause illness.

3. Potatoes for salads should be cooked whole, then peeled and cut, in order to preserve nutrients.

4. Don't cut ingredients too small, or the final product will be like mush or paste, with no textural interest.

5. Crisp vegetables are usually added for texture. Celery is the most popular, but other choices are green peppers, carrots, chopped pickles, onions, water chestnuts, and apples. Be sure that the flavors go together, however.

6. Bland main ingredients, such as potatoes and some seafoods, may be marinated in a seasoned liquid such as vinaigrette before being mixed with the mayonnaise and other ingredients. Any marinade not absorbed should be drained first to avoid thinning the mayonnaise.

7. Fold in thick dressings gently to avoid crushing or breaking the main ingredients.

8. Bound salads are usually portioned with a scoop. This has two advantages: (a) It provides portion control. (b) It gives height and shape to the salad.

9. Choose attractive, colorful garnishes. A scoop of potato or chicken salad looks pale and uninteresting without a garnish.
# Chicken or Turkey Salad

**Portions:** 25  
**Portion size:** 3½ oz (100 g)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 lb</td>
<td>1.4 kg</td>
<td>Cooked chicken or turkey, ½-inch (1-cm) dice</td>
<td>1. Combine all ingredients in a mixing bowl. Toss gently until thoroughly mixed.</td>
</tr>
<tr>
<td>1½ lb</td>
<td>700 g</td>
<td>Celery, ¼-inch (0.5-cm) dice</td>
<td></td>
</tr>
<tr>
<td>1 pt</td>
<td>500 mL</td>
<td>Mayonnaise</td>
<td></td>
</tr>
<tr>
<td>2 oz</td>
<td>60 mL</td>
<td>Lemon juice</td>
<td></td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>White pepper</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>25</td>
<td>Lettuce cups for underliners</td>
<td></td>
</tr>
<tr>
<td>as needed</td>
<td>as needed</td>
<td>Parsley or watercress sprigs</td>
<td></td>
</tr>
</tbody>
</table>

**Per serving:**  
- Calories, 260; Protein, 15 g; Fat, 22 g (74% cal.); Cholesterol, 60 mg;  
- Carbohydrates, 2 g; Fiber, 1 g; Sodium, 170 mg.

**VARIATIONS**  
*Additions* to Chicken Salad: Add any of the following ingredients to the basic recipe:  
1. 6 oz (175 g) broken walnuts or pecans  
2. 6 hard-cooked eggs, chopped  
3. 8 oz (225 g) seedless grapes, cut in half, and 3 oz (90 g) chopped or sliced almonds  
4. 8 oz (225 g) drained, diced pineapple  
5. 8 oz (225 g) diced avocado  
6. 1 lb (450 g) peeled, seeded, diced cucumber, *substituted for 1 lb of the celery*  
7. 8 oz (225 g) sliced water chestnuts

**Egg Salad**  
Substitute 28 diced hard-cooked eggs for the chicken in the basic recipe.

**Tuna or Salmon Salad**  
Substitute 3 lb (1.4 kg) drained, flaked canned tuna or salmon for the chicken in the basic recipe. Add 2 oz (60 g) chopped onion. Optional ingredient: 4 oz (100 g) chopped pickles or drained capers.
**Potato Salad**

**Portions:** 25  
**Portion size:** 4 oz (125 g)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 lb AP</td>
<td>2.5 kg AP</td>
<td>Waxy potatoes (see note)</td>
<td>1. Scrub the potatoes. Steam or boil until tender, but do not overcook.</td>
</tr>
<tr>
<td>1½ cups</td>
<td>375 mL</td>
<td>Basic Vinaigrette (p. 429)</td>
<td>2. Drain the potatoes. Leave in the colander or spread out on a sheet pan until cool enough to handle.</td>
</tr>
<tr>
<td>1½ tsp</td>
<td>7 mL</td>
<td>Salt</td>
<td>3. Peel the warm potatoes. Cut into ½-inch (1-cm) dice.</td>
</tr>
<tr>
<td>¼ tsp</td>
<td>1 mL</td>
<td>White pepper</td>
<td>4. Combine the dressing, salt, and pepper. Add the potatoes and mix carefully to avoid breaking or crushing them.</td>
</tr>
<tr>
<td>12 oz</td>
<td>375 g</td>
<td>Celery, small dice</td>
<td>5. Marinate until cold. For the purpose of food safety, chill the potatoes in the refrigerator before proceeding with the next step.</td>
</tr>
<tr>
<td>4 oz</td>
<td>125 g</td>
<td>Onion, chopped fine</td>
<td>6. If any vinaigrette has not been absorbed by the potatoes, drain it off.</td>
</tr>
<tr>
<td>1 pt</td>
<td>500 mL</td>
<td>Mayonnaise</td>
<td>7. Add the celery, onion, and, if desired, any of the optional ingredients listed below. Mix gently.</td>
</tr>
<tr>
<td>50</td>
<td>50</td>
<td>Pimiento strips</td>
<td>9. Keep refrigerated until ready to use.</td>
</tr>
</tbody>
</table>

**Per serving:**  
Calories, 290; Protein, 2 g; Fat, 24 g (74% cal.); Cholesterol, 10 mg; Carbohydrates, 17 g; Fiber, 2 g; Sodium, 360 mg.

**Variations**

Optional ingredients, to be added in step 7:  
- 4–6 hard-cooked eggs, diced  
- 2 oz (60 g) green peppers, small dice  
- 2 oz (60 g) pimientos, small dice  
- 4 oz (125 g) chopped pickles or capers or sliced olives  
- ¼ cup (60 mL) chopped parsley

Vinaigrette marination (steps 4–5) may be omitted if necessary. In this case, chill the potatoes before mixing with the dressing. Add 2 oz (60 mL) vinegar to the mayonnaise and check carefully for seasonings. Refrigerate for 2 hours or more before serving.

---

*Note:* See pages 370–371 for explanation of potato types. Do not use starchy, mealy potatoes for salad because they will not hold their shape.
FRUIT SALADS

Principles

As their name indicates, fruit salads have fruits as their main ingredients. They are popular as appetizer salads, as dessert salads, and as part of combination luncheon plates, often with a scoop of cottage cheese or other mild-tasting protein food.

Guidelines for Making Fruit Salads

1. Fruit salads are often arranged rather than mixed or tossed because most fruits are delicate and easily broken. An exception is the Waldorf salad, made of firm apples mixed with nuts, celery, and a mayonnaise-based dressing.

2. Broken or less attractive pieces of fruit should be placed on the bottom of the salad, with the more attractive pieces arranged on top.

3. Some fruits discolor when cut and should be dipped into an acid such as tart fruit juice. See pages 406–408 for pre-preparation guidelines for individual fruits.

4. Fruits do not hold as well as vegetables after being cut. If both vegetable and fruit salads are being prepared for a particular meal service, the vegetable salads should usually be prepared first.

5. Drain canned fruits well before including them in the salad, or the salad will be watery and sloppy. The liquid from the canned fruit may be reserved for using in fruit salad dressing or other preparations.

6. Dressings for fruit salads are usually slightly sweet, but a little tartness is usually desirable as well. Fruit juices are often used in dressings for fruit salad.

Waldorf Salad

Portions: 25  Portion size: 3 oz (90 g)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ cups</td>
<td>350 mL</td>
<td>Chantilly Dressing (p. 432)</td>
<td>1. Prepare the dressing. Place it in a large stainless-steel bowl and have it ready in the refrigerator.</td>
</tr>
<tr>
<td>4 lb AP</td>
<td>1.8 kg AP</td>
<td>Crisp, red eating apples</td>
<td>2. Core the apples and dice them to ½ inch (1 cm) without peeling them.</td>
</tr>
<tr>
<td>1 lb</td>
<td>450 g</td>
<td>Celery, small dice</td>
<td>3. As soon as the apples are cut, add them to the dressing and mix in to prevent darkening.</td>
</tr>
<tr>
<td>4 oz</td>
<td>100 g</td>
<td>Walnuts, coarsely chopped</td>
<td>4. Add the celery and walnuts. Fold in until evenly mixed.</td>
</tr>
<tr>
<td>25</td>
<td>25</td>
<td>Lettuce cups for underliners</td>
<td>5. Arrange the lettuce bases on cold salad plates.</td>
</tr>
<tr>
<td>2 oz</td>
<td>60 g</td>
<td>Optional garnish: Chopped walnuts</td>
<td>6. Using a No. 12 scoop, place a mound of salad on each plate.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7. If garnish is desired, sprinkle each salad with about 1 tsp (5 mL) chopped nuts.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>8. Hold for service in refrigerator.</td>
</tr>
</tbody>
</table>

Per serving:
Calories, 150; Protein, 1 g; Fat, 12 g (69% cal.); Cholesterol, 10 mg; Carbohydrates, 11 g; Fiber, 2 g; Sodium, 40 mg.

Note: Plain mayonnaise may be used instead of Chantilly dressing.

VARIATIONS

Any of the following ingredients may be added to the basic Waldorf mixture. If any of these changes is made, the item should no longer be called simply Waldorf Salad. Change the menu name to indicate that the product contains other ingredients. For example: Pineapple Waldorf Salad or Apple Date Salad.

1. 8 oz (225 g) diced pineapple
2. 4 oz (100 g) chopped dates, substituted for the walnuts
3. 4 oz (100 g) raisins, plumped in hot water and drained
4. 1 lb (450 g) shredded cabbage or Chinese cabbage, substituted for the celery
Combination salads get their name because they are combinations of kinds of ingredients. They may even consist of two or more salads in an attractive arrangement, for example, chicken salad and sliced cucumber and tomato salad arranged on a bed of greens. Probably the most popular combination salad is the chef’s salad, mixed greens with strips of turkey, ham, and cheese, and usually several raw vegetables such as tomato and green pepper.

Because they are more elaborate and can usually be quite substantial in size, combination salads are often served as main courses. Because combination salads are often made up of other kinds of salads, there are really only two guidelines for their production:

1. Observe the guidelines for preparing the salad’s components, such as greens, vegetables, cooked salads, and fruit salads.
2. Observe the guidelines for attractive salad arrangement.

---

**Fresh Fruit Chantilly**

**Portions:** 25  
**Portion size:** 4 oz (125 g)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1½ lb</td>
<td>750 g</td>
<td>Orange sections</td>
<td>1. Prepare orange and grapefruit sections as shown in Figure 7.12. Be sure to save the juice. Cut the grapefruit sections in half.</td>
</tr>
<tr>
<td>1¼ lb</td>
<td>625 g</td>
<td>Grapefruit sections</td>
<td>2. Drain the orange and grapefruit in a china cap or strainer and collect the juice in a stainless-steel bowl.</td>
</tr>
<tr>
<td>1 lb</td>
<td>500 g</td>
<td>Diced apples</td>
<td>3. Place the apples and bananas in the citrus juice as soon as they are cut to prevent darkening.</td>
</tr>
<tr>
<td>1 lb</td>
<td>500 g</td>
<td>Sliced bananas</td>
<td>4. Cut the grapes in half lengthwise. If they are not seedless, remove the seeds.</td>
</tr>
<tr>
<td>12 oz</td>
<td>375 g</td>
<td>Grapes</td>
<td>5. Just before service, whip the cream until it forms soft peaks.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6. Stir about one-fourth of the cream into the mayonnaise to lighten it. Then fold in the rest of the cream.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7. Drain the fruits well and fold into the dressing.</td>
</tr>
<tr>
<td>1 cup</td>
<td>250 mL</td>
<td>Heavy cream</td>
<td>8. Arrange the lettuce leaves on cold salad plates.</td>
</tr>
<tr>
<td>1 cup</td>
<td>250 mL</td>
<td>Mayonnaise</td>
<td>9. Place a 4-oz (125-g) portion of fruit salad on each plate. Garnish as desired.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10. Serve immediately, or hold in refrigerator up to 30 minutes.</td>
</tr>
</tbody>
</table>

**Ingredients**

- Orange sections
- Grapefruit sections
- Diced apples
- Sliced bananas
- Grapes
- Heavy cream
- Mayonnaise
- Lettuce leaves for underliners
- Mint sprigs
- Strawberries
- Red or black grapes
- Fresh cherries

**Per serving:**  
Calories, 160; Protein, 1 g; Fat, 11 g (61% cal.); Cholesterol, 20 mg; Carbohydrates, 15 g; Fiber, 2 g; Sodium, 55 mg.

**Note:** Other fresh fruits in season may be used. The fruits here were chosen because they are available all year. Canned or frozen fruits may be used, but the word “fresh” must then be removed from the menu title.
**Chef’s Salad**

**Portions:** 25

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 lb</td>
<td>3 kg</td>
<td>Mixed salad greens, washed,</td>
<td>1. Place the greens in cold salad bowls, approximately 4 oz (125 g) per portion.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>trimmed, and crisped</td>
<td></td>
</tr>
<tr>
<td>1½ lb</td>
<td>700 g</td>
<td>Turkey breast, cut into thin strips</td>
<td>2. Arrange the turkey, ham, and cheese strips neatly on top of the greens. Keep the items separate—do not mix them all together.</td>
</tr>
<tr>
<td>1½ lb</td>
<td>700 g</td>
<td>Pullman ham, cut into thin strips</td>
<td></td>
</tr>
<tr>
<td>1½ lb</td>
<td>700 g</td>
<td>Swiss cheese, cut into thin strips</td>
<td></td>
</tr>
<tr>
<td>50</td>
<td>50</td>
<td>Tomato wedges or cherry tomatoes</td>
<td></td>
</tr>
<tr>
<td>50</td>
<td>50</td>
<td>Hard-cooked egg quarters</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>25</td>
<td>Radishes</td>
<td></td>
</tr>
<tr>
<td>8 oz</td>
<td>225 g</td>
<td>Carrots, cut batonnet</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>25</td>
<td>Green pepper rings</td>
<td></td>
</tr>
</tbody>
</table>

**Per serving:**
Calories, 400; Protein, 37 g; Fat, 25 g (54% cal.); Cholesterol, 485 mg; Carbohydrates, 10 g; Fiber, 3 g; Sodium, 570 mg.

**VARIATIONS**

Other vegetable garnish may be used in addition to or in place of the items in the basic recipe. See lists on pages 402–403.

---

**Salade Niçoise**

**Portions:** 25

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 lb</td>
<td>1.4 kg</td>
<td>Waxy potatoes, scrubbed</td>
<td>1. Cook the potatoes in boiling salted water until just tender. Drain and let cool. Peel. Cut into thin slices. Hold in refrigerator, covered.</td>
</tr>
<tr>
<td>3 lb</td>
<td>1.4 kg</td>
<td>Green beans, washed and trimmed</td>
<td></td>
</tr>
<tr>
<td>3 heads</td>
<td>3 heads</td>
<td>Leaf lettuce or Boston lettuce, washed, trimmed, and crisped</td>
<td>2. Cook the beans in boiling salted water. Drain and cool under cold running water. Cut into 2-inch (5-cm) pieces. Hold in refrigerator.</td>
</tr>
<tr>
<td>1 60-oz can</td>
<td>1 1700-g can</td>
<td>Tuna, solid pack or chunk</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>25</td>
<td>Anchovy fillets</td>
<td></td>
</tr>
<tr>
<td>50</td>
<td>50</td>
<td>Olives, black or green</td>
<td></td>
</tr>
<tr>
<td>50</td>
<td>50</td>
<td>Hard-cooked egg quarters</td>
<td></td>
</tr>
<tr>
<td>100</td>
<td>100</td>
<td>Tomato wedges</td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td>60 mL</td>
<td>Chopped parsley</td>
<td></td>
</tr>
<tr>
<td>1 qt</td>
<td>1 L</td>
<td>Vinaigrette:</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>250 mL</td>
<td>Olive oil</td>
<td></td>
</tr>
<tr>
<td>1 tsp</td>
<td>5 mL</td>
<td>Wine vinegar</td>
<td></td>
</tr>
<tr>
<td>1 tbsp</td>
<td>15 mL</td>
<td>Garlic, chopped fine</td>
<td></td>
</tr>
<tr>
<td>½ tsp</td>
<td>2 mL</td>
<td>Salt</td>
<td></td>
</tr>
</tbody>
</table>

**Per serving:**
Calories, 710; Protein, 37 g; Fat, 53 g (67% cal.); Cholesterol, 440 mg; Carbohydrates, 22 g; Fiber, 5 g; Sodium, 890 mg.

**Note:** Salade Niçoise (nee-swahz) may be plated on large platters or in bowls to serve 2–6 portions each.
# Salad of Seared Sea Scallops with Oriental Vinaigrette

**Portions:** 10  
**Portion size:** 3 oz (90 g) scallops  
1 1/2 oz (45 g) greens  
1 1/2 oz (45 mL) vinaigrette

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb</td>
<td>500 g</td>
<td>Mesclun or other delicate mixed greens</td>
<td>1. Wash and drain the salad greens.</td>
</tr>
<tr>
<td>1 pt</td>
<td>500 mL</td>
<td>Oriental Vinaigrette (p. 430)</td>
<td>2. Prepare the vinaigrette.</td>
</tr>
<tr>
<td>2 lb</td>
<td>1 kg</td>
<td>Sea scallops</td>
<td>3. Trim the scallops by removing the small, tough side muscle. If any scallops are very large, cut them in half crosswise. Dry them well.</td>
</tr>
<tr>
<td>as needed</td>
<td>as needed</td>
<td>Butter</td>
<td>4. Heat a little butter in a nonstick sauté pan. Sear a few scallops at a time until they are browned on top and bottom.</td>
</tr>
<tr>
<td>30</td>
<td>30</td>
<td>Orange segments (free of membranes)</td>
<td>5. Toss the mesclun with half the vinaigrette.</td>
</tr>
</tbody>
</table>

**Per serving:**  
Calories, 360; Protein, 9 g; Fat, 33 g (80% cal.); Cholesterol, 20 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 460 mg.
GELATIN SALADS

Principles

Gelatin salads have a distinguished history. Their ancestors are aspics, the highly ornamented appetizers and elaborate buffet pieces made with meat and fish stocks rich in natural gelatin extracted from bones and connective tissue. Aspics are part of the glory of classical cuisine and still an important part of modern buffet work. (See Chapter 23.)

It’s no longer necessary to extract gelatin from bones in your kitchen. Purified, granular gelatin and gelatin sheets have long been available for use in the pantry. Many excellent gelatin-based salads can be made with little labor using these products. However, most gelatin products today are made with sweetened prepared mixes whose high sugar content and heavy reliance on artificial color and flavor make their appropriateness as salads somewhat questionable. (Often, in a cafeteria line, you will see in the salad section little squares of gelatin with a lettuce leaf underneath and a dab of mayonnaise on top, and in the dessert section the identical product, without the lettuce leaf and with a dab of whipped cream in place of the mayo.)

Nevertheless, as a professional cook, you need to know how to prepare these products because your customers will expect them. You should also know how to prepare salads using unflavored gelatin, relying on fruit juices and other ingredients for flavor. Unflavored gelatin is especially valuable for preparing molded vegetable salads because shredded cabbage and other vegetables make a poor combination with a highly sweetened dessert gelatin.

Guidelines for Making Gelatin Salads

1. It is important to use the right amount of gelatin for the volume of liquid in the recipe. Too much gelatin makes a stiff, rubbery product. Too little makes a soft product that will not hold its shape.

   Basic proportions for unflavored gelatin are 2 1/2 ounces dry gelatin per gallon of liquid (19 g per liter) BUT you will almost always need more than this because of acids and other ingredients in the recipe. Basic proportions for sweetened, flavored gelatin are 24 ounces per gallon of liquid (180 g per liter).

   Acids, such as fruit juices and vinegar, weaken the gelatin set, so a higher proportion of gelatin to liquid is needed, sometimes as much as 4 ounces or more per gallon (30 g per liter). The setting power is also weakened by whipping the product into a foam and by adding a large quantity of chopped foods. It is impossible to give a formula for how much gelatin to use, as it varies with each recipe. Test each recipe before using it.

2. Gelatin dissolves at about 100°F (38°C), but higher temperatures will dissolve it faster.

   To dissolve unflavored gelatin, stir it into cold liquid to avoid lumping and let it stand for 5 minutes to absorb water. Then heat it until dissolved, or add hot liquid and stir until dissolved.

   To dissolve sweetened, flavored gelatin, stir it into boiling water. It will not lump because the gelatin granules are held apart by sugar granules, much the way starch granules in flour are held separate by the fat in a roux.

3. To speed setting, dissolve the gelatin in up to half of the liquid and add the remainder cold to lower the temperature. For even faster setting, add crushed ice in place of an equal weight of cold water. Stir until the ice is melted.

4. Do not add raw pineapple or papaya to gelatin salads. They contain enzymes that dissolve the gelatin. If cooked or canned, however, these fruits may be included.

5. Add solid ingredients when the gelatin is partially set—very thick and syrupy. This will help keep them evenly mixed rather than floating or settling.

6. Canned fruits and other juicy items must be well drained before being added or they will dilute the gelatin and weaken it.

7. For service, pour into pans and cut into equal portions when set, or pour into individual molds.

8. To unmold gelatin:

   • Run a thin knife blade around the top edges of the mold to loosen.
   • Dip the mold into hot water for 1 or 2 seconds.
   • Quickly wipe the bottom of the mold and turn it over onto the salad plate (or invert the salad plate over the mold and flip the plate and mold over together). Do not hold in the hot water for more than a few seconds or the gelatin will begin to melt.
   • If it doesn’t unmold after a gentle shake, repeat the procedure. You may also wrap a hot towel (dipped in hot water and wrung out) around the mold until it releases, but this is more time-consuming.

9. Refrigerate gelatin salads until service to keep them firm.
Jellied Fruit Salad

Portions: 25  Portion size: 4 oz (125 g)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 No. 2 can</td>
<td>1 No. 2 can</td>
<td>Pineapple cubes</td>
<td>1. Drain the pineapple and reserve the juice. You should have about 12 oz (350 g) drained fruit.</td>
</tr>
<tr>
<td>8 oz</td>
<td>250 g</td>
<td>Grapefruit sections</td>
<td>2. Cut the grapefruit and orange sections into ½-inch (1-cm) dice.   (See p. 115 for cutting citrus sections.)</td>
</tr>
<tr>
<td>12 oz</td>
<td>375 g</td>
<td>Orange sections</td>
<td>3. Cut the grapes in half. Remove seeds, if any.</td>
</tr>
<tr>
<td>8 oz</td>
<td>250 g</td>
<td>Grapes</td>
<td>4. Place the fruit in a colander or strainer over a bowl and hold in the refrigerator.</td>
</tr>
<tr>
<td>2 oz</td>
<td>60 g</td>
<td>Unflavored gelatin</td>
<td>5. Stir the gelatin into the cold water and let stand at least 5 minutes.</td>
</tr>
<tr>
<td>1 cup</td>
<td>250 mL</td>
<td>Water, cold</td>
<td>6. Add enough fruit juice (or part juice and part water) to the liquid from the pineapple to measure 3½ pt (1.75 L).</td>
</tr>
<tr>
<td>as needed</td>
<td>as needed</td>
<td>Fruit juice: grapefruit, orange, or pineapple</td>
<td>7. Bring the fruit juice to a boil in a stainless-steel pan. Remove from heat.</td>
</tr>
<tr>
<td>6 oz</td>
<td>175 g</td>
<td>Sugar</td>
<td>8. Add the sugar, salt, and softened gelatin. Stir until gelatin and sugar are dissolved.</td>
</tr>
<tr>
<td>¼ tsp</td>
<td>1 g</td>
<td>Salt</td>
<td>9. Cool the mixture. Add the lemon juice.</td>
</tr>
<tr>
<td>3 oz</td>
<td>90 mL</td>
<td>Lemon juice</td>
<td>10. Chill until thick and syrupy but not set.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>11. Fold the drained fruits into the gelatin mixture.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12. Pour into individual molds or into a half-size hotel pan. Chill until firm.</td>
</tr>
<tr>
<td>1½ cups</td>
<td>400 mL</td>
<td>Chantilly Dressing (p. 432)</td>
<td>14. Unmold the salads or, if a hotel pan was used, cut 5 × 5 into rectangles.</td>
</tr>
</tbody>
</table>

Per serving:
Calories, 170; Protein, 3 g; Fat, 10 g (49% cal.); Cholesterol, 15 mg;
Carbohydrates, 20 g; Fiber, 1 g; Sodium, 55 mg.

Basic Flavored Gelatin with Fruit

Portions: 25  Portion size: 4 oz (125 g)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz</td>
<td>375 g</td>
<td>Flavored gelatin mix</td>
<td>1. Place the gelatin in a bowl.</td>
</tr>
<tr>
<td>1 qt</td>
<td>1 L</td>
<td>Water, boiling</td>
<td>2. Pour in the boiling water. Stir until dissolved.</td>
</tr>
<tr>
<td>1 qt</td>
<td>1 L</td>
<td>Water or fruit juice, cold</td>
<td>3. Stir in the cold water or juice.</td>
</tr>
<tr>
<td>2 lb</td>
<td>1 kg</td>
<td>Fruit, well drained</td>
<td>4. Chill until thick and syrupy but not set.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5. Fold the fruit into the gelatin mixture.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6. Pour into molds or into a half-size hotel pan.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7. Chill until firm.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>8. Unmold. If using a hotel pan, cut 5 × 5 into portions.</td>
</tr>
</tbody>
</table>

Per serving:
Calories, 70; Protein, 1 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg;
Carbohydrates, 18 g; Fiber, 0 g; Sodium, 40 mg.

VARIATIONS
The number of combinations of fruits and flavored gelatin is nearly limitless. The following suggestions are only a few possibilities. Note: When using canned fruits, use the syrup from the fruits as part of the liquid in step 3.

1. Lime-flavored gelatin; pear halves or slices.
2. Black cherry-flavored gelatin; Bing cherries.
3. Raspberry-flavored gelatin; peach slices or halves.
4. Strawberry, raspberry, or cherry-flavored gelatin; canned fruit cocktail.
5. Orange-flavored gelatin; equal parts sliced peaches and pears.
6. Cherry-flavored gelatin; equal parts crushed pineapple and Bing cherries.
7. Lime-flavored gelatin; grapefruit sections.
SALAD BARS AND BUFFET SERVICE

Salad bars have become regular fixtures in restaurants and are popular with both customer and restaurateur. The customer enjoys being able to custom make a salad with selections from a large bowl of greens, smaller containers of assorted condiments, and a variety of dressings. The restaurateur likes them because they take some of the pressure off the dining room staff during service. Many restaurants have designed unique salad bars that have become almost a trademark.

For successful salad bar service, it is important to keep several points in mind:

1. Keep the salad bar attractive and well stocked from the beginning until the end of service. Refill containers before they begin to look depleted, wipe the edges of dressing containers, and clean up debris that has been scattered by customers.

2. Keep the components simple but attractive. Elaborately arranged salad bowls lose their effect as soon as two or three customers have dug into them.

3. Select a variety of condiments to appeal to a variety of tastes. Try both familiar and unusual items to make your salad bar something different. There is no reason to restrict yourself to the same old stuff everyone else is serving.

   There are two basic kinds of salad bar condiments:
   - Simple ingredients. Nearly any item in the salad ingredient list on pages 402–403 might be selected. Your choice will depend on balance of flavors and colors, customer preference, and cost.
   - Prepared salads. Marinated vegetable salads, such as three-bean salad, and cooked salads, like macaroni salad, are especially suitable. The choice is large.

4. Arrange the salad bar in the following order (see Figure 19.2):
   - Plates.
   - Mixed greens.
   - Condiments (put the expensive ones at the end).
   - Dressings.
   - Crackers, breads, etc., if desired.

5. Make sure your setup conforms to your state health department regulations.

6. Some portion control can be achieved by selecting the right size plates, condiment servers, and dressing ladles.

Figure 19.2 Suggested arrangement of a salad bar. Key: (1) plates; (2) large bowl of salad greens; (3) condiments; (4) dressings; (5) crackers, breads, etc.
Salad dressings are liquids or semiliquids used to flavor salads. They are sometimes considered cold sauces and they serve the same functions as sauces—that is, they flavor, moisten, and enrich. Most of the basic salad dressings used today can be divided into three categories:

1. Oil and vinegar dressings (most unthickened dressings).
2. Mayonnaise-based dressings (most thickened dressings).
3. Cooked dressings (similar in appearance to mayonnaise dressings, but more tart, and with little or no oil content).

A number of dressings have as their main ingredient such products as sour cream, yogurt, and fruit juices. Many of these are designed specifically for fruit salads or for low-calorie diets.

**Ingredients**

Because the flavors of most salad dressings are not modified by cooking, their quality depends directly on the quality of the ingredients.

Most salad dressings are made primarily of an oil and an acid, with other ingredients added to modify the flavor or texture.

**OILS**

**Kinds**

*Corn oil* is widely used in dressings. It has a light golden color and is nearly tasteless, except for a very mild cornmeal-type flavor.

*Cottonseed oil, soybean oil, canola oil,* and *safflower oil* are bland, nearly tasteless oils. *Vegetable oil or salad oil* is a blend of oils and is popular because of its neutral flavor and relatively low cost.

*Peanut oil* has a mild but distinctive flavor and may be used in appropriate dressings. It is somewhat more expensive.

*Olive oil* has a distinctive, fruity flavor and aroma and a greenish color. The best olive oils are called *virgin* or *extra-virgin,* which means they are made from the first pressing of the olives. Because of its flavor, olive oil is not an all-purpose oil but may be used in specialty salads such as Caesar salad.

*Walnut oil* has a distinctive flavor and a high price. It is occasionally used in fine restaurants featuring specialty salads. Other nut oils, such as *hazelnut oil,* are sometimes used.

**Quality Factors**

*All-purpose oils* for dressings should have a mild, sweet flavor. Strongly flavored oils can make excellent salad dressings but are not appropriate with every food.

*Winterized oil* should be used with dressings that are to be refrigerated. These oils have been treated so they remain a clear liquid when chilled.

Rancidity is a serious problem with oils because even a hint of a rancid flavor can ruin an entire batch of dressing. A thin film of oil, such as might be left on containers through careless washing, becomes rancid very quickly. Clean all dressing containers thoroughly, and never pour a fresh batch into a jar containing older dressing.
VINEGAR

Kinds

Cider vinegar is made from apples. It is brown in color and has a slightly sweet apple taste.
White or distilled vinegar is distilled and purified so that it has a neutral flavor.
Wine vinegar may be white or red, and it has, naturally, a winey flavor.
Flavored vinegars have had another product added to them, such as tarragon, garlic, or raspberries.
Sherry vinegar is made from sherry wine and, consequently, has the distinctive flavor of that wine.
Balsamic vinegar is a special wine vinegar that has been aged in wooden barrels. It is dark brown in color and has a noticeably sweet taste.
Other specialty vinegars include malt vinegar, rice vinegar, and vinegars flavored with fruits, such as raspberry.

Quality Factors

Vinegars should have a good, clean, sharp flavor for their type.

Strength of acidity determines the tartness of the vinegar—and of the dressing made from it. Most salad vinegars are about 5 percent acidity, but some range as high as 7 or 8 percent. Read the label for this information. Vinegar that is too strong should be diluted with a little water before it is measured for a recipe.

White vinegar is used when a completely neutral flavor is desired for a dressing. Other vinegars are used for their characteristic flavors. Wine vinegars are usually preferred for the best-quality oil-and-vinegar dressings.

LEMON JUICE

Fresh lemon juice may be used in place of or in addition to vinegar in some preparations, when its flavor is desired.

EGG YOLK

Egg yolk is an essential ingredient in mayonnaise and other emulsified dressings. For safety, pasteurized eggs should be used (see pp. 456 and 542), and the finished product should be refrigerated to guard against spoilage.

SEASONINGS AND FLAVORINGS

Nearly any herb or spice can be used in salad dressings. Remember that dried herbs and spices need extra time to release their flavors if they are not heated in the product. This is why most dressings are best made at least 2 or 3 hours before serving. Review Chapter 4 to refresh your memory on the use of herbs and spices.

Other ingredients added for flavoring include mustard, catsup, Worcestershire sauce, and various kinds of cheeses.

A note on blue cheese and Roquefort cheese: Many restaurants sell what they call Roquefort dressing when it is actually blue cheese dressing. Roquefort is a brand name for a special kind of blue cheese made in Roquefort, France. It is made of sheep’s milk, has a distinctive taste, and is expensive. Never use the term Roquefort for blue cheese dressings unless you are actually using this brand of cheese.
Emulsions in Salad Dressings

As you know, oil and water do not normally stay mixed but separate into layers. Salad dressings, however, must be evenly mixed for proper service, even though they are made primarily of oil and vinegar. A uniform mixture of two unmixable liquids is called an emulsion. One liquid is said to be in suspension in the other.

TEMPORARY EMULSIONS

A simple oil and vinegar dressing is called a temporary emulsion because the two liquids always separate after being shaken.

The harder the mixture is beaten or shaken, the longer it takes for it to separate. This is because the oil and water are broken into smaller droplets, so the droplets take longer to recombine with each other so that the oil and water can separate. (When milk is homogenized, the milk fat or cream is broken into such tiny droplets that they stay in suspension.)

The disadvantage of oil and vinegar dressings is that they must be shaken or stirred before each use.

PERMANENT EMULSIONS

Mayonnaise is also a mixture of oil and vinegar, but the two liquids do not separate. This is because the formula also contains egg yolk, which acts as an emulsifier. This means that the egg yolk forms a layer around each of the tiny droplets and holds them in suspension.

The harder the mayonnaise is beaten to break up the droplets, the more stable the emulsion becomes. Also, all emulsions, whether permanent or temporary, form more easily at room temperature, because a chilled oil is harder to break up into small droplets.

Other stabilizers are used in some preparations. Cooked dressing uses starch in addition to eggs. Commercially made dressings may use such emulsifiers as gums, starches, and gelatin.

Oil and Vinegar Dressings

Basic French Dressing, the first recipe in this section, is a simple mixture of oil, vinegar, and seasonings. It can be used as is, but it is usually the base for other dressings, such as the variations that follow.

Incidentally, the thickened, sweet tomato-based dressing often served as “French Dressing” is unknown in France. This is not to say that the product cannot be a good one. But to avoid confusion and to help standardize food service terminology, it would be helpful if it were called by another name, such as “Tomato French” or “American French.”

The ratio of oil to vinegar in Basic French Dressing is 3 parts oil to 1 part vinegar. This is not a divine law, however, and the proportions may be changed to taste. Some chefs prefer a 2:1 ratio, while others prefer a 4:1 or even 5:1 ratio. Less oil makes the dressing more tart, while more oil makes it taste milder and oilier.

A very strong vinegar, more than 5 percent acid, may have to be diluted with water before being measured and added to the recipe.
**Vinaigrette or Basic French Dressing**

**Yield:** 2 qt (2 L)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pt</td>
<td>500 mL</td>
<td>Wine vinegar</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>30 mL</td>
<td>Salt</td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>White pepper</td>
</tr>
<tr>
<td>3 pt</td>
<td>1.5 L</td>
<td>Salad oil</td>
</tr>
</tbody>
</table>

**PROCEDURE**

1. Combine all ingredients in a bowl and mix well.
2. Mix or stir again before using.

**Per 1 ounce:**
- Calories, 180; Protein, 0 g; Fat, 20 g (100% cal.); Cholesterol, 0 mg;
- Carbohydrates, 0 g; Fiber, 0 g; Sodium, 220 mg.

**VARIATIONS**

- **Substitute olive oil for all or part of the salad oil.**
- **Mustard Vinaigrette**
  - Add 2–4 oz (60–125 g) prepared mustard (French or Dijon type) to the basic recipe. Mix with vinegar before adding oil.
- **Herbed Vinaigrette**
  - Add to the basic recipe or to the Mustard Vinaigrette variation 1 cup (60 g) chopped parsley and 4 tsp (20 mL) of one of the following dried herbs: basil, thyme, marjoram, tarragon, chives.
- **Italian Dressing**
  - Use all or part olive oil. Add to the basic recipe 1 tbsp (15 mL) minced garlic, 2 tbsp (30 mL) oregano, ½ cup (125 mL) chopped parsley.
- **Piquante Dressing**
  - Add to the basic recipe 4 tsp (20 mL) dry mustard, ¼ cup (60 mL) finely chopped onion, 4 tsp (20 mL) paprika.
- **Chiffonade Dressing**
  - Add to the basic recipe the following ingredients, all chopped fine: 4 hard-cooked eggs, 8 oz (250 g) cooked or canned beets (drained), 4 tbsp (60 mL) parsley, 2 oz (60 g) onion or scallion.
- **Avocado Dressing**
  - Add 2 pt (1 kg) puréed avocado to basic recipe or to Herbed Vinaigrette. Beat until smooth. Increase salt to taste.
- **Blue Cheese or Roquefort Dressing**
  - Mix 8 oz (250 g) crumbled blue or Roquefort cheese and 8 oz (250 mL) heavy cream in a mixer with paddle attachment. Gradually beat in 3 pt (1.5 L) basic vinaigrette.
- **Low-Fat Vinaigrette**
  - Prepare basic vinaigrette or any of the variations, substituting a *jus lié* (see p. 144) made with a white stock, vegetable stock, or vegetable juice for *two-thirds* of the oil.
Emulsified Dressings

Mayonnaise is the most important emulsified dressing. It is sometimes used by itself as a salad dressing but more often serves as the base for a wide variety of other dressings. Mayonnaise-based dressings are generally thick and creamy. In fact, many of them are made with the addition of sour cream.

PREPARATION OF MAYONNAISE

Good-quality prepared mayonnaise is readily available on the market, and few establishments make their own. But it is such a basic preparation and, like the mother sauces you studied in Chapter 8, the foundation of many others. Therefore, it is important to know how to make it.

Homemade mayonnaise is not as stable as the commercial product, which is prepared with special equipment that creates a finer emulsion and which may have added stabilizers to increase its shelf life. Also, the commercial product is usually less expensive. Nevertheless, making mayonnaise in your operation takes only minutes with a power mixer and, by carefully selecting your ingredients, you can make a superior-tasting product.

To make mayonnaise, you must observe several conditions in order to get an emulsion. Study these guidelines before proceeding with the recipe.

### Oriental Vinaigrette

Yield: 1½ pt (750 mL)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ cup</td>
<td>200 mL</td>
<td>Rice vinegar or white vinegar</td>
<td>1. Combine all ingredients except salt in a bowl and mix well.</td>
</tr>
<tr>
<td>¼ cup</td>
<td>60 mL</td>
<td>Soy sauce</td>
<td>2. Taste the dressing and add salt if necessary (the soy sauce may contain enough salt).</td>
</tr>
<tr>
<td>1¼ cups</td>
<td>425 mL</td>
<td>Salad oil</td>
<td>3. Mix or stir again before using.</td>
</tr>
<tr>
<td>¼ cup</td>
<td>60 mL</td>
<td>Sesame oil</td>
<td></td>
</tr>
<tr>
<td>1 tbsp</td>
<td>15 mL</td>
<td>Grated fresh ginger root</td>
<td></td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Pepper</td>
<td></td>
</tr>
<tr>
<td>¼ tsp</td>
<td>1 mL</td>
<td>Garlic, crushed</td>
<td></td>
</tr>
<tr>
<td>½ tsp</td>
<td>2 mL</td>
<td>Hot pepper sauce</td>
<td></td>
</tr>
<tr>
<td>as needed</td>
<td>as needed</td>
<td>Salt</td>
<td></td>
</tr>
</tbody>
</table>

Per 1 ounce:
- Calories, 160; Protein, 0 g; Fat, 18 g (100% cal.); Cholesterol, 0 mg;
- Carbohydrates, 0 g; Fiber, 0 g; Sodium, 150 mg.
Guidelines for Making Mayonnaise

1. **Use fairly bland ingredients if the mayonnaise is to be used as a base for other dressings.**
   The mayonnaise will be more versatile as a base if it has no strong flavors. Olive oil and other ingredients with distinctive flavors may be used for special preparations.

2. **Use the freshest eggs possible for the best emulsification. For safety, use pasteurized eggs.**

3. **Have all ingredients at room temperature.**
   Cold oil is not easily broken into small droplets, so it is harder to make an emulsion.

4. **Beat the egg yolks well in a bowl.**
   Thorough beating of the yolks is important for a good emulsion.

5. **Beat in the seasonings.**
   It is helpful to add a little of the vinegar at this time as well. The emulsion will be easier to form because the acidity of the vinegar helps to prevent the curdling of the egg yolk proteins. Also, the vinegar helps to disperse the spices and dissolve the salt.

6. **Begin to add the oil very slowly, beating constantly.**
   It is critical to add the oil slowly at first, or the emulsion will break. When the emulsion has begun to form, the oil may be added more quickly. But never add more oil at once than the amount of mayonnaise that has already formed in the bowl, or the emulsion may break.

7. **Gradually beat in the remaining oil alternately with the vinegar.**
   The more oil you add, the thinner the mayonnaise gets. Vinegar thins it. Add a little vinegar whenever the mayonnaise gets too thick to beat.
   Beating with a power mixer using the wire whip attachment makes a more stable emulsion than beating by hand.

8. **Add no more than 8 ounces (240 mL) oil per large egg yolk, or no more than 1 quart (950 mL) per 4 yolks.**
   The emulsion may break if more oil is added than the egg yolks can handle.

9. **Taste and correct the seasonings.**
   Finished mayonnaise should have a smooth, rich, but neutral flavor, with a pleasant tartness. Its texture should be smooth and glossy, and it should be thick enough to hold its shape.

10. **If the mayonnaise breaks, it can be rescued.**
    Beat an egg yolk or two or some good prepared mayonnaise in a bowl, and very slowly begin to beat in the broken mayonnaise, as in step 6. Continue until all the mayonnaise has been added and re-formed.
Mayonnaise

Yield: 2 qt (2 L)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Ingredients</th>
<th>PROCEDURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>8</td>
<td>Egg yolks, preferably</td>
<td>1. Review guidelines for making mayonnaise on page 431.</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>30 mL</td>
<td>Vinegar</td>
<td>2. Place the egg yolks in the bowl of a mixer and beat with the</td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Salt</td>
<td>whip attachment until well beaten.</td>
</tr>
<tr>
<td>2 tsp</td>
<td>10 mL</td>
<td>Dry mustard</td>
<td>3. Add 2 tbsp (30 mL) vinegar and beat well.</td>
</tr>
<tr>
<td>pinch</td>
<td>pinch</td>
<td>Cayenne</td>
<td>4. Mix together the dry ingredients and add to the bowl. Beat</td>
</tr>
<tr>
<td>3½ pt</td>
<td>1.7 L</td>
<td>Salad oil</td>
<td>until well mixed.</td>
</tr>
<tr>
<td>4 tbsp</td>
<td>60 mL</td>
<td>Vinegar</td>
<td>5. Turn the mixer to high speed. Very slowly, almost drop by</td>
</tr>
<tr>
<td>3–4 tbsp</td>
<td>50–60 mL</td>
<td>Lemon juice</td>
<td>drop, begin adding the oil. When the emulsion forms, you can add the oil</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>slightly faster.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6. When the mayonnaise becomes thick, thin with a little of the</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>vinegar.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7. Gradually beat in the remaining oil alternately with the</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>vinegar.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>8. Adjust the tartness and the consistency by beating in a little</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>lemon juice.</td>
</tr>
</tbody>
</table>

Per 1 ounce:
Calories, 220; Protein, 0 g; Fat, 25 g (100% cal.); Cholesterol, 25 mg;
Carbohydrates, 0 g; Fiber, 0 g; Sodium, 75 mg.

Mayonnaise-based Dressings

For each of the following dressings, add the listed ingredients to 2 qt (2 L) mayonnaise as indicated.

**Thousand Island Dressing**
1 pt (500 mL) chili sauce, 2 oz (60 g) minced onion, 4 oz (125 g) finely chopped green pepper, 4 oz (125 g) chopped drained pimiento, and (optional ingredient) 3 chopped hard-cooked eggs.

**Russian Dressing**
1 pt (500 mL) chili sauce or catsup, ½ cup (125 mL) drained horseradish, 2 oz (60 g) minced onion, and (optional ingredient) 1 cup (500 mL) lumpfish or whitefish caviar.

**Chantilly Dressing**
1 pt (500 mL) heavy cream, whipped. Fold the whipped cream into the mayonnaise carefully to retain volume. Do this as close as possible to service time.

**Blue Cheese Dressing**
½ cup (125 mL) white vinegar, 2 tsp (10 mL) Worcestershire sauce, a few drops of hot red pepper sauce, and 1 lb (500 g) crumbled blue cheese. Thin to desired consistency with 1–2 cups (250–500 mL) heavy cream or half-and-half.
Variation: Substitute sour cream for up to half of the mayonnaise.

**Ranch Dressing**
1½ qt (1.5 L) sour cream, 2½ pt (1.25 L) buttermilk, 8 oz (250 mL) wine vinegar, 6 oz (175 mL) lemon juice, 6 oz (175 mL) Worcestershire sauce, 6 tbsp (90 mL) chopped parsley, 4 tbsp (60 mL) chopped chives, 6 crushed garlic cloves, 4 chopped scallions, 2 oz (60 mL) prepared mustard, 1 tbsp (15 mL) celery seed.
Terms for Review

- appetizer salad
- accompaniment salad
- main-course salad
- separate-course salad
- dessert salad
- full slip
- four parts of a salad
- bound salad
- green salad
- vegetable salad
- cooked salad
- fruit salad
- combination salad
- gelatin salad
- marinated
- winterized oil
- vinegar strength
- Roquefort
- emulsion
- French dressing

Questions for Discussion

1. What is the effect of salad dressings on the crispness of salad greens, and what are some ways to solve this problem?

2. You are asked to prepare 250 Waldorf salads for a banquet. Explain the procedure you will use for the preparation. List each step, from raw ingredients to plated salads. (You may refer to the recipe on p. 419.)

3. How can you ensure that salad greens will be crisp?

4. You are making mixed green salads and have the following ingredients to choose from. Which would you toss together and which would you add after plating or at service time? Why?
   - Iceberg lettuce
   - Shredded red cabbage
   - Carrot strips or shreds
   - Watercress
   - Sliced celery
   - Chicory
   - Avocado slices
   - Tomato wedges
   - Romaine lettuce

5. You are preparing tossed green salads, potato salads, and avocado and grapefruit salads for luncheon service. How will you plan your preparation (what will you do first, second, and so on)?

6. You are trying a new recipe for a molded vegetable salad using unflavored gelatin. After evaluating the flavor, you decide it isn’t tart enough and more vinegar should be added. Should you make any other adjustments?

7. When you are making mayonnaise, you should take a number of precautions to make sure a good emulsion is formed. Name as many as you can. If you forget one of these and your mayonnaise breaks, what can you do?