

Chapter 20



Cooking for Vegetarian Diets

Vegetarian diners are an important and growing segment of the dining public. In the United States, for example, it is estimated that about 15 million people consider themselves vegetarians. Young people in particular embrace many forms of vegetarianism. In college dining rooms, the proportion of clients choosing vegetarian options may be as high as 40 percent. Clearly, food service cannot afford to ignore this segment.

It is important that cooks and chefs who want to please their customers know something about the needs of vegetarian diners. Beyond the financial benefits of serving foods that appeal to the widest range of customers, chefs find other benefits as well. Vegetarians are often more knowledgeable and enthusiastic about their dining choices because they have thought more about them. Accomplished cooks often say that meeting the challenge of cooking for knowledgeable diners is one of the most satisfying aspects of their jobs and that vegetarian menus give them new opportunities for creativity.

In addition to people who have a strong commitment to vegetarianism, many others eat meat on other occasions but choose vegetarian items simply because the choices are so appealing in a particular dining facility. Chefs who create satisfying, innovative choices for vegetarians often find that creating a good vegetarian menu selection is one of their best professional decisions.

After reading this chapter, you should be able to

1. Describe the main types of vegetarian diets.
2. Describe complementary proteins and describe how to include them in the diet.
3. List three nutrients other than proteins that nonvegetarians get mostly from animal products, and describe how vegetarians can include these nutrients in their diet.
4. Name and describe five food types derived from soybeans.
5. Explain why refined sugar may not be permitted in a vegan diet.
6. List seven guidelines for building a vegetarian menu.

Understanding Vegetarian Diets

Preparing food for anyone who follows a restricted diet requires understanding the nature and limitations of that diet. Vegetarian diets present challenges because there are several types of vegetarianism.

Types of Vegetarian Diet

A *vegetarian* diet is one consisting entirely or mostly of foods derived from plants. Most committed vegetarians fall into one of the categories listed below.

The *vegan* diet is the most restrictive form of vegetarianism. Vegans eat plant products only. All animal products, including dairy products and eggs, are off limits. Even foods that might sound safe are off limits to the strictest vegans. Examples of such foods include honey, because it comes from bees, and cane sugar, which may be refined with the use of animal products (more on this subject on p. 687). When preparing a vegetarian menu, the chef should keep in mind that a menu appropriate to a vegan diet has the broadest appeal because it can be eaten by all categories of vegetarians.

Lacto-vegetarians eat dairy products in addition to plant products but will not eat other animal products.

Ovo-vegetarians eat eggs in addition to plant products.

Lacto-ovo-vegetarians eat dairy and egg products as well as plant products.

Pesco-vegetarians eat fish and plant products but not meat or poultry. They may or may not eat dairy and egg products.

Vegetarianism may be based on strong ethical or moral beliefs or on health concerns. Naturally, the chef who cares for his or her customers is eager to respect these beliefs and concerns. Vegetarians may have chosen their diet based on deeply held ethical or religious beliefs and may be dedicated to following their diet rigorously.

In addition, many people choose vegetarianism for health reasons. Vegetarian diets are usually low in fat and cholesterol and in addition are free of the hormones and drugs often used in the raising of meat animals. Environmental concerns also lead some people to vegetarianism. Producing plant foods requires fewer natural resources than raising meat animals. Economic factors are yet another consideration in that vegetables and grains are, on average, much less expensive than meat, poultry, and seafood. Finally, some people are occasional vegetarians simply because they enjoy the food.

Nutritional Considerations

Because vegetarians eliminate major categories of food from their diet, nutrients otherwise obtained from animal products are lost and must be obtained from other foods. Refer to the Food Guide Pyramid on page 131. Note that although dairy products, meats, fish, and eggs do not form the largest portions of the pyramid, they form an important part. When those foods are eliminated, the pyramid must be rebuilt, as in Figure 20.1, in order to ensure adequate nutrition.

PROTEIN

The subject of complete proteins and complementary proteins was introduced in Chapter 6 (see p. 128). Because this subject is so important for vegetarian diets, the subject is discussed in greater detail here.

The major nutritional concern of a vegetarian diet is getting enough protein. Dairy products, eggs, and fish supply adequate amounts of good-quality protein, but vegans must plan their diet carefully in order to get adequate protein. Some plant products, such as grains, nuts, and dried beans, contain proteins. Note that in the standard Food Guide Pyramid on page 131, dried beans and nuts are included in the meat group. However, with the important

AMINO ACIDS

These 9 compounds are called *essential amino acids*:

Histidine	Phenylalanine
Isoleucine	Threonine
Leucine	Tryptophan
Lysine	Valine
Methionine	

These 11 amino acids can be made by the body and so are called *nonessential amino acids*. It is not necessary to include them in the diet.

Aniline	Glutamine
Arginine	Glycine
Asparagine	Proline
Aspartic acid	Serine
Cysteine	Tyrosine
Glutamic acid	

When the body manufactures proteins, it puts together a chain of amino acids using those it has available, like a factory assembling an appliance out of parts. If it finds that one of the parts—in this case, amino acids—is missing, it takes apart the partial protein it has already assembled and sends the parts back to the supply room—the bloodstream.

This means that if one amino acid is in short supply, it limits the usefulness of those that are plentiful. An amino acid that is in short supply, thus limiting the usefulness of the others, is called a *limiting amino acid*.

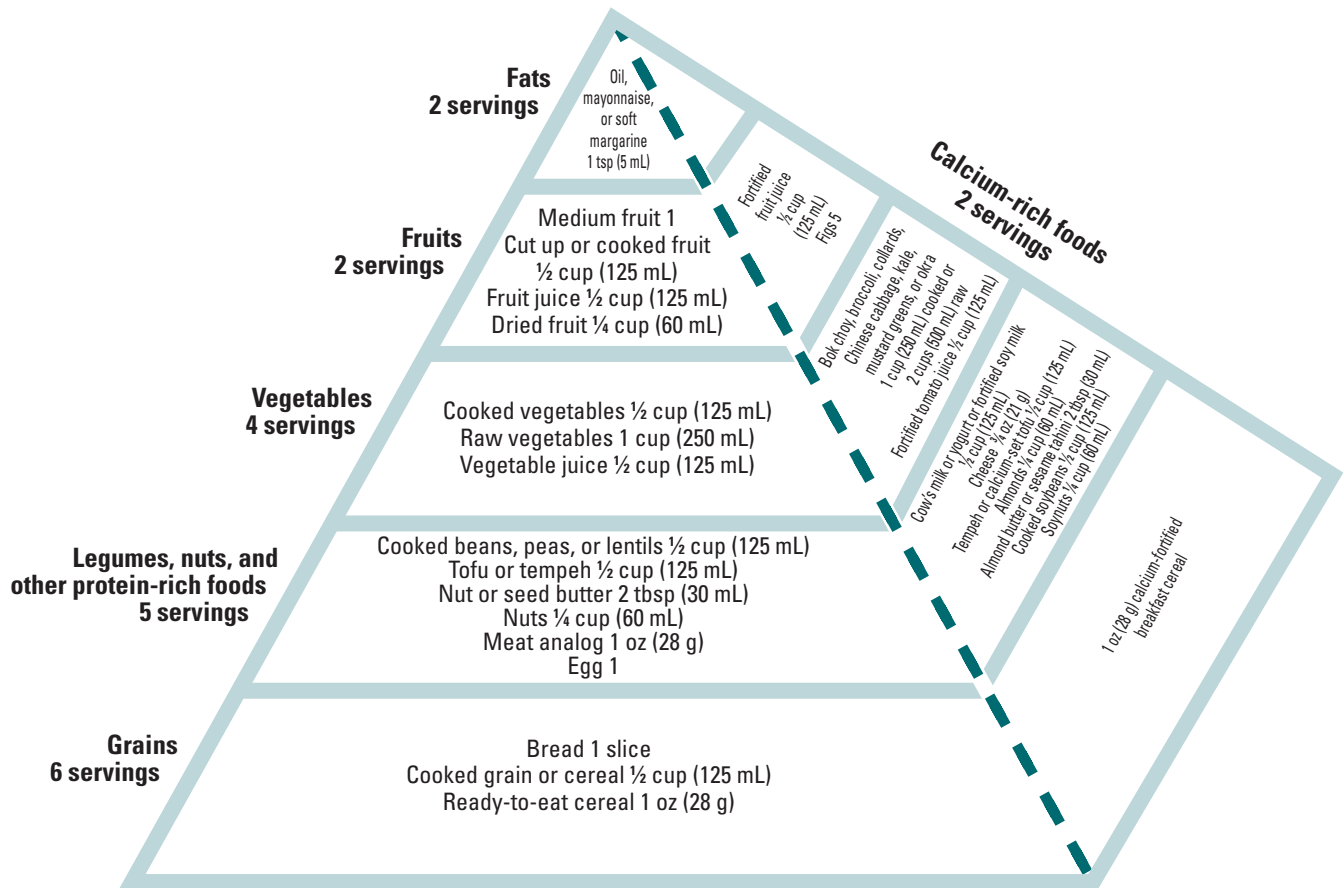


Figure 20.1 Vegetarian food guide pyramid. Reprinted from *Journal of the American Dietetic Program*, Volume 103, Messina, Virginia, Melina, Vesanto, and Mangels, Ann Reed, “A new food guide for North American vegetarians,” pages 771–775, Copyright 2003, with permission from American Dietetic Association.

exception of soybeans and soy products such as tofu, most of these protein foods, *when eaten alone*, are not adequate for human nutrition.

Proteins are long chains of smaller compounds called **amino acids**. There are, in all, 20 amino acids that, when joined in various combinations, make up over 100,000 proteins in the human body. Eleven of these amino acids can be made in the body, so it is not necessary to include them in the diet. All remaining nine amino acids must be included in the diet in order for the body to make all the proteins it needs. These nine are called **essential amino acids**.

Any food protein that contains all nine essential amino acids is called a **complete protein**. Proteins found in meat, poultry, seafood, milk and milk products, and eggs are complete proteins.

Some plant foods, especially dried legumes, grains, nuts, and seeds, contain **incomplete proteins**. This means that one or more of the essential amino acids is either missing or is not present in high enough concentration. Soybeans, quinoa, and amaranth are unusual among grains and legumes in that they contain complete proteins.

The key to getting enough protein in a plants-only diet is to eat, in the course of each day, a balance of these foods, so that amino acids missing from one of these foods is supplied by another one of them. Such proteins are called **complementary proteins**. For example, kidney beans are high in the amino acids isoleucine and lysine, but low in some of the others. Millet is low in lysine but high in the amino acids that kidney beans are missing. So if both kidney beans and millet are eaten during the day, all the essential amino acids are included in the diet.

INCLUDING COMPLEMENTARY PROTEINS IN THE DIET

Contrary to what you might think after reading the preceding discussion, you do not have to be a biochemist to prepare vegetarian menus. A basic understanding of what foods go together to supply complete proteins is the best place to start and will carry you a long way.

The following pairings of food categories are the most useful complementary proteins for planning vegetarian diets:

Dried legumes plus grains

Dried legumes plus seeds and nuts

Grains plus milk products

The first two of these pairings are important in vegan diets. The third pairing can be included in the diet of lacto-vegetarians.

Examining the cultures and cuisines of other lands, we see these complementary protein groupings have long been a part of the staple diet of peoples with limited supplies of meat. Think, for example, of the beans and corn tortillas (dried legumes plus grains) of Mexico and the rice and dal (also grains plus dried legumes) of India. People who have long relied on these foods have found tasty and varied ways to prepare them. Studying traditional vegetarian cuisines is a useful way to learn how to include these items in your own menus.

KEY POINTS TO REVIEW

- What are the main types of vegetarian diet? What kinds of food can be eaten in each of these diets?
- What are complete proteins? What are complementary proteins? How can complementary proteins be included in the diet?
- In addition to protein, what other nutrients are of special concern to people who follow a vegetarian diet? How can these nutrients be included in the diet in healthy quantities?

OTHER NUTRIENTS

In addition to protein, other nutrients normally found in animal products must be supplied in other ways in vegetarian diets.

Vitamin B₁₂. This vitamin is found only in animal foods, including milk and eggs. Vegans must obtain it from grain foods, such as breakfast cereals, that have been fortified with this vitamin, or else take vitamin supplements. Vegetarians who eat sufficient dairy products and eggs usually can get enough vitamin B₁₂.

Vitamin D. This vitamin is found in vitamin D-fortified milk, and it is created in the skin on exposure to sunlight. A vegan or other vegetarian who doesn't get enough exposure to sunlight can get this nutrient from vitamin-fortified cereals or some soy beverages.

Calcium. Dairy products are rich in calcium, but vegans and other vegetarians who don't consume dairy products must get calcium from other sources, including green leafy vegetables and dried legumes. Calcium supplements or calcium-fortified beverages may be necessary in the vegan diet.

Menu for Vegetarian Diets

To a meat-eater, the idea of a vegetarian diet might seem monotonous or boring, but the reality can be the opposite. A typical meat-based diet often features the same few meats—beef, pork, chicken, and occasionally fish—over and over, accompanied by the same few simple vegetable side dishes and potatoes. By contrast, a diet in which vegetables are the focus and not a routine side dish can feature dozens of fresh vegetables, a great variety of grains and legumes, and, for at least some vegetarians, dairy products and possibly eggs to round out the selection.

The appeal of vegetarian menus can be seen in many fine restaurants that feature tasting menus (see pp. 96–97). At such restaurants, the dinner menu each evening may offer a multi-course vegetarian menu in addition to the meat and seafood options. It is common for a pair of diners, even nonvegetarians, to order one vegetarian menu and one nonvegetarian menu so they can sample all the chef's creations.

Ingredients

Because animal protein is omitted from vegetarian diets, some important ingredients get more attention than they do in meat diets. Several categories of plant food take on the role of main courses.

DRIED LEGUMES

Dried beans, peas, and lentils are some of the most important sources of protein for vegans and other vegetarians. These are listed and discussed in detail in Chapter 19. Refer to that information as necessary in your menu planning.

One legume not mentioned earlier is the peanut, which is not a nut but a legume with an unusual growing habit. As the plants grow, the branches bearing the pods bend to the ground so the pods develop underground. Although peanuts are used in the kitchen like other nuts, nutritionally they are similar to other legumes. Keep this in mind when planning complementary proteins.

Dried soybeans are high in protein, but they are rarely cooked and served like other dried beans. They are very hard and take hours of cooking if whole, and when cooked they do not appeal to most tastes. Furthermore, their protein is not as usable as the protein in products derived from soybeans, such as soy milk and tofu. These are so important that they are discussed separately below.

GRAINS

Like legumes, grains are discussed in detail in Chapter 19. They are sources of complementary protein when eaten with legumes or dairy products. Of the grains described, rice is no doubt the most important worldwide. Many vegans and other vegetarians use brown rice instead of white rice to take advantage of its vitamin and fiber content. Wheat and corn are also important protein foods. In the form of bread, noodles, and tortillas, these grains are especially versatile.

Don't overlook the other grains. Products such as farro, barley, millet, and triticale add variety to the menu. Quinoa and amaranth are especially valuable for vegan diets because they contain complete protein.

NUTS AND SEEDS

Nuts and seeds are rich in protein, so almonds, cashews, hazelnuts, pecans, walnuts, pistachios, pumpkin seeds, sesame seeds, and sunflower seeds are useful in vegetarian diets. They are high in fat, however, and can't be relied on as heavily as other vegetable proteins.

Nut butters, such as cashew butter and almond butter, are simply nuts or seeds that have been roasted and ground to a paste. They are a flavorful and attractive way to include these foods in a diet. Sesame butter, or tahini, is especially prominent in Mediterranean diets and used in many recipes. See, for example, the recipe for hummus on page 788, which uses legumes (chickpeas) and seeds (tahini) to supply complementary protein.

SOY PRODUCTS

Borrowed from Asian cuisines, soy derivatives such as tofu have long been familiar in the West and are important sources of protein for many people.

Soy milk is made by soaking dried soybeans, draining them, grinding them, combining them with water, boiling, and then straining the resulting milky liquid.

Plain soy milk can be used in cooking and as a beverage. Many brands of flavored and sometimes sweetened soy beverages are also available, and these can also be used in coffee beverages and in desserts.

Tofu, or **bean curd**, is made by curdling soy milk, just as cheese is made by curdling dairy milk. The result is a soft, white cake with a mild, faintly beany flavor that is adaptable to many sauces and accompaniments.

Tofu is available in several varieties, described here. Most types are available packed in water in sealed plastic packages. It keeps well as long as it is unopened, but it should be used within a day or two of opening.

Japanese silken tofu is the softest type. Unlike other tofu varieties, the curd of silken tofu is not pressed to remove moisture. Silken tofu has the most delicate texture and also the mildest flavor. In Japan it is regularly eaten cold with a light dipping sauce, or it is diced and added as a garnish to miso soup (p. 261).

Japanese cotton tofu is firmer than the silken variety and can stand up to more vigorous handling. It is often deep-fried or added to stir-fried dishes.

Chinese firm tofu is the firmest of these three tofu types and is the coarsest in texture. It can be fried, stir-fried, grilled, baked in casseroles, simmered in stews, and put on skewers.



Silken tofu



Firm tofu

When tofu is to be marinated, fried, or stewed, removing excess moisture first helps the tofu absorb the added flavors more readily. Place the cakes of tofu on several layers of paper towel or on a perforated sheet pan, cover with several more layers of paper towel, place a weighted tray or sheet pan on top, and let stand about 15 minutes.

To make tofu even firmer and less likely to break apart when cooked, press it as above and then deep-fry until it has a light golden color. Or drop it into simmering water and simmer 5 minutes. Precooking coagulates the proteins, making them firmer.

Tempeh is a fermented soybean product that originated in Indonesia. In addition to the original version made with only soybeans, it is also made from soy plus grains, including barley, millet, and rice. Tempeh is sold in cakes and has a dense, meaty texture. It can be sliced or diced and braised, sautéed, stir-fried, baked, and added to casseroles.

Miso, also called **bean paste**, is a paste made of fermented soybeans, sometimes with the addition of wheat, rice, or barley, depending on the variety. There are several types of miso ranging from light, sweet, and mild to dark, salty, and robust. The lightest, called *white miso* (*shiomiso* in Japanese), is yellow, with a sweet flavor and soft, moist texture. It is often used in soups (p. 261) and in dressings or sauces for vegetables (p. 568). Other light miso types may be darker yellow and saltier. *Red miso* (*akamiso*) is brown or reddish brown, salty, and fuller in flavor. It may be smooth or chunky. Red miso is used in soups and in cooked dishes rather than in uncooked dressings. The thickest, darkest, strongest-tasting miso is *hatcho miso*. It is dark brown and thick enough to cut, almost like fudge. It is used in soups and cooked dishes.

Textured vegetable protein (TVP) is made from defatted soy flour, processed and dried to give it a spongelike texture. It is available unflavored or flavored to resemble various meats. To prepare TVP, mix with water, let stand until softened, and then add to recipes as you would meat. Because it doesn't taste exactly like real meat, it is best used in highly flavored or seasoned dishes such as chili. TVP is high in protein and fiber and free of cholesterol. It is useful on some menus for its nutritional value, but some vegetarians avoid it because they are not interested in highly processed foods that pretend to be meat.

DAIRY AND EGGS

For lacto-ovo vegetarians, milk products and eggs are valuable sources of protein, vitamin D, calcium, and other nutrients. Cheeses and eggs, however, are high in fat and cholesterol, so it is a good idea not to rely on them for one's sole source of protein.

Dairy products and eggs are discussed in later chapters.

Modifying Recipes



You have probably noticed by now that many of the recipes in this book are labeled with a small icon, shown at left, indicating they are vegetarian. These include recipes for lacto-ovo vegetarians as well as vegans. The presence of any egg or dairy product indicates that the

recipe cannot be used on a vegan menu, although it is suitable for other vegetarians. Before using any of these recipes on vegetarian menus, please note the discussion of sugar below.

Other recipes, in this book and elsewhere, can be modified for vegetarian diets. Always read the list of ingredients to make sure they are all permitted. If any of the ingredients is a packaged or manufactured food, read the list of ingredients on the package as well. Remember:

- No animal product of any kind may be used as an ingredient in a recipe intended for vegans.
- Dairy products (such as milk, cream, butter, and cheese) and eggs may be included as ingredients in recipes for lacto-ovo vegetarians, and thus they may be labeled as vegetarian. However, they will not be eaten by vegans.
- Service staff must be adequately trained to accurately answer patrons' questions about the menu.

Sometimes a soup, salad, or side dish recipe consists primarily of plant products but contains one or more animal products, such as a stock. The following methods can be used to modify existing recipes to adapt them for vegetarian menus:

1. Remove meat, poultry, and fish stocks from recipes and substitute an equal quantity of water or vegetable stock.
2. Omit sauces based on meat, poultry, or fish stocks, and, for vegans, omit sauces using dairy products or eggs. Substitute another suitable sauce. Vinaigrettes, salsas, vegetable coulis, and flavored oils are often good sauces for vegetarian dishes.
3. For vegans, substitute oil for butter. Substitute soy milk or other soy products for dairy products.

SUGAR IN VEGETARIAN RECIPES

Refined white sugar and most brown sugar are processed either from sugar cane or sugar beets. Refineries that process sugar from cane often use charcoal made from animal bones as a filter. Sugar made from beets, however, is not made with bone char. Vegans and many other vegetarians often avoid all refined sugar because of the difficulty of determining the sugar's origin. For home use, they may use unbleached sugar or beet sugar, but away from home it is easier just to avoid sugar altogether.

Some of the recipes in this book labeled as vegetarian have sugar as an ingredient. *If you use any of these recipes on a vegetarian menu, make sure to use sugar from a purely vegetarian source, such as beet sugar or unbleached sugar.*

Other recipes in this book may appear to be vegetarian but are not labeled as such. For example, the recipe for Cocktail Sauce (p. 217) contains only plant products, and sugar is not listed as an ingredient. However, two of the ingredients, ketchup and chili sauce, contain sugar. Because there is no way to tell the source of the sugar, the recipe can't easily be adapted to a vegetarian menu. In this book, no recipe is labeled as vegetarian if one of the ingredients is a manufactured product that may contain sugar or other impermissible ingredient.

Center of the Plate

In the world of food service, the expression *center of the plate* is often used to describe the meat, poultry, fish, or other principal item that is the focus of the main course. For vegetarian menus, we need to rethink the concept of center of the plate somewhat.

One of the problems in developing vegetarian menu choices is constructing a plate that is satisfying as a main course. Appetizers or first courses are less of a problem. Vegetarians and nonvegetarians alike enjoy soups, salads, and vegetable dishes as first courses. Similarly, a succession of four to six small courses in a tasting menu can be pleasing and satisfying. A main course, on the other hand, must usually feel like a complete meal in its own right, and a selection of steamed vegetables on a plate usually will not satisfy.

Begin by thinking about the categories of foods we rely on for complementary proteins: legumes, grains, seeds and nuts, and dairy products, and, if appropriate, soy products like

tofu. Dishes made with these ingredients tend to be more substantial than simple vegetables and thus are often suitable for main courses, especially when combined with vegetables and perhaps a sauce or condiment.

Complex dishes—dishes that have had something done to them beyond simple boiling or steaming—are appealing vegetarian main courses. For example, a baked squash stuffed with a well-seasoned grain and vegetable mixture holds its own in the center of the plate. Regional cuisines give us other examples, such as a bean-filled enchilada served with rice and a spicy tomato sauce.

Some preparations work as main courses whether or not they are made with meat. Examples are listed below. These types of dishes can be prepared many ways using only plant products, with or without the use of dairy products or eggs.

Stews

Curries

Chili

Stir-fries served with rice or noodles

Risotto

Pasta

Pizza

Pot pies, or foods served inside dough or pastry

Casseroles

Gratins

The ingredient information and prep and cooking procedures in other chapters in this book, especially in the chapters on vegetables; potatoes; legumes, grains, pastas, and other starches; and salads, give you tools you can use to build creative and satisfying vegetarian menus. Many of the recipes in those chapters can be used by vegetarians without modification. In addition, examples of other vegetarian items are in this chapter.

Guidelines for Building a Vegetarian Menu

1. Offer dishes containing no ingredients of animal origin, to appeal to vegans, and offer dishes containing dairy products and eggs for vegetarians who eat those foods.
2. Select a variety of legumes, grains, and seeds, and use them in combinations that provide complementary proteins.
3. Complementary proteins don't need to be on the same plate. For example, you could offer a grain salad as a first course and a vegetable stew with beans as a main course.
4. Use a wide variety of vegetables.
5. Offer dishes made with tofu and other soybean derivatives.
6. To limit fat and cholesterol, consider using low-fat milk products, and use eggs sparingly.
7. Offer foods containing nutrients, such as vitamin B₁₂, that are of special concern to vegetarians (see p. 684).
8. Read the ingredient labels of all packaged food products to make sure they contain no ingredients of animal origin.

KEY POINTS TO REVIEW

- What foods are important sources of protein for vegetarians?
- What foods commonly used in vegetarian diets are derived from soybeans?
- What problems does sugar pose for vegan diets?
- What are some ways nonvegetarian recipes can be modified to fit vegetarian diets?
- What guidelines should be followed when building a vegetarian menu?

Yellow Split Pea and Vegetable Curry with Spiced Rice and Cucumber Raita

PORTIONS: 12 PORTION SIZE: 3½ OZ (100 G) RICE, 6 OZ (180 G) VEGETABLE CURRY, 2 OZ (60 ML) RAITA

U. S.	METRIC	INGREDIENTS	PROCEDURE
1 lb	500 g	Spiced rice: Long-grain brown rice, preferably basmati	<ol style="list-style-type: none"> 1. Wash the rice in several changes of cold water. Drain. Add cold water to cover by 1–2 in. (3–5 cm) and soak 1 hour or longer. 2. Heat the oil in a heavy saucepan. 3. Add the onion, garlic, and ginger. Sauté until the onion is lightly browned. 4. Add the spices. 5. Drain the rice and add it to the pan. Stir to coat the grains with oil. 6. Add the water or stock and the salt. Bring to a boil. 7. Cover and simmer over low heat about 40 minutes, or until the rice is tender. Check after about 30 minutes to make sure the liquid hasn't all been absorbed before the rice is done. If it has, add a little more hot water.
2 fl oz	60 mL	Vegetable oil	
4 oz	125 g	Onion, chopped	
1 tsp	5 mL	Finely chopped garlic	
1 tsp	5 mL	Finely chopped fresh ginger root	
¼ tsp	1 mL	Ground cardamom	
¼ tsp	1 mL	Cinnamon	
⅓ tsp	0.5 mL	Ground cumin	
⅓ tsp	0.5 mL	Ground cloves	
⅓ tsp	0.5 mL	Nutmeg	
⅓ tsp	0.5 mL	Cayenne	
1 qt	1 L	Water or vegetable stock, hot	
2 tsp	10 mL	Salt	
8 oz	250 g	Yellow split peas	<ol style="list-style-type: none"> 8. Pick over the peas to remove stones and other foreign matter. Rinse and drain the peas. 9. Simmer the peas in the water until they are very tender and falling apart. Do not drain.
1 qt	1 L	Water	
2 fl oz	60 mL	Vegetable oil	<ol style="list-style-type: none"> 10. Heat the oil in a heavy saucepot. 11. Add the onion and garlic. Sauté until lightly browned. 12. Stir in the curry powder and salt. 13. Add the carrots, parsnips, and eggplant. Sauté 2–3 minutes over medium heat. 14. Add the cauliflower. Sauté another minute. 15. Add the cooked peas. Simmer 15–20 minutes, or until the vegetables are nearly tender. 16. Add more water if the mixture becomes too thick. The peas should have the consistency of a sauce. 17. Add the broccoli and continue to simmer until all the vegetables are tender. Taste and add more salt if necessary. 18. Stir in the yogurt and lemon or lime juice. 19. For each portion, spoon rice to cover about two-thirds of a plate, leaving space at one side. Make a well in the center. Spoon a portion of the vegetable curry into the center of the rice. 20. To the side of the rice, spoon a portion of the raita. 21. Top the curry with a few cilantro leaves. 22. Sprinkle a dash of paprika onto the center of the raita.
8 oz	250 g	Onion, medium dice	
2 tsp	10 mL	Finely chopped garlic	
2 tbsp	30 mL	Curry powder	
2 tsp	10 mL	Salt	
8 oz	250 g	Carrots, thickly sliced	
6 oz	180 g	Parsnips, large dice	
6 oz	180 g	Eggplant, peeled, large dice	
8 oz	250 g	Cauliflower, broken into small florets	
8 oz	250 g	Broccoli, broken into small florets	
8 fl oz	250 mL	Plain yogurt	
2 fl oz	60 mL	Lemon juice or lime juice	
1½ pt	750 mL	Cucumber Raita (p. 209)	
as needed	as needed	Cilantro leaves	
as needed	as needed	Paprika	

Per serving (excluding Raita): Calories, 370; Protein, 12 g; Fat, 13 g (30% cal.); Cholesterol, 5 mg; Carbohydrates, 55 g; Fiber, 6 g; Sodium, 1030 mg.

Per serving (Raita only): Calories, 30; Protein, 2 g; Fat, 2 g (53% cal.); Cholesterol, 0 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 210 mg.

VARIATION

Vegan Vegetable and Split Pea Curry

Omit the yogurt. Increase the lemon juice or lime juice to taste.

Noodle Bowl with Stir-Fried Vegetables, Tofu, and Peanuts



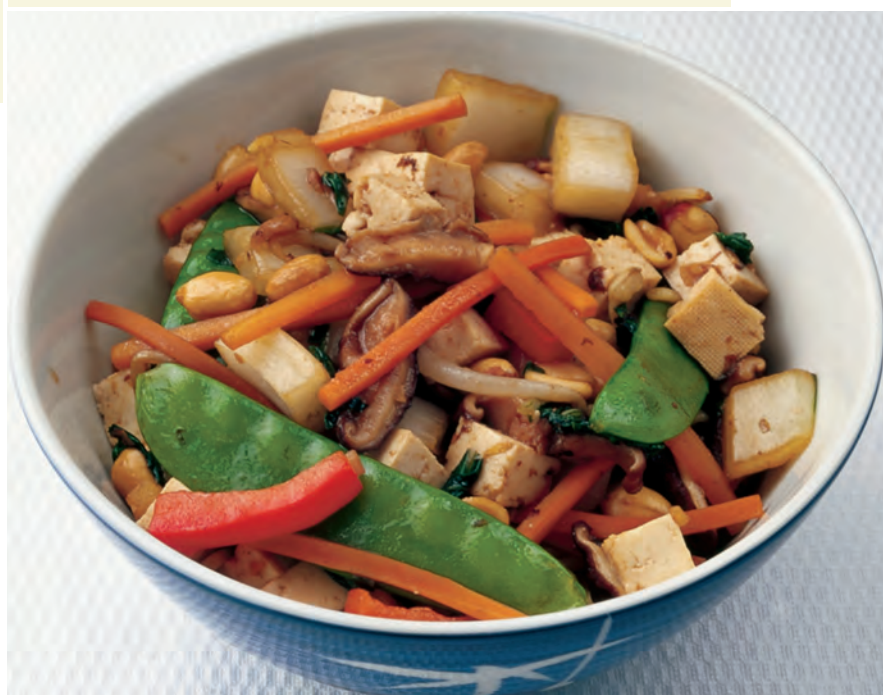
PORTIONS: 12 PORTION SIZE: 4 OZ (125 G) NOODLES, 6 OZ (180 G) VEGETABLES

U.S.	METRIC	INGREDIENTS
2 fl oz	60 mL	Vegetable oil
4	4	Scallions, chopped
2	2	Garlic cloves, chopped
1 tsp	5 mL	Finely chopped ginger root
6 oz	180 g	Carrots, cut julienne
6 oz	180 g	Red bell peppers, cut bâtonnet
8 oz	250 g	Shiitake mushroom caps, cut bâtonnet
1 lb	500 g	Bok choy, cut into 1-in. (2.5-cm) pieces
4 oz	125 g	Mung bean sprouts
8 oz	250 g	Snow peas, trimmed
1 lb 4 oz	625 g	Firm tofu, pressed (pp. 685–686), cut in ½-in. (1-cm) dice
6 oz	180 g	Roasted peanuts, shelled, skinless
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3 fl oz	90 mL	Soy sauce
2 fl oz	60 mL	Hoisin sauce
4 fl oz	125 mL	Vegetable stock or water
1 tbsp	15 mL	Sesame oil or chili oil
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3 lb	1.5 kg	Cooked Chinese wheat noodles or egg noodles, hot

Per serving: Calories, 400; Protein, 19 g; Fat, 18 g (39% cal.); Cholesterol, 0 mg; Carbohydrates, 45 g; Fiber, 6 g; Sodium, 830 mg.

PROCEDURE

1. Heat the oil in a large sauté pan or wok over high heat.
 2. Add the scallions, garlic, and ginger. Stir-fry 1 minute.
 3. Add the carrots, peppers, and mushrooms. Continue to stir-fry another minute.
 4. Add the bok choy and bean sprouts. Stir-fry until the vegetables are wilted but still crisp.
 5. Add the snow peas and continue to cook about 30 seconds.
 6. Add the tofu and peanuts. Toss the mixture to blend, and cook until the tofu is hot.
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7. Pour in the soy sauce, hoisin sauce, stock or water, and oil. Toss to mix.
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8. Put the noodles into individual serving bowls and top with the vegetable mixture with its liquid.



Noodle Bowl with Stir-Fried Vegetables, Tofu, and Peanuts

Zucchini and Eggplant Lasagne

PORTIONS: 12 PORTION SIZE: 8 OZ (250 G)

U. S.	METRIC	INGREDIENTS	PROCEDURE
1½ lb	750 g	Eggplant	1. Trim and peel the eggplant.
1½ lb	750 g	Zucchini	2. Trim the stem ends of the zucchini.
as needed	as needed	Salt	3. Cut the eggplant and the zucchini lengthwise into slices about ½ in. (8 mm) thick.
as needed	as needed	Olive oil	4. Salt the slices lightly on both sides and let stand 15 minutes.
			5. Pat dry. Brush both sides of each slice lightly with oil.
			6. Arrange the eggplant and zucchini on separate sheet pans.
			7. Bake the eggplant in an oven at 425°F (210°C) until the bottoms are brown. Turn over and bake another 15 minutes.
			8. At the same time, bake the zucchini until softened but still somewhat crisp, 5–10 minutes.
			9. Remove the vegetables from the oven and let cool. These slices will serve as noodles for the lasagne.
2 oz	375 g	Ricotta cheese	10. Mix the ricotta, parmesan, egg, parsley, salt, and pepper.
1 oz	30 g	Parmesan cheese, grated	
1	1	Egg, beaten	
2 tbsp	30 mL	Chopped parsley	
to taste	to taste	Salt	
to taste	to taste	Pepper	
1½ qt	1.5 L	Tomato Sauce for Pasta (p. 664), made without sugar	11. Ladle a little tomato sauce into a half-sheet pan, 10 × 12 in. (25 × 30 cm). Spread it across the bottom.
1 lb	500 g	Mozzarella cheese, sliced	12. Lay the eggplant slices in a single layer over the sauce.
2 tbsp	30 mL	Fresh basil, cut chiffonade	13. Add the ricotta mixture, carefully spreading it in an even layer over the eggplant.
2 oz	60 g	Parmesan cheese, grated	14. Add the zucchini in a single layer.
			15. Cover with half the remaining sauce.
			16. Arrange the mozzarella slices over the top. Sprinkle the mozzarella with a little of the basil.
			17. Cover with the remaining sauce.
			18. Sprinkle with the second quantity of parmesan cheese.
			19. Bake at 375°F (190°C) until hot and bubbling.

Per serving: Calories, 410; Protein, 15 g; Fat, 34 g (73% cal.); Cholesterol, 65 mg; Carbohydrates, 14 g; Fiber, 4 g; Sodium, 1030 mg.

Pinto Bean Enchiladas



PORTIONS: 12 PORTION SIZE: 2 ENCHILADAS

U.S. METRIC INGREDIENTS

U.S.	METRIC	INGREDIENTS
as needed	as needed	Vegetable oil
24	24	Corn tortillas
2 qt	2 L	Ancho Sauce (made with water) or the variation with tomato (p. 207) or Salsa Roja (p. 206)
2 lb 4 oz	1.1 kg	Vegetarian Pinto Beans (p. 634), warmed
2 lb	1 kg	Monterey jack cheese, grated

PROCEDURE

1. Heat a thin layer of oil in a sauté pan over moderate heat.
2. One at a time, dip the tortillas in the hot oil and fry them a few seconds, first on one side, then the other, just until they are soft. The purpose is to soften them, so do not fry until crisp. Drain and lay them on a work surface or in a pan.
3. Pour 1–2 cups (250–500 mL) sauce in a shallow pan.
4. One at a time, dip the tortillas in the sauce to coat both sides and let the excess drip off. Lay the sauced tortilla on the work surface. Place 1½ oz (45 g) beans and ½ oz (15 g) grated cheese in the center of the tortilla and roll up.
5. Add more sauce to the pan as it gets used up. You will need about 1 qt (1 L) of the sauce for dipping.
6. Arrange the rolled tortillas against each other in a baking pan, putting the loose ends on the bottom. Alternatively, place them in individual gratin dishes, allowing 2 per portion.
7. Pour the remaining sauce over the tortillas, making sure to cover the ends so they don't dry out.
8. Top with the remaining cheese.
9. Bake at 375°F (190°C) until heated through, about 20 minutes.
10. Serve 2 enchiladas per portion with 4 oz (125 g) rice.
11. Serve with guacamole, salsa, and sour cream as desired.

3 lb	1.5 kg	Arroz Verde or Arroz à la Mexicana (p. 651), made with water instead of stock
as desired	as desired	Guacamole (p. 789)
as desired	as desired	Salsa Cruda (p. 206)
as desired	as desired	Sour cream

Per serving: Calories, 830; Protein, 35 g; Fat, 41 g (43% cal.); Cholesterol, 70 mg; Carbohydrates, 89 g; Fiber, 17 g; Sodium, 1040 mg.



Pinto Bean Enchiladas

ENCHILADAS

The Spanish word *enchilar* means “to put chile on something.” The word *enchilada* is short for *tortilla enchilada*, meaning a tortilla covered with chile sauce. In the non-Spanish-speaking world, an enchilada is a corn tortilla rolled around a filling. Strictly speaking, however, the tortilla must first be coated with chile sauce before being rolled. A plain, dry tortilla with a filling is more accurately called a *soft taco*.

There are two basic methods for making enchiladas. In both methods, part of the procedure is to soften the tortilla enough so it can be rolled without breaking.

Fry the tortilla just enough to soften it, then dip in sauce, fill, and roll up.

Or coat the tortilla in chile sauce, then fry briefly, fill, and roll up.

Once the tortilla is filled, it can be served immediately. For North American tastes, however, it is usually baked with additional sauce and sometimes cheese toppings.

Three-Bean Chili with Tostaditas

YIELD: 6 LB PORTIONS: 12 PORTION SIZE: 8 OZ (250 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
8 oz	250 g	Black turtle beans	1. Sort, wash, and drain the black turtle beans. Soak them overnight in cold water.
8 oz	250 g	White kidney beans	2. Drain the beans. Place them in a heavy saucepot and add enough water to cover them by 1 in. (2.5 cm).
1	1	Bay leaf	3. Bring to a boil, reduce heat to a simmer, and simmer until the beans are just tender.
8 oz	250 g	Red kidney beans or pinto beans	4. Keep an eye on the beans and add a little more water whenever necessary to keep the beans covered with water.
1	1	Bay leaf	5. Repeat steps 1–4 for the white beans. It is necessary to cook the beans separately because they may have different cooking times.
2 fl oz	60 mL	Vegetable oil	6. Repeat steps 1–4 for the red kidney or pinto beans.
2 tbsp	30 mL	Cumin seed	7. Heat the vegetable oil in a sauté pan over moderate heat.
6 oz	180 g	Onion, medium dice	8. Add the cumin and cook in the oil until aromatic.
1 oz	30 g	Garlic, chopped fine	9. Add the onion, garlic, and spices. Sauté until the onion is lightly browned.
¼ cup	60 mL	Chili powder	10. Add the tomatoes and salt. Simmer 15 minutes.
1½ tsp	7 mL	Chipotle chili powder	11. Combine all three pots of beans in one large pot and add the spice and tomato mixture. Simmer until the beans are very tender. As before, add water if the stew becomes too dry.
1 tbsp	15 mL	Paprika	12. Taste for seasonings and add more salt if necessary.
2 tbsp	30 mL	Dried oregano	13. To make the tostaditas, cut the tortillas into quarters, and then cut each quarter into 2 wedges.
2 lb	1 kg	Tomatoes, canned, chopped, with their juice	14. Deep-fry the tortillas until they are crisp. Drain well.
1 tsp	5 mL	Salt	15. To serve, ladle the chili into bowls.
24	24	Tortillas	16. Set the bowls on large dinner plates as underliners. Arrange the tostaditas around the bowls on the plates.
6 fl oz	180 mL	Salsa Cruda (p. 206)	17. Place 1 tbsp (15 mL) salsa on top of each portion of chili.

Per serving: Calories, 400; Protein, 17 g; Fat, 10 g (22% cal.); Cholesterol, 0 mg; Carbohydrates, 65 g; Fiber, 16 g; Sodium, 580 mg.



Three-Bean Chili with Tostaditas

Red Rice, Spinach with Tofu Dressing, and Eggplant Dengaku



PORTIONS: 10 PORTION SIZE: APPROXIMATELY 5 OZ (150 G) RICE, 3 OZ (90 G) SPINACH, 3 OZ (90 G) EGGPLANT

U.S.	METRIC	INGREDIENTS	PROCEDURE
¾ cup	180 mL	Azuki beans	1. Wash and drain the beans.
4½ cups	1.1 L	Water	2. Place the beans and the water in a saucepan and bring to a boil. Simmer 10 minutes, or until the beans are just soft enough to be crushed between the fingers but not completely cooked.
4 cups	1 L	Glutinous rice (see p. 640)	3. Drain, reserving the cooking water. Cool both the beans and the water to room temperature. Refrigerate the beans.
			4. Wash the rice in several changes of cold water. Drain.
			5. Add the red bean cooking water to the rice and soak overnight.
			6. The next day, drain the rice and mix it with the beans.
			7. Cover the rack of a steamer with several layers of cheesecloth.
			8. Place the rice and bean mixture on top of the cheesecloth in a layer no more than 1½ in. (4 cm) thick.
			9. Steam until the rice and beans are tender, about 40 minutes.
10 oz	280 g	Firm Japanese-style tofu	10. Simmer the tofu in water 2 minutes. Drain.
2 tbsp	30 mL	Sesame seeds	11. Wrap the tofu in cheesecloth or in a clean towel and weight with a dinner plate 30–60 minutes to remove excess moisture.
2 tsp	10 mL	Soy sauce	12. Lightly toast the sesame seeds in a dry skillet, and then grind them coarsely in a mortar or spice mill.
1 tsp	5 mL	Mirin (Japanese sweet rice wine)	13. Rub the tofu through a fine sieve.
1 tbsp	15 mL	Sugar	14. Mix the puréed tofu with the sesame seeds, soy sauce, mirin, and sugar.
1 lb 12 oz	850 g	Spinach, fresh, cooked and lightly squeezed (see p. 566)	15. Chop the pressed spinach into large pieces, and then mix with the tofu dressing.
to taste	to taste	Salt	16. Add salt to taste.
6 oz	180 g	White miso	17. In a stainless-steel bowl, combine the miso and egg yolk and stir until smooth.
1	1	Egg yolk	18. Stir in the sake, mirin, sugar, and dashi.
1 tbsp	15 mL	Sake (Japanese rice wine)	19. Set the bowl in a pan of simmering water and stir until thick.
1 tbsp	15 mL	Mirin (sweet Japanese rice wine)	20. Cool.
1 tbsp	15 mL	Sugar	21. Trim the ends off the eggplant. Cut crosswise into rounds 1 in. (2.5 cm) thick.
2 fl oz	60 mL	Vegetarian dashi (p. 169)	22. Brush the cut sides of the eggplant slices with oil.
2 lb	900 g	Eggplant	23. Grill, broil, or pan-fry the eggplant until tender.
			24. Spread a layer of the miso mixture on top of each of the rounds.
			25. Pass under the broiler or salamander just until the miso topping is lightly colored.
as needed	as needed	Gomashio (see Note)	26. Serve each of the three items in separate bowls, one of each per diner. Sprinkle the top of the red rice with a little goma-shio as garnish.

Per serving: Calories, 430; Protein, 16 g; Fat, 4.5 g (9% cal.); Cholesterol, 20 mg; Carbohydrates, 81 g; Fiber, 10 g; Sodium, 770 mg.

Note: Gomashio, or sesame salt, is a mixture of toasted black sesame seeds and coarse salt. If it is not available, toast sesame seeds and mix with a little kosher salt.



Red Rice, Spinach with Tofu Dressing, and Eggplant Dengaku

Vietnamese Vegetable Pancakes



PORTIONS: 6 PORTION SIZE: 1 PANCAKE

U. S.	METRIC	INGREDIENTS	PROCEDURE
		Dipping sauce:	
4 fl oz	125 mL	Soy sauce	1. Combine the dipping sauce ingredients and stir until the sugar is dissolved.
1 tsp	5 mL	Finely chopped garlic	2. Set aside.
2 tsp	10 mL	Sugar	
½ tsp	2 mL	Black pepper	
1 tbs	15 mL	Chopped fresh red chile	
2 tbs	30 mL	Chopped peanuts	
1 tbs	15 mL	Lime juice	
½ cup	120 mL	Rice flour	3. Whip together the rice flour, eggs, water, and salt to make a thin batter. Let stand 10 minutes
3	3	Eggs, beaten	4. Strain to remove any lumps.
9 fl oz	270 mL	Water	
¾ tsp	0.5 mL	Salt	
4 oz	125 g	Shiitake mushroom caps, cut bâtonnet	5. Sauté the mushrooms in hot oil until tender. Cool.
1 tbs	15 mL	Vegetable oil	
2 fl oz	60 mL	Vegetable oil	6. In a well-seasoned 10-in. (25-cm) sauté pan or, preferably, a nonstick pan, heat 2 tsp (10 mL) oil until very hot.
6 oz	180 g	Snow peas, trimmed	7. Add about 2½ fl oz (75 mL) of the batter and swirl it around to cover the bottom of the pan.
6 oz	180 g	Bean sprouts	8. Add one-sixth of the mushrooms and snow peas. Cover and cook 1 minute.
2 oz	60 g	Scallions, sliced thin	9. Remove the lid and add one-sixth of the bean sprouts and scallions.
			10. Cook uncovered until the pancake is crisp.
			11. Slide the pancake onto a dinner plate.
			12. Repeat with the remaining batter and vegetables.
			13. Serve with dipping sauce.

Per serving: Calories, 400; Protein, 17 g; Fat, 10 g (22% cal.); Cholesterol, 0 mg; Carbohydrates, 65 g; Fiber, 16 g; Sodium, 580 mg.

VARIATIONS

For a nonvegetarian version, serve the pancake with Nuoc Cham (p. 210) instead of the soy dipping sauce.



Vietnamese Vegetable Pancake

Winter Vegetable Gratin with Feta Cheese and Bulgur Pilaf

PORTIONS: 10 PORTION SIZE: 6½ OZ (185 G) VEGETABLES, 3 OZ (90 G) PILAF

U.S. METRIC INGREDIENTS

10 oz	300 g	Turnips, peeled
10 oz	300 g	Parsnips, peeled
10 oz	300 g	Carrots, peeled
10 oz	300 g	Cauliflower, trimmed
6 oz	180 g	Brussels sprouts, trimmed
4 oz	125 g	Pearl onions, peeled
3 oz	90 g	Olive oil or melted butter
1 tsp	5 mL	Salt
½ tsp	2 mL	Pepper
1 tsp	5 mL	Dried thyme
1 tsp	5 mL	Dried oregano
<hr/>		
12 oz	375 g	Feta cheese, crumbled
4 oz	125 g	Olive oil or melted butter
8 oz	250 g	Fresh bread crumbs
30 oz (1 recipe)	900 g (1 recipe)	Bulgur Pilaf with Lemon (p. 650), made with vegetable stock

Per serving: Calories, 490; Protein, 12 g; Fat, 31 g (55% cal.); Cholesterol, 35 mg; Carbohydrates, 44 g; Fiber, 9 g; Sodium, 830 mg.

PROCEDURE

1. Cut the turnips, parsnips, and carrots into 1½-in. (4-cm) pieces.
2. Break or cut the cauliflower into small florets.
3. Cut the Brussels sprouts in half lengthwise.
4. In a large bowl, toss the vegetables, including the onions, with the oil, salt, pepper, and herbs to coat them.
5. Transfer to a half-sheet pan, 10 × 12 in. (25 × 30 cm), or a gratin dish of the same capacity. (Alternatively, bake in single-serving gratin dishes.)
6. Bake at 400°F (200°C) until the vegetables are lightly browned and tender. Stir them occasionally during cooking so they brown evenly.
7. Remove the pan from the oven and sprinkle the feta cheese over the vegetables.
8. Mix the oil or butter with the crumbs until they are evenly mixed.
9. Sprinkle the crumbs over the vegetables in an even layer.
10. Return to the oven and bake until the top is browned. If necessary, place under a broiler or salamander to finish browning.
11. Serve with bulgur pilaf.



Winter Vegetable Gratin with Feta Cheese and Bulgur Pilaf

Falafel

YIELD: ABOUT 2 LB 4 OZ (1.1 KG)

U.S.	METRIC	INGREDIENTS
2 lb	1 kg	Chickpeas, cooked or canned, drained
1 oz	30 g	Garlic, chopped fine
4 oz	125 g	Scallion, chopped fine
3 tbsp	45 mL	Chopped parsley
2 tsp	10 mL	Ground cumin
2 tsp	10 mL	Ground coriander
¼ tsp	1 mL	Cayenne
2 tsp	10 mL	Salt
1 tsp	5 mL	Black pepper
1 oz	30 g	Tahini (sesame paste)
2	2	Eggs, beaten
2 oz	60 g	Soft bread crumbs

PROCEDURE

1. Process the chickpeas in a food processor until well chopped but not completely puréed.
2. Add the remaining ingredients and mix well.
3. To make large falafel, use a No. 20 scoop to portion the mix. Roll each portion into a ball and then flatten into a thick patty. Handle the portions quickly and lightly. If they are handled too much, a loose crust may form during frying that will flake off after draining.
4. To make small, appetizer-size falafel, use a No. 40 or 50 scoop to portion the mix, and roll into balls.
5. Deep-fry at 375°F (190°C) until browned and crisp.

Per serving: Calories, 70; Protein, 3 g; Fat, 3 g (36% cal.); Cholesterol, 10 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 150 mg.

TERMS FOR REVIEW

vegetarian	pesco-vegetarian	incomplete protein	tempeh
vegan	limiting amino acid	complementary protein	miso
lacto-vegetarian	amino acid	soy milk	bean paste
ovo-vegetarian	essential amino acid	tofu	textured vegetable protein (TVP)
lacto-ovo-vegetarian	complete protein	bean curd	

QUESTIONS FOR DISCUSSION

1. Explain how complementary proteins enable vegans to get enough protein in their diet without eating animal products.
2. What vitamin is most difficult for vegans to get in their diet? Why is this so? What are alternative sources for this vitamin?
3. Considering them as sources of protein, what makes soybeans, amaranth, and quinoa unique among foods from plants?
4. Name and describe the three main types of tofu.
5. What is TVP? Describe how to prepare it for use in recipes.
6. Explain why some refined sugars are not suitable for use in vegetarian recipes. Which sugars are unsuitable, and which sugars can be used?

Chapter 21



Salade Niçoise, page 749.

Salad Dressings and Salads

In the days before modern refrigeration, the pantry was the store-room 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 must 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.

After reading this chapter, you should be able to

1. Identify the major salad dressing ingredients.
2. Prepare the following: oil and vinegar dressings, mayonnaise and mayonnaise-based dressings, cooked dressings, and specialty dressings.
3. Identify and describe five salad types, and select appropriate recipes for use as appetizer, accompaniment, main course, separate course, or dessert salad.
4. Identify a dozen popular salad greens, list six categories of other salad ingredients, and recognize several examples from each category.
5. Judge the quality of fruits, and complete the pre-preparation procedures for fruit.
6. Identify the four basic parts of a salad.
7. Prepare and arrange salads that achieve maximum eye appeal.
8. Set up an efficient system for producing salads in quantity.
9. Prepare the following types of salads: green, vegetable, bound, fruit, combination, and gelatin.
10. Set up a successful salad bar and buffet service.

SALAD DRESSINGS

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 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 and seed oils, such as *hazelnut oil* and *grapeseed 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 winy 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 aged in wooden barrels (see sidebar). 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.

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. 814 and Appendix 5, p. 1058), 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. Fresh herbs are preferable to dried herbs as flavorings, especially when the dressings are used for simple, light mixed green salads. 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 two or three hours before serving. Review Chapter 4 to refresh your memory on the use of herbs and spices.

Other ingredients added for flavoring include mustard, ketchup, Worcestershire sauce, and cheeses.

A note on blue cheese and **Roquefort cheese**: Many restaurants sell “Roquefort dressing” that 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. Do not use the term *Roquefort* for blue cheese dressings unless you are actually using this brand of cheese.

BALSAMICO TRADIZIONALE (TRADITIONAL BALSAMIC VINEGAR)

True balsamic vinegar is made by small artisan producers, as distinguished from the industrial product found in most kitchens and supermarkets. It is made not from wine or wine vinegar but from grape juice, usually from white Trebbiano grapes, although four other grapes are permitted by Italian law. Balsamico tradizionale is aged in a series of small wooden barrels for at least 10 but as long as 50 years. The result is an intensely flavorful, thick, almost syrupy, dark brown liquid.

Because of the small production and the long aging, true balsamic vinegar is very expensive, the oldest bottlings being among the most expensive foods anywhere.

The familiar inexpensive balsamico vinegars most of us are familiar with are made in large quantities from wine vinegar and caramelized sugar, sometimes with the addition of a quantity of aged balsamico. The quality of inexpensive balsamic vinegars ranges from terrible to good. The better ones can be excellent salad ingredients. True balsamico tradizionale is too costly to be mixed with salad dressings. It is generally used by itself as a condiment, measured out in mere drops.

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.

STABILIZERS AND EMULSIFIERS

As the text explains, some ingredients in a vinaigrette help the vinegar stay suspended in the oil longer. Such ingredients are called *stabilizers*. When a stabilizer is suspended throughout a vinaigrette, its tiny particles get between the droplets of vinegar and help keep them from bumping into each other and recombining. Thus, the vinegar droplets stay suspended longer. Given enough time, however, the vinaigrette will gradually separate.

One of the most useful and effective stabilizers for vinaigrettes is mustard. Any other ingredients, such as spices and finely chopped herbs, that form small particles can also help stabilize a temporary emulsion by getting between droplets.

To make a permanent emulsion, a true emulsifier is needed. Lecithin, a component of egg yolks, is a powerful emulsifier that makes possible the production of mayonnaise.

In mayonnaise, the oil is broken into tiny droplets and suspended in the vinegar. Lecithin is a long molecule with an unusual characteristic. The long chain of the molecule dissolves in oil, while one end of the molecule has an electrical charge that makes it attracted to water. The long tails dissolve in the droplets of oil, while the charged ends stick out and attract the water in the vinegar. Thus, each droplet of oil has a coating of water around it that is kept in place by the lecithin. Because of this arrangement, the oil droplets can't bump into each other and recombine, so the emulsion is permanent.

Temporary Emulsions

A simple oil-and-vinegar dressing is called a *temporary emulsion* because the two liquids always separate after being shaken or beaten together. In a standard vinaigrette, the vinegar is broken into tiny droplets. These droplets are mixed evenly, or *suspended*, throughout the oil.

The harder the mixture is beaten or shaken, the longer it takes for it to separate. This is because the vinegar is broken into smaller droplets, so the droplets take longer to recombine with each other and separate from the oil. When a mixture of oil and vinegar is mixed in a blender, the resulting mixture stays in emulsion considerably longer.

Some ingredients act as stabilizers (see sidebar). For example, when mustard is added to the mixture, the vinaigrette stays emulsified longer. Other ingredients that work this way include vegetable purées and stocks with a good gelatin content. Even these mixtures, however, will separate when they stand long enough. They should be mixed again before 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 is a strong emulsifier. The egg yolk forms a layer around each of the tiny droplets and holds them in suspension (see sidebar).

The harder the mayonnaise is beaten to break up the droplets, the more stable the emulsion becomes. All emulsions, whether permanent or temporary, form more easily at room temperature, because chilled liquid 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 *vinaigrette*, 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.

The ratio of oil to vinegar in a basic vinaigrette 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.

For guidelines in the preparation of vinaigrettes, review the discussion of temporary emulsions above. The emulsion in the basic vinaigrette recipe holds only a short time because the formula contains no stabilizers, with the minor exception of a little pepper. To make a good emulsion, mix some mustard with the vinegar, as in the first variation of the basic recipe.



Basic Vinaigrette

YIELD: 1 QT (1 L)

U. S.	METRIC	INGREDIENTS
1 cup	250 mL	Wine vinegar
1 tbsp	15 mL	Salt
1 tsp	5 mL	White pepper
3 cups	750 mL	Salad oil, olive oil, or part salad oil and part olive oil

Per 1 fl oz (29.57 mL): Calories, 180; Protein, 0 g; Fat, 21 g (100% cal.); Cholesterol, 0 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 220 mg.

PROCEDURE

1. Mix the vinegar, salt, and white pepper until the salt is dissolved.
2. Using a wire whip, a mixing machine, or a blender, begin adding the oil a few drops at a time. Gradually increase the oil to a thin stream. (See discussion of temporary emulsions, p. 702.)
3. Mix again before using. (The best way to re-emulsify a separated vinaigrette is to put it in a blender and spin at high speed until it is recombined.)

VARIATIONS**Mustard Vinaigrette**

Add 1–2 oz (30–60 g) prepared mustard (French or Dijon type) to the basic recipe. Mix with the vinegar in step 1.

Herbed Vinaigrette

Add to the basic recipe or to the Mustard Vinaigrette variation $\frac{1}{2}$ cup or 1 oz (30 g) chopped parsley, 1 tsp (5 mL) chopped fresh basil, 1 tsp (5 mL) chopped fresh marjoram or oregano, and 2 tsp (10 mL) chopped chives. If fresh herbs are not available, use half their volume of dried herbs.

Lemon Vinaigrette

In place of the wine vinegar in the basic recipe or the Mustard Vinaigrette variation, use $2\frac{1}{2}$ fl oz (75 mL) wine vinegar and $5\frac{1}{2}$ fl oz (175 mL) fresh lemon juice.

Balsamic Vinaigrette

Use balsamic vinegar in place of half to three-quarters of the wine vinegar in the basic recipe.

Italian Dressing

Use all or part olive oil. Add to the basic recipe $1\frac{1}{2}$ tsp (7 mL) minced garlic, 1 tbsp (15 mL) dried oregano, and $\frac{1}{4}$ cup (60 mL) chopped parsley.

Piquante Dressing

Add to the basic recipe 2 tsp (10 mL) dry mustard, 2 tbsp (30 mL) finely chopped onion, and 2 tsp (10 mL) paprika.

Chiffonade Dressing

Add to the basic recipe the following ingredients, all chopped fine: 2 hard-cooked eggs, 4 oz (125 g) cooked or canned red beets (drained), 2 tbsp (30 mL) chopped parsley, and 1 oz (30 g) onion or scallions.

Avocado Dressing

Add 1 lb (500 g) puréed avocado to the basic recipe or to Herbed Vinaigrette. Beat until smooth. Increase salt to taste.

Blue Cheese or Roquefort Vinaigrette

Mix 4 oz (125 g) crumbled blue cheese or Roquefort cheese and 4 fl oz (125 mL) heavy cream in a mixer with a paddle attachment or by hand in a stainless-steel bowl. Gradually beat in $1\frac{1}{2}$ pt (750 mL) Basic Vinaigrette.

American French or Tomato French Dressing

YIELD: 2 QT (2 L)

U. S.	METRIC	INGREDIENTS
4 oz	125 g	Onion
12 oz	375 mL	Cider vinegar
$2\frac{1}{2}$ cups	625 mL	Ketchup
4 oz	125 g	Sugar
1 tsp	5 mL	Mashed garlic
1 tbsp	15 mL	Worcestershire sauce
1 tsp	5 mL	Paprika
$\frac{1}{4}$ tsp	1 mL	Hot pepper sauce (such as Tabasco)
$\frac{1}{2}$ tsp	2 mL	White pepper
1 qt	1 L	Salad oil

Per 1 fl oz (29.57 mL): Calories, 140; Protein, 0 g; Fat, 14 g (86% cal.); Cholesterol, 0 mg; Carbohydrates, 5 g; Fiber, 0 g; Sodium, 115 mg.

PROCEDURE

1. Grate the onion on a hand grater or grind in food chopper.
2. Combine all ingredients except the oil in a stainless-steel bowl.
3. Mix with a wire whip until well combined and sugar is dissolved.
4. Using a wire whip or a mixing machine, gradually beat in the oil.
5. Beat or stir again before serving.

Sauce Gribiche

YIELD: 1½ PT (750 ML)

U.S.	METRIC	INGREDIENTS
6	6	Hard-cooked egg yolks
1½ tbsp	45 mL	Prepared mustard, French or Dijon-style
to taste	to taste	Salt
to taste	to taste	Pepper
1 pt	475 mL	Olive oil
as needed	as needed	Wine vinegar or water

2 tbsp	30 mL	Chopped parsley
2 tbsp	30 mL	Chopped fresh chervil
2 tbsp	30 mL	Chopped fresh tarragon
2 tbsp	30 mL	Capers
2 tbsp	30 mL	Cornichons or sour gherkin pickles, chopped
6	6	Hard-cooked egg whites, cut julienne

Per 1 fl oz (29.57 mL): Calories, 180; Protein, 2 g; Fat, 19 g (96% cal.); Cholesterol, 50 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 70 mg.

PROCEDURE

1. Mash the yolks or force them through a sieve into a bowl.
2. Add the mustard, salt, and pepper, and mix well.
3. As when making mayonnaise (see p. 706), very gradually beat in the olive oil a few drops at a time at first, then in a thin stream.
4. Because the cooked yolks do not enable a stable emulsion like raw yolks do, the mixture curdles easily. When it does, beat in a little hot water. Continue adding oil alternately with hot water. The mixture should have the consistency of a thin mayonnaise.
5. Add just enough vinegar to give the dressing a slightly tart taste.
6. Stir in the herbs, capers, cornichons, and egg whites.
7. Taste and add more salt if necessary.

Oriental Vinaigrette

YIELD: 1½ PT (750 ML)

U.S.	METRIC	INGREDIENTS
¾ cup	200 mL	Rice vinegar or white vinegar
¼ cup	60 mL	Soy sauce
1 tbsp	15 mL	Grated fresh ginger root
2 tsp	10 mL	Pepper
¼ tsp	1 mL	Crushed garlic
½ tsp	2 mL	Hot pepper sauce (such as Tabasco)
1¾ cups	425 mL	Salad oil
¼ cup	60 mL	Sesame oil
as needed	as needed	Salt

Per 1 fl oz (29.57 mL): Calories, 160; Protein, 0 g; Fat, 18 g (100% cal.); Cholesterol, 0 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 150 mg.

PROCEDURE

1. Combine all ingredients except the oils and salt in a bowl and mix well.
2. Taste the dressing and add salt if necessary (the soy sauce may contain enough salt).
3. Using a wire whip or a mixing machine, gradually beat in the salad oil and then the sesame oil.
4. Mix or stir again before using.

Reduced-Fat Vinaigrette

YIELD: 1 QT (1 L)

U.S.	METRIC	INGREDIENTS
1 cup	250 mL	Wine vinegar
1 pt	500 mL	Jus Lié (p. 188) made with white stock, vegetable stock, or vegetable juice
1 tbsp	15 mL	Salt
1 tsp	5 mL	White pepper
1 cup	250 mL	Salad oil, olive oil, or part salad oil and part olive oil

Per 1 fl oz (29.57 mL): Calories, 60; Protein, 0 g; Fat, 7 g (100% cal.); Cholesterol, 0 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 220 mg.

PROCEDURE

1. Mix the vinegar, jus lié, salt, and white pepper until the salt is dissolved.
2. Using a wire whip or a mixing machine, mix in the oil.
3. Mix or stir again before using.

Fat-Free Vinaigrette

YIELD: 10 FL OZ (300 ML)

U. S.	METRIC	INGREDIENTS
8 oz	250 g	Onions, whole, with peel
2 tbsp	30 mL	Prepared mustard, French or Dijon style
2 fl oz	60 mL	Wine vinegar
4 fl oz	125 mL	Vegetable stock or juice
2 tbsp	30 mL	Chopped parsley
to taste	to taste	Salt
to taste	to taste	Black pepper

Per 1 fl oz (29.57 mL): Calories, 15; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 80 mg.

PROCEDURE

1. Roast the onions at 350°F (175°C) until they are completely soft, 45 to 60 minutes.
2. Cool until they are cool enough to handle. Peel.
3. Purée the onions in a blender or food processor.
4. Add the mustard, vinegar, and stock. Blend to mix well.
5. Stir in the chopped parsley.
6. Season to taste with salt and pepper.

VARIATIONS

Substitute chicken stock for the vegetable stock.

Fat-Free Roasted Garlic Vinaigrette

Substitute roasted garlic for the roasted onions in the basic recipe.

See the variations following Basic Vinaigrette for other flavoring ideas.

Emulsified Dressings

Mayonnaise is the most important emulsified dressing. It is sometimes used by itself as a salad dressing, but more often it 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.

Emulsified French dressing is similar to basic French dressing, except egg yolk is added to keep the oil and vinegar from separating. Its preparation is similar to that of mayonnaise. Emulsified French dressing is given a red-orange color and a subtle flavoring through the addition of Spanish paprika.

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 the guidelines on the next page before proceeding with the recipe.

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 form more easily because the acidity of the vinegar helps prevent curdling of the egg yolk proteins. Also, the vinegar helps 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 thicker 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.
Alternative repair method: Place the broken mayonnaise in a blender and spin until the emulsion is re-formed.

Figure 21.1 Making mayonnaise by hand.



(a) Whip the egg yolks until light. Whip in this first quantity of vinegar and seasonings.



(b) Slowly pour in the oil in a thin stream, whipping constantly.



(c) The finished mayonnaise should be thick enough to hold its shape.



Mayonnaise



YIELD: 2 QT (2 L)

U.S.	METRIC	INGREDIENTS
8	8	Egg yolks, preferably pasteurized
2 tbsp	30 mL	Vinegar
2 tsp	10 mL	Salt
2 tsp	10 mL	Dry mustard
pinch	pinch	Cayenne

3¼ pt	1.7 L	Salad oil
4 tbsp	60 mL	Vinegar
3–4 tbsp	50–60 mL	Lemon juice

Per 1 fl oz (29.57 mL): Calories, 220; Protein, 0 g; Fat, 25 g (100% cal.); Cholesterol, 25 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 75 mg.

PROCEDURE

1. Review the guidelines for making mayonnaise on page 706.
2. Place the egg yolks in the bowl of a mixer and beat with the whip attachment until well beaten.
3. Add 2 tbsp (30 mL) vinegar and beat well.
4. Mix the dry ingredients and add to the bowl. Beat until well mixed.
5. Turn the mixer to high speed. Very slowly, almost drop by drop, begin adding the oil. When the emulsion forms, you can add the oil slightly faster.
6. When the mayonnaise becomes thick, thin with a little of the second quantity of vinegar.
7. Gradually beat in the remaining oil alternately with the vinegar. (If the emulsion breaks, see step 10 in the basic procedure to repair it.)
8. Adjust the tartness and the consistency by beating in a little lemon juice.

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 bell pepper, 4 oz (125 g) chopped drained pimiento, and (optional ingredient) 3 chopped hard-cooked eggs.

Louis Dressing

Prepare Thousand Island Dressing without the chopped eggs. Add 1 pt (500 mL) heavy cream.

Russian Dressing

1 pt (500 mL) chili sauce or ketchup, 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.

Aïoli II

Mash 2–4 oz (60–125 g) garlic with the salt in the basic recipe. Add this to the egg yolks. Use olive oil or half olive oil and half salad oil. For another version of Aïoli, see page 217.

Emulsified French Dressing



YIELD: 2 QT (2 L)

U.S.	METRIC	INGREDIENTS
2	2	Eggs, preferably pasteurized
1 tbsp	15 mL	Salt
1 tbsp	15 mL	Paprika
1 tbsp	15 mL	Dry mustard
½ tsp	2 mL	White pepper
3 pt	1.4 L	Salad oil
8 fl oz	250 mL	Cider vinegar
4 fl oz	125 mL	Lemon juice

as needed as needed Vinegar, lemon juice, or water

Per 1 fl oz (29.57 mL): Calories, 190; Protein, 0 g; Fat, 21 g (100% cal.); Cholesterol, 5 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 110 mg.

PROCEDURE

1. Place the eggs in the bowl of a mixer and beat with the whip attachment until well beaten.
2. Mix the dry ingredients and add to the bowl. Beat until well mixed.
3. Turn the mixer to high speed. Very slowly begin adding the oil, as when making mayonnaise.
4. When the dressing becomes thick, thin with a little of the vinegar.
5. Gradually beat in the remaining oil alternately with the vinegar.
6. Beat in the lemon juice.
7. The dressing should be pourable, not thick like mayonnaise. If it is too thick, taste for seasonings first. If the dressing is not tart enough, thin with a little vinegar or lemon juice. If it is tart enough, thin with water.

Caesar Dressing

YIELD: 1 QT (1 L)

U.S.	METRIC	INGREDIENTS	PROCEDURE
25 2 tsp	25 10 mL	Anchovy fillets (see Note) Crushed garlic	1. Mash the anchovies and garlic together to make a paste.
4 3 fl oz	4 90 mL	Eggs, pasteurized Lemon juice	2. Place the eggs in the bowl of a mixer and whip with the whip attachment until well beaten. 3. Add the anchovy and garlic paste and the first quantity of lemon juice. Whip until well mixed.
2½ cups 3 fl oz 2 oz to taste	600 mL 90 mL 60 g to taste	Olive oil Lemon juice Parmesan cheese, grated Salt	4. With the mixer on high speed, slowly begin adding the oil, as when making mayonnaise. 5. When the dressing becomes thick, add a little of the remaining lemon juice. 6. Gradually beat in the rest of the oil alternating with the rest of the lemon juice. 7. Mix in the parmesan cheese and salt.

Per 1 fl oz (29.57 mL): Calories, 170; Protein, 2 g; Fat, 18 g (93% cal.); Cholesterol, 30 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 160 mg.

Note: Anchovies are a main ingredient in traditional Caesar salads but may be omitted according to taste.

KEY POINTS TO REVIEW

- What kinds of oils and vinegars are used in salad dressings? What are their quality factors?
- In addition to oil and vinegar, what are the other major ingredients in most salad dressings?
- What is an emulsion? Describe how the emulsions work in a basic vinaigrette and in mayonnaise. What is the function of stabilizers and emulsifiers in these dressings?
- How do you make a basic vinaigrette?
- How do you make mayonnaise?

Other Dressings

Cooked salad dressing is similar in appearance to mayonnaise, but it has a more tart flavor, while mayonnaise is richer and milder. Cooked dressing is made with little or no oil and with a starch thickener. It may be made in the kitchen or purchased already prepared. Formerly, it was little used in commercial kitchens because of its strong flavor and tartness, but now it is preferred to mayonnaise in some regions.

You will find in many cookbooks a great variety of dressings based on neither mayonnaise nor oil and vinegar. They include dressings based on sour cream and on fruit juice and yogurt (for fruit salads), and low-calorie dressings that appeal to the dieter. The important thing to remember is that these dressings should have well-balanced flavors with a pleasant tartness, and they should harmonize with and complement the salad with which they are served.

Sour Cream Fruit Salad Dressing

YIELD: ABOUT 2½ PT (1.25 L)

U.S.	METRIC	INGREDIENTS	PROCEDURE
4 oz 4 fl oz 2 pt	125 g 125 mL 1 L	Currant jelly Lemon juice Sour cream	1. Place the jelly and lemon juice in a stainless-steel bowl. Set over hot water or low heat and stir until melted. 2. Remove from heat and beat in the sour cream a little at a time. Chill the dressing.

Per 1 fl oz (29.57 mL): Calories, 60; Protein, 1 g; Fat, 5 g (74% cal.); Cholesterol, 10 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 15 mg.

VARIATION

Yogurt Fruit Salad Dressing

Prepare as in the basic recipe, using 1 cup (250 mL) sour cream and 3 cups (750 mL) plain yogurt instead of all sour cream.

Cooked Salad Dressing

YIELD: 2 QT (2 L)

U. S.	METRIC	INGREDIENTS
4 oz	125 g	Sugar
4 oz	125 g	Flour
2 tbsp	30 mL	Salt
2 tbsp	30 mL	Dry mustard
¼ tsp	1 mL	Cayenne
4	4	Eggs
4	4	Egg yolks
3 pt	1.5 L	Milk
<hr/>		
4 oz	125 g	Butter
12 fl oz	375 mL	Cider vinegar

Per 1 fl oz (29.57 mL): Calories, 50; Protein, 2 g; Fat, 3 g (49% cal.); Cholesterol, 35 mg; Carbohydrates, 5 g; Fiber, 0 g; Sodium, 250 mg.

PROCEDURE

1. Mix the sugar, flour, salt, mustard, and cayenne in a stainless-steel bowl.
2. Add the eggs and yolks and beat until smooth.
3. Place the milk in a saucepan and bring to a simmer. Be careful not to scorch it.
4. Gradually beat about half the milk into the egg mixture. Then return the mixture to the saucepan.
5. Cook over low heat, stirring constantly, until very thick and no raw flour taste remains.
6. Remove from heat and stir in the butter.
7. When the butter is melted and mixed in, stir in the vinegar.
8. Immediately transfer the dressing to a stainless-steel container. Cover and cool.

Honey Lemon Dressing

YIELD: 1 PT (500 ML)

U. S.	METRIC	INGREDIENTS
1 cup	250 mL	Honey
1 cup	250 mL	Lemon juice

Per 1 fl oz (29.57 mL): Calories, 70; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 19 g; Fiber, 0 g; Sodium, 0 mg.

PROCEDURE

1. Mix honey and lemon juice until thoroughly mixed.
2. Serve with fruit salads.

VARIATIONS

Honey Cream Dressing

Mix 1 cup (250 mL) heavy cream with the honey before adding the lemon juice.

Honey Lime Dressing

Use lime juice instead of lemon juice.

Fruit Salad Dressing

YIELD: 1 QT (1 L)

U. S.	METRIC	INGREDIENTS
6 oz	175 g	Sugar
1 oz	30 g	Cornstarch
4	4	Eggs
<hr/>		
1 cup	250 mL	Pineapple juice
1 cup	250 mL	Orange juice
½ cup	125 mL	Lemon juice
<hr/>		
1 cup	250 mL	Sour cream

PROCEDURE

1. Mix the sugar and cornstarch in a stainless-steel bowl.
2. Add the eggs and beat until the mixture is smooth.
3. Heat the fruit juices in a saucepan and bring to a boil.
4. Gradually beat the hot juices into the egg mixture.
5. Return the mixture to the saucepan and bring to a boil, stirring constantly.
6. When the mixture has thickened, immediately pour it into a stainless-steel bowl or bain-marie and chill.
7. Beat the sour cream into the chilled fruit mixture.

Per 1 fl oz (29.57 mL): Calories, 60; Protein, 1 g; Fat, 2 g (31% cal.); Cholesterol, 30 mg; Carbohydrates, 9 g; Fiber, 0 g; Sodium, 10 mg.

Low-Fat Buttermilk Yogurt Dressing

YIELD: 1 PT 12 FL OZ (850 ML)

U.S.	METRIC	INGREDIENTS
1 pt	500 mL	Fat-free or low-fat yogurt, unflavored
8 fl oz	250 mL	Buttermilk
1 tbsp	15 mL	Prepared mustard, French or Dijon style
1 fl oz	30 mL	Wine vinegar
1 fl oz	30 mL	Lemon juice
1 fl oz	30 mL	Worcestershire sauce
1½ tbsp	22 mL	Chopped parsley
1 tsp	5 mL	Finely chopped garlic
½ oz	15 g	Shallots, chopped fine
½ tsp	2 mL	Celery seed
4 tsp	20 mL	Sugar
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Mix all ingredients until uniformly blended.

Per 1 fl oz (29.57 mL): Calories, 15; Protein, 1 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 45 mg.

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 classification when we discuss specific recipes later in this chapter.

Before the pantry chef can produce the salads, first he or she must decide exactly what salads should be made. Therefore, you should know what kinds of salad are best for which purposes. For this reason, salads are also classified according to their function in the meal. Keep in mind that there are no exact dividing lines between the types of salad discussed below. For example, a salad suitable as the first course of a dinner may also be an excellent main course on a luncheon menu.

Types of Salads

Today, the variety of salads on offer seems to be greater than ever in memory. Restaurants that once listed no more than two or three salads on their menu now devote an entire page to the category. New kinds of salad fill bin after bin in the prepared-food sections of supermarkets and delicatessens.

At the same time, more traditional salads have not lost their importance. In schools, hospitals, nursing homes, neighborhood diners, and mom-and-pop restaurants, cooks who never heard of mesclun still must know how to clean a head of iceberg lettuce and how to prepare flavored gelatins.

The following classification of salad types describes the roles salads fill in modern menus. These categories apply to both traditional and modern recipes. Examples of both are included later in this chapter.

Appetizer Salads

Many establishments serve salads as a first course, often as a substitute for a more elaborate first course. Not only does this ease the pressure on the kitchen during service but it also gives the customers a satisfying food to eat while their dinners are being prepared.

In addition, more elaborate composed salads are popular as appetizers (and also as main courses at lunch) in many elegant restaurants. These often consist of a poultry, meat, or fish item, plus a variety of vegetables and garnishes, attractively arranged on a bed of greens.

Appetizer salads should stimulate the appetite. This means they must have fresh, crisp ingredients; a tangy, flavorful dressing; and an attractive, appetizing appearance.

Preportioned salads should not be so large as to be filling, but they should be substantial enough to serve as a complete course in themselves. (Self-service salad bars, of course, avoid this problem.) Tossed green salads are especially popular for this reason, as they are bulky without being filling.

The combination of ingredients should be interesting, not dull or trite. Flavorful foods like cheese, ham, salami, shrimp, and crabmeat, even in small quantities, add appeal. So do crisp raw or lightly cooked vegetables. A bowl of poorly drained iceberg lettuce with a bland dressing is hardly an exciting way to start a meal.

Attractive arrangement and garnish are important because visual appeal stimulates the appetite. A satisfying, interesting starter puts the customer in a good frame of mind for the rest of the meal.

Accompaniment Salads

Salads can also be served with the main course. They serve the same function as other side dishes (vegetables and starches).

Accompaniment salads must balance and harmonize with the rest of the meal, like any other side dish. For example, don't serve potato salad at the same meal at which you are serving French fries or another starch. Sweet fruit salads are rarely appropriate as accompaniments, except with such items as ham or pork.

Side-dish salads should be light and flavorful, not too rich. Vegetable salads are often good choices. Heavier salads, such as macaroni or high-protein salads containing meat, seafood, cheese, and so on, are less appropriate, unless the main course is light. Combination salads with a variety of elements are appropriate accompaniments to sandwiches.

Main-Course Salads

Cold salad plates have become popular on luncheon menus, especially among nutrition- and diet-conscious diners. The appeal of these salads is in variety and freshness of ingredients.

Main-course salads should be large enough to serve as a full meal and should contain a substantial portion of protein. Meat, poultry, and seafood salads, as well as egg salad and cheese, are popular choices.

Main-course salads should offer enough variety on the plate to form a balanced meal, both nutritionally and in flavors and textures. In addition to the protein, a salad platter should offer a variety of vegetables, greens, and/or fruits. Examples are chef's salad (mixed greens, raw vegetables, and strips of meat and cheese), shrimp or crabmeat salad with tomato wedges and slices of avocado on a bed of greens, and cottage cheese with an assortment of fresh fruits.

The portion size and variety of ingredients give the chef an excellent opportunity to use imagination and creativity to produce attractive, appetizing salad plates. Attractive arrangements and good color balance are important.

Separate-Course Salads

Many fine restaurants serve a refreshing, light salad after the main course. The purpose is to cleanse the palate after a rich dinner and to refresh the appetite and provide a pleasant break before dessert.

Salads served after the main course were the rule rather than the exception many years ago, and the practice deserves to be more widespread. A diner who may be satiated after a heavy meal is often refreshed and ready for dessert after a light, piquant salad.

Separate-course salads must be very light and in no way filling. Rich, heavy dressings, such as those made with sour cream and mayonnaise, should be avoided. Perhaps the ideal choice is a few delicate greens, such as Bibb lettuce or Belgian endive, lightly dressed with vinaigrette. Fruit salads are also popular choices.

Dessert Salads

Dessert salads are usually sweet and may contain items such as fruits, sweetened gelatin, nuts, and cream. They are often too sweet to be served as appetizers or accompaniments and are best served as dessert or as part of a buffet or party menu.

Ingredients

Freshness and variety of ingredients are essential for high-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 instructor. The lists will be useful when you are creating your own salad ideas.

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

Salad Greens

Iceberg lettuce	Dandelion greens
Romaine lettuce	Watercress
Boston lettuce	Arugula
Bibb or limestone lettuce	Radicchio
Loose-leaf lettuce	Mesclun
Escarole	Tatsoi
Chicory or curly endive	Mâche
Frisée	Microgreens
Belgian endive	Sprouts
Chinese cabbage or celery cabbage	Edible flowers
Spinach	

Vegetables, Raw

Avocado	Cucumbers
Bean sprouts	Sunchokes (Jerusalem artichokes)
Broccoli	Kohlrabi
Cabbage, white, green, and red	Mushrooms
Carrots	Onions and scallions
Cauliflower	Peppers, red, green, and yellow
Celery	Radishes
Celeriac (celery root)	Tomatoes

Vegetables, Cooked, Pickled, and Canned

Artichoke hearts	Hearts of palm
Asparagus	Leeks
Beans (all kinds)	Olives

Beets	Peas
Carrots	Peppers, roasted and pickled
Cauliflower	Pimientos
Corn	Potatoes
Cucumber pickles (dill, sweet, etc.)	Water chestnuts

Starches

Dried beans (cooked or canned)	Macaroni products	Bread (croutons)
Potatoes	Grains	

Fruits, Fresh, Cooked, Canned, or Frozen

Apples	Grapes	Peaches
Apricots	Kiwi fruit	Pears
Bananas	Kumquats	Persimmons
Berries	Mandarin oranges and tangerines	Pineapple
Cherries	Mangoes	Plums
Coconut	Melons	Prunes
Dates	Nectarines	Pomegranates
Figs	Oranges	Prickly pear
Grapefruit	Papayas	Raisins

Protein Foods

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

Miscellaneous

Gelatin (plain or flavored)	Nuts
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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 head 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.



Iceberg lettuce



Romaine or cos lettuce



Boston lettuce



Bibb or limestone lettuce



Loose-leaf lettuce



Escarole or broad-leaf endive



Chicory or curly endive



Frisée

Belgian endive or
witloof chicory

Chinese cabbage



Spinach



Arugula or rocket

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, but 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.



Watercress

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.

BABY LETTUCCES

The small, tender leaves that make up a mesclun mix are also available separately. These include baby Bibb (both red and green), baby romaine, baby red oak leaf, and lola rossa (a red lettuce with ruffled leaves).



Lola rossa



Red oak leaf



Mesclun



SPROUTS

Sprouts are young plants that have just emerged from their seeds, before the true leaves develop. Sprouts from mung beans are commonly used in Chinese cooking. Alfalfa, daikon radish, and mustard sprouts are often used in delicate salads. Alfalfa sprouts have a mild flavor, while radish and mustard sprouts have a peppery flavor.

MICROGREENS

These are the first true leaves that develop after a seed sprouts. Tiny herb leaves and tiny leaves from lettuce and other salad greens, younger and smaller than baby lettuces, are used mostly as garnish for other dishes, both hot and cold.

TATSOI

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

MIZUNA

Mizuna, also known as *Japanese mustard greens*, is a dark green leaf with jagged edges resembling dandelion leaves. It has a mild, mustardy taste.

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-leafed 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-leafed 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.

Alfalfa sprouts



Microgreens



Tatsoi



Mizuna



Mâche



Radicchio



Treviso



Dandelion greens



Granny Smith apple



Golden Delicious apple



Rome apple



Round Gala apple



Macintosh apples



Red Delicious apples



Apricots



Bananas



Blackberries



Blueberries



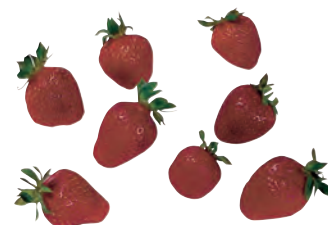
Cranberries



White currants



Raspberries



Strawberries

Fresh Fruits: Evaluating and Preparing

The following is a summary of the most commonly available fresh fruits. Emphasis is on the qualities to look for when purchasing them and on how to trim and prepare the fruit for use. In addition, identification information is included for certain exotic items. Nearly everyone knows what apples, bananas, and strawberries are, but not everyone can identify a persimmon or a passion fruit. Trimming yields are also given. How to use these percentages is explained on pages 115–116.

APPLES

Mature apples have a fruity aroma, brown seeds, and a 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 for a longer period. Apples with a good acid content are usually better for cooking than bland eating varieties like Red Delicious. Granny Smith and Golden Delicious are widely used for cooking. To prepare, wash; pare if desired. Quarter and remove core, or leave whole and core with a special coring tool. Use a stainless-steel knife for cutting. After paring, dip in solution of lemon juice (or other tart fruit juice) or ascorbic acid to prevent browning.

Percentage yield: 75%

APRICOTS

Only tree-ripened apricots have sufficient flavor, and they keep for a week or less under refrigeration. They should be golden yellow, firm, and plump, not mushy. Avoid fruit that is soft, blemished, or decayed.

Wash, split in half, and remove pit. Peeling is not necessary for most purposes.

Percentage yield: 94%

BANANAS

Look for plump, smooth bananas without bruises or spoilage. All bananas are picked green, so you don't need to avoid unripe fruit. Avoid overripe fruit, however.

Ripen at room temperature for three to five days; fully 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.

Percentage yield: 70%

BERRIES

This category includes blackberries, blueberries, cranberries, black currants (cassis), red currants, white currants, lingonberries, raspberries, and strawberries. Berries should be full, plump, and clean, with bright, fully ripe color. Watch for moldy or spoiled fruits. Wet spots on carton indicate damaged fruit.

Refrigerate in original container until ready to use in order to reduce handling. 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. Red currants for garnishing are often left on the stem. Handle berries carefully to avoid bruising.

Percentage yield: 92–95%

CHERRIES

Look for plump, firm, sweet, juicy cherries. Bing or black cherries should be uniformly dark to almost black.

Refrigerate in original container until ready to use. Just before use, remove stems and sort out damaged fruit. Rinse and drain well. Pit with a special pitting tool.

Percentage yield: 82% (pitted)



Cherries

COCONUTS

Shake to hear liquid inside; fruits with no liquid are dried out. Avoid cracked fruits and fruits with wet eyes.

Pierce eye with ice pick or nail and drain liquid. Crack with hammer and remove meat from shell (easier if placed in 350°F/175°C oven 10 to 15 minutes first). Peel brown skin with paring knife or vegetable peeler.

Percentage yield: 50%



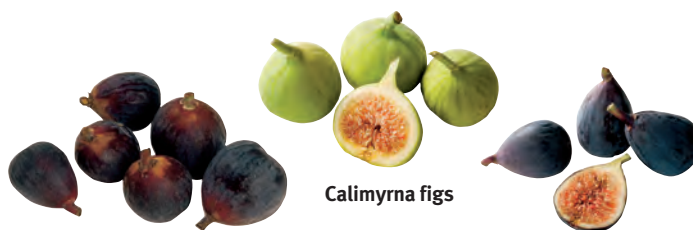
Coconut

FIGS

Calimyrna figs, also called *Smyrna figs*, are light green; Black Mission figs and Black Spanish figs (also called *Brown Turkey*) are purple. All figs are sweet when ripe, and soft and delicate in texture. They should be plump and soft, without spoilage or sour odor.

Keep refrigerated (although firm, unripe figs can be left at room temperature, spread in one layer, for a few days to ripen slightly). Rinse and drain, handling carefully. Trim off hard stem ends.

Percentage yield: 95% (80–85% if peeled)



Figs

Calimyrna figs

Black mission figs

GRAPEFRUIT

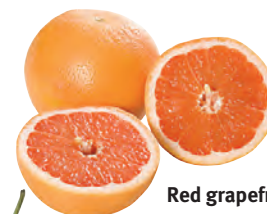
Select fruit that is heavy for its size and has a firm, smooth skin. Avoid puffy, soft fruits and those with pointed ends, which have low yield and a lot of rind. Cut and taste for sweetness.

For sections and slices, peel with a chef's knife, removing all white pith (see p. 148). Free sections from membrane with a small knife.

Percentage yield: 45–50% (flesh without membrane); 40–45% (juiced)



Grapefruit



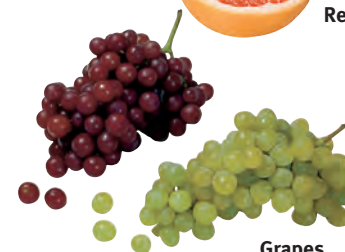
Red grapefruit

GRAPES

Look for firm, ripe, good-colored fruits in full bunches. Grapes should be firmly attached to stems and should not fall off when shaken. Watch for rotting or shriveling at stem ends.

Refrigerate in original container. Wash and drain. Except for seedless varieties, cut in half and remove seeds with the point of a paring knife.

Percentage yield: 90%



Grapes

GUAVA

There are many varieties of these small, tropical fruits. They may be round, oval, or pear-shaped, with aromatic flesh that may be green, pink, yellow, red, or white, sometimes full of seeds and sometimes nearly seedless. The flavor is complex and ranges from sweet to sour. Select tender fruits with a full aroma

Cut in half and scoop out the flesh. For many uses, the flesh is puréed in a food processor or blender, seeds and all. Alternatively, cut into dice or other shapes as desired.

Percentage yield: 80%



Guava

KIWI FRUIT

Kiwis are firm when unripe; they become slightly softer when ripe but do not change color significantly. Common kiwis have green flesh; golden kiwis are also available. Allow them to ripen at room temperature. Avoid fruits with bruises or soft spots.

Pare thin outer skin. Cut crosswise into slices.

Percentage yield: 80%



Kiwi fruit

KUMQUATS

These look like tiny, elongated oranges, about the size of a medium olive. The skin and even the seeds can be eaten. In fact, the skin is sweet, while the flesh and juice are tart. Avoid soft or shriveled fruit. Kumquats keep well and are usually in good condition in the market.

Wash, drain well, and cut as desired.

Percentage yield: 95–100%



Kumquats



Lemons

Limes



Litchis



Cantaloupe



Honeydew



Canary melon



Watermelon



Crenshaw melon



Piel de sapo melon



Nectarines

LEMONS AND LIMES

Look for firm, smooth skins. Colors may vary: Limes may be yellow, and lemons may have green on skin.

Cut in wedges, slices, or other shapes for garnish, or cut in half crosswise for juicing. Wash first if using the zest.

Percentage yield: 40–45% (juiced)

LITCHIS (OR LYCHEES)

This Chinese fruit is about the size of a walnut or Ping-Pong ball. Its rough, leathery outer skin, which ranges from reddish to brown, is easily peeled away to reveal aromatic, juicy white flesh that surrounds an inedible pit. Look for heavy, plump fruit with good color.

Peel, cut in half, and remove the seed.

Percentage yield: 50%

MANGOES

This tropical fruit comes in two main types: oval, with a skin that ranges from green to orange to red, and kidney-shaped, with skin that is more uniformly yellow when ripe. Mangoes have a thin but tough skin and yellow to yellow-orange flesh that is juicy and aromatic. Fruit should be plump and firm, with clear color and no blemishes. Avoid rock-hard fruit, which may not ripen properly.

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.

Percentage yield: 75%



Mangoes

MELONS

Look for the following characteristics when selecting melons:

Cantaloupes: Smooth scar on stem end, with no trace of stem (called *full slip*, meaning the 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 too green. Large sizes have best quality.

Crenshaw, Casaba, Persian, Canary, Santa Claus: Heavy, with a 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).

To prepare hollow melons, wash, cut in half, and remove seeds and fibers. Cut into wedges and cut flesh from rind, or cut balls with ball cutter. For watermelon, wash, cut in half or into pieces, and cut balls with ball cutter, or cut flesh from rind and remove seeds.

Percentage yield: Watermelons: 45%; others: 50–55%

NECTARINES

See Peaches and Nectarines.

ORANGES, MANDARINS, AND TANGERINES

To buy high-quality oranges, use the same guidelines as for grapefruit. Mandarins may feel puffy, but they should be heavy for their size. Unusual varieties include blood oranges, with dark red flesh and juice and intense flavor, and Seville oranges, with tart rather than sweet flesh. Seville oranges are prized for making marmalade.

Peel mandarins by hand and separate the sections. For juicing, cut oranges in half crosswise. For sections, see Grapefruit.

Percentage yield: 60–65% (sections with no membranes); 50% (juiced)

PAPAYAS

Papayas are pear-shaped tropical fruits with a mild, sweet flavor and slightly floral aroma. The flesh is yellow or pinkish, depending on the variety, and the center cavity holds a mass of round, black seeds. Papayas may weigh from less than 1 pound to several pounds (less than 500 g to more than 1 kg) each. Their skin is green when unripe, becoming yellow as they ripen. For best quality, select fruits that are firm and symmetrical, without bruises or rotten spots. Avoid dark green papayas, which may not ripen properly.

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 the seeds. Peel, if desired, or serve like cantaloupe.

Percentage yield: 65%

PASSION FRUIT

These are tropical fruits about the size of eggs, with a brownish purple skin that wrinkles when ripe. (There is also a yellow-skinned variety.) They are mostly hollow when ripe, with juice, seeds, and a little flesh inside. The tart juice has an intense, exotic flavor and aroma greatly prized by pastry chefs. Select fruits that are large and heavy for their size. If they are smooth, let ripen at room temperature until the skin is wrinkled.

To use, cut in half, taking care not to lose any juice. Scrape out the seeds, juice, and pulp. Seeds can be eaten, so do not discard. If you need only the juice, it is much more economical to buy the frozen juice, as fresh fruits are expensive.

Percentage yield: 40–45%

PEACHES AND NECTARINES

Peaches should be plump and firm, without bruises or blemishes. Avoid dark green fruits, which are immature and will not ripen well. Avoid fruits refrigerated before ripening, as they may be mealy. Select freestone varieties of peaches. Clingstone varieties require too much labor (they are used primarily for canning).

Let ripen at room temperature, then refrigerate. Peel peaches by blanching in boiling water 10 to 20 seconds, until skin slips off easily, and cool in ice water. (Nectarines do not need to be peeled.) Cut in half, remove pits, and drop into fruit juice, sugar syrup, or ascorbic acid solution to prevent darkening.

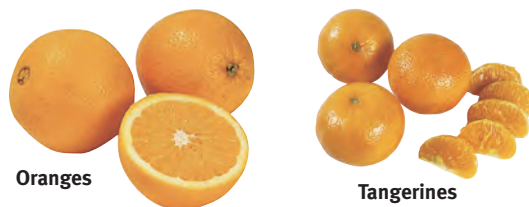
Percentage yield: 75%

PEARS

Pears should be clean, firm, and bright, with no blemishes or bruises.

Pears for eating raw should be fully ripe and aromatic. For cooking, they are better if slightly underripe, as fully ripe pears are very soft when cooked. Wash, pare, cut in halves or quarters, and remove core. To prevent browning, dip in fruit juice.

Percentage yield: 75% (peeled and cored)



Oranges

Tangerines



Blood oranges



Papaya



Passion fruits



Peaches



Bartlett pears



Bosc pears



Butter French pear
Courtesy of the California
Pear Advisory Board



Comice pear
Courtesy of the California
Pear Advisory Board



Forelle pear
Courtesy of the California
Pear Advisory Board



Seckel pear
Courtesy of the California
Pear Advisory Board



Starcrimson pear
Courtesy of the California
Pear Advisory Board



Taylor gold pear
Courtesy of the California
Pear Advisory Board



Hachiya persimmons



Pineapple

PERSIMMONS

Persimmons are orange-red fruits available in two varieties. The most common is Hachiya, which is shaped somewhat like a large acorn (about 8 oz/250 g each). It is extremely tannic when unripe, making it nearly inedible until it ripens to a soft, jellylike mass. Ripe persimmons are sweet, juicy, and mild but rich in flavor. The other variety, Fuyu, is smaller and more squat in shape. It lacks the tannin content of Hachiya persimmons and can be eaten even when not fully ripe. Select plump persimmons with good red color and stem cap attached.

Ripen at room temperature until very soft, then refrigerate. Remove stem cap, cut as desired, and remove seeds, if there are any.

Percentage yield: 80%

PINEAPPLES

Pineapples should be plump and fresh-looking, with an orange-yellow color and abundant fragrance. Avoid soft spots, bruises, and dark, watery spots.

Store at room temperature for a day or two to allow some tartness to disappear, then refrigerate. Pineapples may be cut in many ways. For slices, chunks, and dice, cut off top and bottom and pare the rough skin from the sides, using a stainless-steel knife. Remove all eyes. Cut into quarters lengthwise and cut out the hard center core. Slice or cut as desired.

Percentage yield: 50%

PLUMS

Plums should be plump and firm but not hard, with good color and no blemishes.

Wash, cut in half, and remove pits, or serve whole.

Percentage yield: 95% (pitted only)



Prune plums



Red plums



Black freestone plums



Santa Rosa plums



Pomegranates

POMEGRANATES

The pomegranate is a subtropical fruit about the size of a large apple. It has a dry red skin or shell enclosing a mass of seeds. Each seed is surrounded by a small sphere of juicy, bright red pulp. Pomegranates are used mostly for their red, tart-sweet juice. The seeds, with their surrounding pulp, can also be used as an attractive garnish for desserts and even meat dishes. Look for heavy fruits without bruises. When squeezed, they should yield to gentle pressure; if they are too hard, they may be dried out.

To prepare, lightly score the skin without cutting into the seeds and carefully break the fruit into sections. Separate the seeds from the membranes. Juicing is difficult. Some methods crush the seeds and make the juice bitter. This method makes a better juice: Roll the whole pomegranate on the countertop under the palm of the hand to break the juice sacs. Then pierce a hole in the side and squeeze out the juice.

Percentage yield: 55%

PRICKLY PEARS OR CACTUS PEARS

This is a barrel-shaped fruit about the size of a large egg. Its skin color ranges from magenta to greenish red, and it has a bright pinkish red, spongy interior with black seeds. The pulp is sweet and aromatic, but with a mild flavor. Good-quality fruits are tender but not mushy, with a good skin color, not faded. Avoid fruits with rotten spots.

If the fruit is firm, allow to ripen at room temperature, then refrigerate. As it is the fruit of a cactus, thorns grow on the skin. These are removed before shipping, but small, hard-to-see thorns may remain. To avoid getting stung, hold the fruit with a fork while you slice off the top and bottom. Still holding it with a fork, pare the sides with a knife and discard the peels without touching them. Cut or slice the pulp as desired, or force it through a sieve to purée it and remove the seeds.

Percentage yield: 70%



Prickly pears

QUINCES

Quinces grow in temperate climates and were once very popular in Europe and North America. Many old, neglected quince trees remain in New England and elsewhere. The fruit resembles a large, yellow, lumpy pear with a smooth or slightly downy skin. The raw fruit is never eaten, as it is dry and hard. When cooked (usually stewed or poached in a sugar syrup), it becomes aromatic, flavorful, and sweet, and the color of the flesh turns slightly pink. The fruit keeps well. Select fruit with good color and free of bruises or blemishes.

Cut, pare, and core like apples or pears, then cook.

Percentage yield: 75%

RHUBARB

Rhubarb is a stem, not a fruit, but it is used like a fruit. Buy firm, crisp, tender rhubarb with thick stalks, not thin and shriveled.

Cut off all traces of leaf, which is poisonous. Trim root end, if necessary. Peel with a vegetable peeler if desired, or omit this step if the skin is tender. Cut into desired lengths.

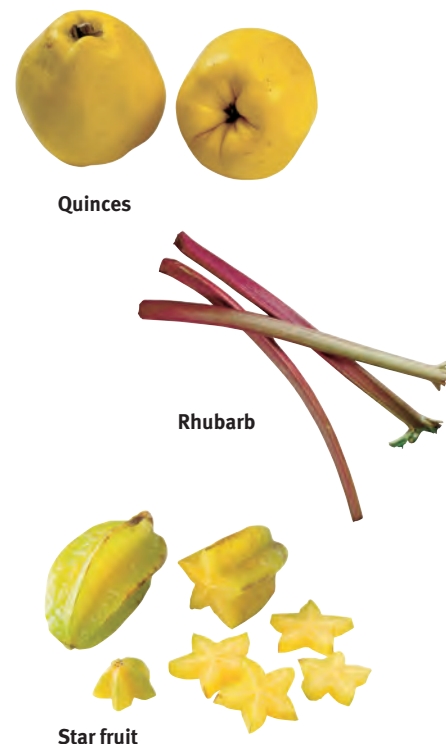
Percentage yield: 85–90% (if purchased without leaves)

STAR FRUIT OR CARAMBOLA

The star fruit is a shiny, yellow, oblong fruit with five ridges running the length of the fruit, so it forms stars when sliced crosswise. It is fragrant, ranging from tart to sweet, with a crisp texture. Look for full, firm fruits. Avoid fruits with ribs that have browned and shrunk.

Wash and slice crosswise.

Percentage yield: 99%



KEY POINTS TO REVIEW

- What are the five main types of salad, as categorized by their place in menus? What kinds of salad are appropriate for each category?
- What are the main categories of salad ingredients? Give examples of each.
- What are the most important varieties of salad greens? Describe them.
- What fruits are used in the kitchen? How is each kind judged for quality? What pre-preparation techniques are used for each?

Arrangement and Presentation

The Structure of a Salad

A plated salad may have as many as four parts: base, body, dressing, and garnish. All salads have body, and most have dressing, but base and garnish are parts of only some salads, as you will see in the following discussion.

Of course this discussion refers only to individual plated salads. When we use the term *salad* to refer to a bulk mixture, as in “two pounds of potato salad,” references to the *four parts of a salad* do not apply.

BASE OR UNDERLINER

A scoop of potato salad looks bare when served by itself on a salad plate as a side dish. Placing it on a bed of lettuce leaves makes it more appealing and also emphasizes its identity as a salad. Although most tossed green salads and many composed salads are presented without an underliner, bound salads and some other vegetable salads may be more attractive and appetizing when served on a bed of leafy greens.

Cup-shaped leaves of iceberg or Boston lettuce make attractive bases. They give height to salads and help 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 added to a salad for 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. In general, if a salad is attractive and balanced without an added garnish, don't add one.

Nearly any of the vegetables, fruits, and protein foods listed on pages 712–713, cut into simple, appropriate shapes, may be used as garnish.

DRESSING

Dressing is a seasoned liquid or semiliquid added to the body of the salad for 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 are 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 a skill you must 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 enlivened by mixing in darker greens and perhaps a few shreds of carrot, red cabbage, or other colored vegetable. On the other hand, don't go overboard. Sometimes just a few shades of green creates 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 they overlap or lean against each other rather than lie 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 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.

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 them too firmly. Refrigerate in colanders covered with clean, damp towels, or in specially designed perforated plastic bins. These protect from drying while 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 you don't need to hold them too long.

Procedure for Quantity Salad Production

When salads are made in quantity, an assembly-line production system is most efficient. Figure 21.2 illustrates this technique.

Remember the rules of safe food handling. Most salad ingredients are eaten without further cooking, so it is essential to avoid cross-contamination. Use sanitary tools and work surfaces. Wash hands properly before beginning work. In some places, local health laws require the use of gloves whenever you are handling ready-to-eat foods.

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 the salads will wilt. Holding boxes should have high humidity.
7. Do not add dressing to green salads until service, or they will wilt.

Figure 21.2 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.

Basic Procedure for Making Green Salads

1. Wash greens thoroughly.

Remove core from head lettuce by striking the core gently against a flat surface, such as a cutting board or the side of a vegetable 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 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 pre-plated 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.

KEY POINTS TO REVIEW

- What are the four parts of a salad? Do all salads have all four parts?
- What are the basic guidelines for arranging salads?
- What are the steps in the basic procedure for making green salads?



Mixed Green Salad

PORTIONS: 25 PORTION SIZE: 2½–3 OZ (70–90 G)

U.S.	METRIC	INGREDIENTS
4½ lb	2 kg	Assorted salad greens
1–1½ pt	500–750 mL	Basic Vinaigrette or variation (p. 703)

Per serving: Calories, 130; Protein, 1 g; Fat, 13 g (91% cal.); Cholesterol, 0 mg; Carbohydrates, 2 g; Fiber, 2 g; Sodium, 160 mg.

VARIATIONS

Any combination of salad greens may be used. When using head lettuces, make allowances for variations in trimming yields. Plan on an EP weight of 2½–3 oz (70–90 g) per portion.

Vegetable ingredients, if they are not juicy, may be tossed with the greens. See page 712 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	Pepper rings
Cherry tomatoes	Red onion rings
Cucumber slices	Croutons
Radishes	Hard-cooked egg wedges or slices

Service variation: Instead of tossing the salads with the dressing, plate the greens and hold for service. Ladle dressing over salads just before service, or serve dressing in a separate container.

PROCEDURE

1. Review guidelines and procedure for preparing green salads (p. 725).
2. Wash and drain the greens thoroughly. Chill in refrigerator.
3. Cut or tear the greens into bite-size pieces.
4. Place the salad greens in a large mixing bowl and toss gently until uniformly mixed.
5. Immediately before service, add the dressing and toss to coat all the leaves with the dressing.
6. Place on cold salad plates and serve immediately.

Spinach Salad

PORTIONS: 25 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS
3 lb	1.4 kg	Spinach leaves, trimmed (no stems)
12 oz	350 g	Bacon
1 lb	450 g	Fresh white mushrooms
6	6	Hard-cooked eggs

Per serving: Calories, 60; Protein, 5 g; Fat, 3.5 g (50% cal.); Cholesterol, 55 mg; Carbohydrates, 3 g; Fiber, 2 g; Sodium, 130 mg.

Note: Bacon may be added to salads when they are assembled (step 9). However, it will be less appetizing because the fat congeals in the refrigerator. For best quality, cook the bacon as close to serving time as possible.

PROCEDURE

1. Wash the spinach leaves in several changes of cold water until there is no trace of sand on them. Drain well. Chill in the refrigerator.
2. Cook the bacon until crisp on a griddle or in the oven on a sheet pan. Drain and let cool.
3. Crumble the bacon.
4. Wash the mushrooms and dry them well. Trim the bottoms of stems. Cut the mushrooms into thin slices.
5. Chop the eggs coarsely.
6. Place the spinach in a large bowl. Tear large leaves into smaller pieces. Smaller leaves may be left whole.
7. Add the mushrooms. Toss to mix thoroughly.
8. Portion the salad onto cold salad plates.
9. Sprinkle the salad with the chopped eggs.
10. Hold for service in refrigerator.
11. At serving time, sprinkle with the crumbled bacon.
12. Serve with a vinaigrette variation or with emulsified French dressing.

Caesar Salad (Method 1: Tableside Preparation)

PORTIONS: 8 PORTION SIZE: 4 OZ (125 G) PLUS DRESSING

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 lb	1 kg	Romaine leaves	1. Wash and drain the greens thoroughly. Chill in the refrigerator
4 oz	125 g	White bread	2. Trim the crusts from the bread. Cut the bread into small cubes measuring about $\frac{3}{8}$ in. (1 cm).
1–1½ fl oz	30–45 mL	Olive oil	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.
			4. Remove the croutons from the pan and hold for service. Do not refrigerate.
1–2	1–2	Garlic cloves	5. Have all ingredients prepared ahead of time and arranged on a cart in the dining room.
4–8	4–8	Anchovy fillets	6. Ask the customers how much garlic they would like. Depending on their answer, either rub the bowl with a cut clove of garlic and remove it, or leave it in the bowl and crush it with the anchovies.
8 fl oz	250 mL	Olive oil	7. Ask the customers how many anchovies, if any, they would like.
2	2	Eggs, pasteurized	8. Mash the garlic and anchovies to a paste in the salad bowl.
2½ fl oz	75 mL	Lemon juice	9. Beat in about half the olive oil.
1 oz	30 g	Parmesan cheese, grated	10. Add the greens and toss to coat with the oil mixture.
to taste	to taste	Salt	11. Break the egg over the bowl and drop it in. Toss the lettuce well.
			12. Add the lemon juice, the rest of the oil, the parmesan cheese, and a little salt. Toss again until well mixed.
			13. Add the croutons and toss a final time.
			14. Plate and serve.

Per serving: Calories, 370; Protein, 6 g; Fat, 33 g (80% cal.); Cholesterol, 55 mg; Carbohydrates, 12 g; Fiber, 2 g; Sodium, 270 mg.

VARIATIONS

Caesar Salad (Method 2: Pantry Preparation)

Prepare the croutons and salad greens as in the basic recipe. Toss the greens with Caesar Dressing (p. 708). Plate and garnish with croutons.

Grilled Chicken Caesar

Top Caesar salads with sliced, grilled chicken breast.



Caesar Salad

Garden Salad

PORTIONS: 25 PORTION SIZE: 3 OZ (90 G) PLUS GARNISH

U.S.	METRIC	INGREDIENTS
3½ lb	1.6 kg	Mixed salad greens (see Note)
8 oz	250 g	Cucumbers
4 oz	125 g	Celery
4 oz	125 g	Radishes
4 oz	125 g	Scallions
4 oz	125 g	Carrots
1½ lb	700 g	Tomatoes

Per serving: Calories, 25; Protein, 2 g; Fat, 0.5 g (14% cal.); Cholesterol, 0 mg; Carbohydrates, 5 g; Fiber, 2 g; Sodium, 25 mg.

Note: Include some firm-textured, crisp lettuce in the mixed greens, such as romaine or iceberg.

PROCEDURE

1. Wash and drain the greens thoroughly. Chill in the refrigerator.
2. Score the cucumbers lengthwise with a fork (see p. 540), or peel them if they are waxed. Cut into thin slices.
3. Cut the celery into thin slices on the bias.
4. Trim the radishes and cut into thin slices.
5. Trim the roots and wilted tops of the scallions. Cut in half crosswise. Then slice lengthwise into thin shreds.
6. Trim and peel the carrots. Shred on a medium grater.
7. Remove the core end of the tomatoes. Cut into wedges, 8–10 per tomato, depending on size.
8. Cut or tear the lettuce and other greens into bite-size pieces.
9. Place all ingredients except tomatoes in a large mixing bowl. Toss until evenly mixed.
10. Plate the salads on cold plates or bowls.
11. Garnish with tomato wedges.
12. Hold for service in refrigerator.
13. Serve with an appropriate dressing.

Vegetable, Grain, Legume, and Pasta 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 712–713 for lists of vegetables that can be used.

Starchy items such as grains, pastas, and dried legumes can also form the body of a salad. These ingredients usually have a bland, flat taste, so they are enhanced by a well-seasoned, tart dressing. Raw or cooked vegetables are usually added to the starch item to enhance the color, flavor, and nutritional balance of the salad. Depending on the proportion of vegetables and starch item, it is not always possible to classify the salad as a vegetable or starch salad. However, the guidelines below apply to the preparation of all these salads.

In addition, protein items such as poultry, meat, seafood, and cheese may be added to vegetable and starch salads.

Some bound salads, discussed on page 739, could be considered as a subcategory of vegetable and starch salads. However, many bound salads have a protein item as a main ingredient, so we discuss them as a separate category. There is no exact dividing line between these types. Coleslaw with mayonnaise dressing, for example, may be considered to be in either category.

Guidelines for Making Vegetable, Legume, Grain, and Pasta 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. Starches, pastas, and legumes should be cooked until completely tender, but not overcooked. Starches absorb liquid from the dressing, so they may become mushy if they were overcooked. Undercooked grains and dried beans may be unpleasantly firm when cooled.
6. Vegetables are sometimes marinated, or soaked in a seasoned liquid, before being made into salads, as for Mixed Bean Salad (p. 736) and Mushrooms à la Grecque (p. 731). 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.
7. Grains and pastas may also be marinated for a short time, but avoid marinating for more than a few hours, as they are likely to absorb too much liquid and become very soft. This is especially true of cooked pasta. Legumes should not be marinated long either, but for the opposite reason. The acid in the marinade may toughen the proteins in the beans or lentils.



Coleslaw

PORTIONS: 25 PORTION SIZE: 3 OZ (100 G)

U.S	METRIC	INGREDIENTS
1½ pt	750 mL	Mayonnaise
2 fl oz	60 mL	Vinegar
1 oz	30 g	Sugar (optional)
2 tsp	10 mL	Salt
½ tsp	2 mL	White pepper
4 lb EP	2 kg EP	Cabbage, shredded

PROCEDURE

1. Combine the mayonnaise, vinegar, sugar, salt, and pepper in a stainless-steel bowl. Mix until smooth.
2. Add the cabbage and mix well.
3. Taste and, if necessary, add more salt and/or vinegar.

25 25 Lettuce cups

Per serving: Calories, 230; Protein, 2 g; Fat, 24 g (89% cal.); Cholesterol, 25 mg; Carbohydrates, 5 g; Fiber, 2 g; Sodium, 270 mg.

4. Arrange the lettuce leaves as underliners on cold salad plates.
5. Using a No. 12 scoop, place a mound of coleslaw in the center of each plate.
6. Hold for service in refrigerator.

VARIATIONS

1. Use Cooked Salad Dressing (p. 709) instead of mayonnaise. Reduce or omit vinegar.
2. Substitute sour cream for half of the mayonnaise.
3. Substitute heavy cream for 1 cup (250 mL) mayonnaise.
4. Substitute lemon juice for the vinegar.
5. 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.
6. 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 bell 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 sour cream dressing (dressing variation 2 above) and use lemon juice instead of vinegar.

Roasted Pepper Salad

PORTIONS: 12 PORTION SIZE: 3½ OZ

U.S.	METRIC	INGREDIENTS
1 lb 12 oz	840 g	Red bell peppers
1 lb 12 oz	840 g	Yellow bell peppers
10 fl oz	300 mL	Vinaigrette (p. 703), made with olive oil and red wine vinegar
½ oz	15 g	Fresh basil, chopped

Per serving: Calories, 190; Protein, 1 g; Fat, 17 g (83% cal.); Cholesterol, 0 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 180 mg.

PROCEDURE

1. Roast and peel the peppers, following the procedure illustrated on page 546.
2. Cut the peppers into strips ½-in. (1 cm) wide.
3. Mix the peppers, vinaigrette, and basil. Check for seasonings and add salt and pepper if desired, although none may be needed if the dressing is well seasoned.

Cucumbers and Onions in Sour Cream

PORTIONS: 25 PORTION SIZE: 3½ OZ (105 G)

U.S.	METRIC	INGREDIENTS
1 pt	500 mL	Cider vinegar
8 fl oz	250 mL	Water
1 oz	30 g	Sugar
2 tsp	10 mL	Salt
½ tsp	2 mL	White pepper
4 lb	1.9 kg	Cucumber, peeled and sliced thin
1 lb	480 g	Onions, peeled and sliced thin

1 pt	500 mL	Sour cream
8 fl oz	250 mL	Mayonnaise
25	25	Lettuce leaves for underliners
3 tbsps	45 mL	Cut chives

Per serving: Calories, 120; Protein, 1 g; Fat, 11 g (80% cal.); Cholesterol, 10 mg; Carbohydrates, 5 g; Fiber, 1 g; Sodium, 90 mg.

PROCEDURE

1. Combine the vinegar, water, sugar, salt, and pepper in a stainless-steel bowl. Stir to dissolve the sugar and salt.
2. Add the sliced cucumbers and onions. Mix.
3. Cover and marinate in the refrigerator at least 2 hours.
4. Mix the sour cream and mayonnaise until smooth.
5. Drain the cucumbers and onions and add them to the sour cream dressing. Mix.
6. Adjust the seasoning with additional salt and pepper if necessary.
7. Arrange the lettuce on cold salad plates. Place a portion of the cucumbers on each plate. Garnish with a light sprinkling of chives.

VARIATIONS

Instead of mixing the marinated cucumbers with the sour cream dressing, just drain the vinegar marinade and plate the salads. Top each with 1 fl oz (30 mL) of the sour cream mixture.

The marinating step may be omitted. Just mix the sliced cucumbers and onions with the sour cream dressing and season to taste.

Cucumber and Onion Salad

Omit the sour cream dressing. Add 8 fl oz (250 mL) salad oil to the marinade in step 1. Add 3 tbsps (45 mL) chopped fresh dill to the marinade.

Mushrooms à la Grecque

PORTIONS: 25 PORTION SIZE: 2½ OZ (75 G)

U. S.	METRIC	INGREDIENTS	PROCEDURE
4½ lb	2 kg	Small whole mushrooms	1. Wash and dry mushrooms. Trim the bottoms of the stems. Leave the mushrooms whole. (If only large ones are available, cut them into quarters.)
1 qt	1 L	Water	2. Place the water, olive oil, lemon juice, celery, and salt in a stainless-steel saucepan. Tie the sachet ingredients in cheesecloth and add to the pan.
1 pt	500 mL	Olive oil	3. Bring to a boil. Simmer 15 minutes to extract flavors from the spices.
6 fl oz	175 mL	Lemon juice	4. Add the mushrooms. Simmer 5 minutes.
1	1	Celery rib	5. Remove from heat. Cool the mushrooms in the liquid.
2 tsp	10 mL	Salt	6. Remove the celery and the sachet. Marinate the mushrooms overnight in the refrigerator. (The mushrooms will keep several days in the marinade.)
		Sachet:	
2	2	Garlic cloves, crushed	
1½ tsp	7 mL	Peppercorns, lightly crushed	
2 tsp	10 mL	Coriander seeds	
1	1	Bay leaf	
1 tsp	5 mL	Dried thyme	
25	25	Lettuce cups	7. Arrange the lettuce leaves as underliners on cold salad plates.
¼ cup	60 mL	Chopped parsley	8. Just before service, place a 2½-oz (75-g) portion of mushrooms in each lettuce cup, using a slotted spoon.
<p>Per serving: Calories, 180; Protein, 3 g; Fat, 19 g (88% cal.); Cholesterol, 0 mg; Carbohydrates, 3 g; Fiber, 1 g; Sodium, 190 mg.</p>			9. Sprinkle with chopped parsley.

VARIATIONS

Other vegetables may be prepared à la Grecque using this recipe. Increase cooking time as necessary, but keep the vegetables crisp.

Artichoke hearts	Leeks
Carrots, sliced or diced	Pearl onions
Cauliflower florets	

Carrot Salad

PORTIONS: 25 PORTION SIZE: 3 OZ (100 G)

U.S.	METRIC	INGREDIENTS
5 lb	2.5 kg	Carrots
1½ cups	375 mL	Mayonnaise
1 cup	250 mL	Vinaigrette
to taste	to taste	Salt
<hr/>		
25	25	Lettuce cups
13	13	Pitted black olives

Per serving: Calories, 200; Protein, 1 g; Fat, 18 g (79% cal.); Cholesterol, 10 mg; Carbohydrates, 10 g; Fiber, 3 g; Sodium, 20 mg.

PROCEDURE

1. Peel the carrots. Shred them on a coarse grater.
2. Combine the mayonnaise and vinaigrette. Mix until smooth.
3. Add the carrots and mix. Season to taste with salt.
4. Arrange the lettuce cups as underliners on cold salad plates.
5. Using a No. 12 scoop, place a mound of carrot salad in each lettuce cup.
6. Cut the olives in half lengthwise. Garnish the top of each salad with an olive half.

VARIATIONS

Carrot Raisin Salad

Simmer 8 oz (250 g) raisins in water 2 minutes. Cool, then drain. Mix raisins with the carrots.

Carrot Pineapple Salad

Mix 12 oz (375 g) drained pineapple tidbits with the carrots.

Carrot Celery Salad

Reduce the carrots to 3½ lb (1.7 kg). Mix 1½ lb (750 g) celery (cut julienne) or celery root (shredded) with the carrots.

Celery Salad

Use celery or celery root instead of carrots in basic recipe. Cut stalk celery into thin slices instead of shredding it. Add 2 tbsp (30 mL) French or Dijon-type mustard to the dressing.



Carrot Raisin Salad

Mixed Vegetable Salad with Pasta

PORTIONS: 25 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
1½ lb	700 g	Cooked ditalini pasta, cold
1 lb	450 g	Cooked chickpeas or other dried beans, cold
12 oz	350 g	Zucchini, medium dice, raw or blanched
12 oz	350 g	Green beans, cooked, cut into ½-in. (1-cm) lengths
8 oz	250 g	Red onions, diced
6 oz	175 g	Small pitted black olives
6 oz	175 g	Celery, diced
4 oz	125 g	Green bell pepper, diced
4 oz	125 g	Red bell pepper, diced
¼ cup	60 mL	Capers, drained
4 oz	125 g	Parmesan cheese, grated
1½ pt	700 mL	Italian Dressing (p. 703)

PROCEDURE

1. Combine the pasta, beans, vegetables, and cheese in a large bowl. Toss to mix
2. No more than 1–2 hours before service, add the dressing and toss.

25	25	Lettuce leaves for underliners
25	25	Tomato wedges or cherry tomatoes

3. Arrange the lettuce leaves on cold salad plates.
4. Just before service, place a 4-oz (125-g) portion of the salad on each lettuce leaf.
5. Garnish each salad with a tomato wedge.

Per serving: Calories, 290; Protein, 6 g; Fat, 22 g (67% cal.); Cholesterol, 5 mg; Carbohydrates, 18 g; Fiber, 4 g; Sodium, 420 mg.

VARIATIONS

Add 1 lb (450 g) diced or sliced salami, pepperoni, or mozzarella cheese to the salad mixture.

Heirloom Tomato Salad

PORTIONS: 12 PORTION SIZE: ABOUT 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
3 lb	1.5 kg	Assorted ripe heirloom tomatoes, 3 or 4 varieties (see Procedure)
12 small bunches	12 small bunches	Mixed baby greens
6 fl oz	180 mL	Extra-virgin olive oil
3 fl oz	90 mL	Balsamic vinegar
to taste	to taste	Coarse salt
to taste	to taste	Black pepper

PROCEDURE

1. Select the tomatoes: Use 3 or 4 types of ripe, flavorful tomatoes of varied colors (yellow, green, orange, different shades of red), depending on availability. Include at least one type of small tomato, such as cherry tomato.
2. Prepare the tomatoes: Peel large tomatoes by blanching them 10 seconds in boiling water, cutting out the core end, and pulling off the skins. Small tomatoes with tender skins can be left unpeeled. Cut large tomatoes into slices. Cut small tomatoes into quarters or halves or leave whole, depending on size.
3. Arrange the tomatoes attractively on large salad plates.
4. Place a small bunch of greens on each plate.
5. Drizzle the tomatoes with a little olive oil and then a little vinegar.
6. Sprinkle lightly with coarse salt and black pepper.

Per serving: Calories, 150; Protein, 1 g; Fat, 14 g (82% cal.); Cholesterol, 0 mg; Carbohydrates, 6 g; Fiber, 1 g; Sodium, 100 mg.

VARIATIONS

Instead of the oil and vinegar, drizzle the salad with Balsamic Vinaigrette (p. 703) or Mustard Vinaigrette (p. 703).

Insalata Caprese

Use only one variety of large, red tomato. Peel and slice. Alternate overlapping slices of tomato and fresh mozzarella on a plate or platter. Sprinkle with fresh basil, cut chiffonade, coarse salt, and pepper. Drizzle with olive oil.

Pacific Rim Salad with Beef

PORTIONS: 25 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 lb	900 g	Bean sprouts	<ol style="list-style-type: none"> 1. Mix the bean sprouts, snow peas, carrots, water chestnuts, scallions, and almonds. Hold in the refrigerator. 2. Slice the beef about $\frac{1}{4}$ in. (6 mm) thick, then cut into thin strips. 3. No more than about 2 hours before serving, marinate the beef in the vinaigrette 30–60 minutes. 4. Add the mixed vegetables to the beef and vinaigrette mixture. Toss to mix well. 5. Place a bed of shredded Chinese cabbage on salad plates. 6. Portion the salad mixture onto the plates. 7. Garnish each salad with 2 orange wedges.
1 lb	450 g	Snow peas, trimmed and blanched	
8 oz	225 g	Carrots, cut julienne	
12 oz	350 g	Water chestnuts, sliced	
4 oz	125 g	Scallions, chopped	
4 oz	125 g	Slivered almonds, toasted	
1½ lb	700 g	Cold roast beef	
1¾ pt	800 mL	Oriental Vinaigrette (p. 704)	
1½ lb	700 g	Chinese cabbage, shredded	
50	50	Orange wedges	

Per serving: Calories, 330; Protein, 11 g; Fat, 27 g (72% cal.); Cholesterol, 25 mg; Carbohydrates, 13 g; Fiber, 4 g; Sodium, 200 mg.

VARIATIONS

Substitute chicken, turkey, ham, or duck meat for the beef.



Pacific Rim Salad with Beef

Vegetable Chopped Salad with Kidney Beans and Provolone

PORTIONS: 12 PORTION SIZE: 6 OZ (175 G)

U.S.	METRIC	INGREDIENTS
12 oz	360 g	Plum tomatoes, cored and seeded
12 oz	360 g	Iceberg lettuce
8 oz	240 g	Provolone cheese
8 oz	240 g	Avocado, pitted and peeled
2 oz	60 g	Scallion, trimmed
6 oz	175 g	Green olives, chopped
8 oz	240 g	Corn kernels, cooked
12 oz	360 g	Red kidney beans, cooked or canned, drained
8 fl oz	240 mL	Italian Dressing (p. 703)
12	12	Lettuce leaves

Per serving: Calories, 290; Protein, 9 g; Fat, 23 g (68% cal.); Cholesterol, 15 mg; Carbohydrates, 15 g; Fiber, 5 g; Sodium, 660 mg.

PROCEDURE

1. Chop the tomatoes. The pieces should be no larger than about $\frac{1}{4}$ in. (6 mm) across.
2. Chop the lettuce into small pieces.
3. Cut the cheese into small dice.
4. Cut the avocado roughly into small dice.
5. Cut the scallions into fine slices.
6. Mix the tomatoes, lettuce, cheese, avocado, scallions, olives, corn, and beans.
7. Add the dressing and toss to mix.
8. Arrange the lettuce leaves on cold salad plates.
9. Mound the salad on the lettuce leaves.

VARIATIONS

Nearly any combination of ingredients, including cooked meats, poultry, and seafood, can be made into a chopped salad. For example, the recipe above can be made into a more substantial main-course salad by adding chopped, cooked chicken, turkey, or ham, allowing about 2 oz (60 g) per portion.

For a vegan version of the above recipe, omit the cheese. If a salad with protein is desired, add firm tofu, blanched, pressed (see p. 686), and chopped.

Greek Salad

PORTIONS: 12

U.S.	METRIC	INGREDIENTS
		Vinaigrette:
1½ fl oz	45 mL	Lemon juice
½ tsp	2 mL	Salt
⅓ tsp	0.5 mL	Pepper
1 tbsp	15 mL	Dried oregano
4½ fl oz	135 mL	Olive oil
12 oz	360 g	Cucumber, cut in half lengthwise and sliced
1 lb 8 oz	720 g	Tomatoes, large dice
9 oz	270 g	Feta cheese, crumbled
6 oz	180 g	Red onion, in thin slices
4 oz	120 g	Pitted Kalamata olives
1 lb 2 oz	540 g	Romaine lettuce, cut into bite-size pieces

Per serving: Calories, 210; Protein, 5 g; Fat, 18 g (74% cal.); Cholesterol, 20 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 500 mg.

VARIATION

Instead of dicing the tomatoes, cut them into wedges. Garnish each plated salad with 2 or 3 wedges.

PROCEDURE

1. Prepare vinaigrette, using the ingredients listed and following the procedure on p. 703.
2. Combine the cucumber, tomatoes, cheese, onion, and olives in a bowl.
3. Add the vinaigrette and toss to mix.
4. Divide the lettuce among individual serving bowls (1½ oz or 45 g per portion).
5. Spoon the vegetable and cheese mixture onto the lettuce.

Mixed Bean Salad with Olives and Tomatoes

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
8 oz	250 g	Chickpeas, cooked or canned, drained
8 oz	250 g	Red kidney beans, cooked or canned, drained
8 oz	250 g	Navy or white kidney beans, cooked or canned, drained
10 oz	300 g	Tomatoes, peeled, seeded, small dice
2 oz	60 g	Green olives, pitted, sliced
2 oz	60 g	Black olives, pitted, sliced
2 oz	60 g	Red onion, chopped fine
8 fl oz	250 mL	Mustard Vinaigrette (p. 703)
2 tbsp	30 mL	Chopped parsley

12 12 Lettuce leaves

Per serving: Calories, 220; Protein, 5 g; Fat, 16 g (62% cal.); Cholesterol, 0 mg; Carbohydrates, 17 g; Fiber, 6 g; Sodium, 320 mg.



Mixed Bean Salad with Olives and Tomatoes

PROCEDURE

1. Combine the chickpeas and beans in a bowl. Add the tomatoes, olives, and onion. Toss gently.
2. Add the vinaigrette. Mix.
3. Cover and refrigerate 2–4 hours.
4. Before serving, mix in the chopped parsley.

5. Arrange the lettuce leaves on cold salad plates.
6. Mound the salad mixture on the lettuce leaves.

VARIATION

White Bean Salad

Instead of the mixture of beans, use only white kidney beans.

Panzanella

PORTIONS: 10 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
12 oz	375 g	Firm, white Italian bread
1½ lb	750 g	Ripe tomatoes, peeled
1½ oz	45 g	Red onion, chopped fine
½ oz	15 g	Fresh basil, torn into small pieces
4 fl oz	125 mL	Olive oil
2 fl oz	60 mL	Red wine vinegar
¼ tsp	0.5 mL	Red pepper flakes
to taste	to taste	Salt
to taste	to taste	Pepper

Per serving: Calories, 200; Protein, 4 g; Fat, 12 g (53% cal.); Cholesterol, 0 mg; Carbohydrates, 20 g; Fiber, 2 g; Sodium, 200 mg.

PROCEDURE

1. Use a hearty, firm bread for this recipe. If necessary, let it sit out to dry for a few hours, or dry it slightly in an oven.
2. Tear the bread into bite-size pieces. Place in a large bowl.
3. Chop the tomatoes coarsely into ½-in. (1-cm) pieces. Add to the bowl.
4. Add the remaining ingredients. Toss to mix.
5. Let stand about 1 hour, or until the bread has absorbed the juices and softened.

VARIATIONS

Add either or both of the following ingredients to the mixture: 8 oz (250 g) peeled, seeded cucumber, chopped; 4 oz (125 g) hearts of celery, sliced.

Quinoa Salad with Bell Peppers

PORTIONS: 12 PORTION SIZE: 4½ OZ (135 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
9 oz	275 g	Quinoa	1. Rinse the quinoa thoroughly in cold water. Drain.
1½ pt	750 mL	Water	2. Combine with the water and salt. Bring to a boil. Lower heat, cover, and simmer slowly until the grain is cooked, about 15 minutes.
¼ tsp	1 mL	Salt	3. Spread the cooked grain in a shallow pan to cool.
4 oz	125 g	Red bell pepper, small dice	4. Combine the cooled quinoa, bell peppers, scallions, cucumber, and apricots in a bowl.
4 oz	125 g	Green bell pepper, small dice	5. Add the dressing and toss to mix.
2 oz	60 g	Scallion, chopped fine	6. Add salt to taste.
6 oz	180 g	Cucumber, peeled and seeded, small dice	
3 oz	90 g	Dried apricots, chopped fine	
8 fl oz	250 mL	Italian Dressing (p. 703)	
to taste	to taste	Salt	
12	12	Lettuce or radicchio leaves	7. Arrange the lettuce leaves on cold salad plates.
<p>Per serving: Calories, 220; Protein, 4 g; Fat, 14 g (56% cal.); Cholesterol, 0 mg; Carbohydrates, 21 g; Fiber, 2 g; Sodium, 200 mg.</p>			8. Mound the salad mixture on the lettuce leaves.

VARIATIONS

This salad can also be made with brown rice, farro, or couscous.



Quinoa Salad with Bell Peppers

Lentil Salad

PORTIONS: 10 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
12 oz	375 g	Green lentils	1. Pick over, rinse, and drain the lentils.
1 qt	1 L	Water	2. Place them in a saucepan with the water. Bring to a boil, reduce heat, and simmer until the lentils are just tender and not falling apart, about 25 minutes.
			3. Drain the lentils and place them in a bowl.
4 oz	125 g	Celery, cut brunoise	4. While the lentils are still warm, add the celery, carrot, onion, parsley, olive oil, and lemon juice. Toss to mix.
4 oz	125 g	Carrot, cut brunoise	5. Season to taste with salt and pepper.
1½ oz	45 g	Red onion, cut brunoise	
1 oz	30 g	Parsley, chopped	
4 fl oz	145 mL	Olive oil	
2 fl oz	60 mL	Lemon juice	
to taste	to taste	Salt	
to taste	to taste	Pepper	
12	12	Lettuce leaves	6. Arrange the lettuce leaves on salad plates.
<p>Per serving: Calories, 200; Protein, 9 g; Fat, 11 g (44% cal.); Cholesterol, 0 mg; Carbohydrates, 23 g; Fiber, 6 g; Sodium, 35 mg.</p>			7. Serve the lentil salads warm or cold. Mound the salad on the lettuce leaves.

Broccoli, Prosciutto, and Sunflower Salad

PORTIONS: 12 PORTION SIZE: 4½ OZ (140 G)

U.S.	METRIC	INGREDIENTS
4 oz	125 g	Raisins
2 lb	1 kg	Broccoli florets
4 oz	125 g	Prosciutto, sliced thin, chopped
3 oz	90 g	Sunflower seeds, toasted (shelled)
3 oz	90 g	Shallot or red onion, chopped fine
6 fl oz	180 mL	Emulsified French Dressing (p. 707)
4 fl oz	125 mL	Heavy cream

Per serving: Calories, 240; Protein, 7 g; Fat, 19 g (67% cal.); Cholesterol, 15 mg; Carbohydrates, 14 g; Fiber, 3 g; Sodium, 280 mg.

PROCEDURE

1. Place the raisins in a bowl and add warm water to cover. Let stand 1 hour.
2. Drain.
3. Combine the raisins, broccoli, prosciutto, sunflower seeds, and shallot or onion in a bowl. Toss to mix evenly.
4. Combine the dressing and cream. Add to the broccoli and toss to mix.



Broccoli, Prosciutto, and Sunflower Salad

Tabbouleh



PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
12 oz	375 g	Bulgur wheat, fine or medium texture
1 lb	500 g	Cucumber
1½ tsp	7 mL	Coarse salt
1½ oz	45 g	Parsley, chopped
1½ oz	45 g	Scallions, sliced thin
6 oz	180 g	Tomato, peeled, seeded, and chopped
3 fl oz	90 mL	Lemon juice
3 fl oz	90 mL	Olive oil
to taste	to taste	Salt
to taste	to taste	Pepper
12	12	Lettuce leaves

PROCEDURE

1. Place the bulgur wheat in a bowl. Pour over it about twice its volume of boiling water.
2. Cover and let stand until completely cool. The bulgur should have absorbed most or all of the water and should be tender enough to eat. If any liquid remains, drain it and squeeze out the grain gently. Fluff with a fork.
3. Peel the cucumbers and quarter them lengthwise. Scoop out and discard the seeds. Slice the cucumbers ¼ in. (6 mm) thick.
4. Toss with the coarse salt in a bowl and let stand 30 minutes.
5. Rinse, drain, and pat dry.
6. Mix the bulgur, cucumbers, parsley, scallions, tomato, lemon juice, and olive oil.
7. Add salt and pepper to taste.
8. Arrange the lettuce leaves on cold salad plates.
9. Mound the tabbouleh on the lettuce leaves.

Per serving: Calories, 170; Protein, 4 g; Fat, 7 g (36% cal.); Cholesterol, 0 mg; Carbohydrates, 24 g; Fiber, 6 g; Sodium, 240 mg.

Wheatberry Salad with Mint

PORTIONS: 16 PORTION SIZE: 3 OZ (90 G) WHEATBERRY MIXTURE PLUS ½ OZ (15 G) ARUGULA

U. S.	METRIC	INGREDIENTS	PROCEDURE
8 oz 1½ pt	225 g 700 mL	Wheatberries Water	<ol style="list-style-type: none"> 1. Rinse and drain the wheatberries. 2. Place them in a saucepan with the water. Bring to a boil, reduce heat to a simmer, cover loosely, and simmer until tender, about 1 hour. Check from time to time that they are not boiling dry. Add more water if necessary. 3. When the wheatberries are tender, drain and transfer to a shallow pan to cool.
1 lb 2 oz 1 oz 1½ oz 4 oz 6 fl oz to taste	450 g 60 g 30 g 45 g 115 g 175 mL to taste	Tomatoes, peeled, seeded, chopped Scallions, sliced thin Parsley, chopped Mint, chopped Black olives, coarsely chopped Lemon Vinaigrette (p. 703) Salt	<ol style="list-style-type: none"> 4. Combine the wheatberries, tomatoes, scallions, parsley, mint, and olives. Toss to mix. 5. Add the vinaigrette. Mix 6. Taste and add salt if necessary. 7. Refrigerate 1 hour or until ready to serve.
12 oz	350 g	Arugula, washed and trimmed	<ol style="list-style-type: none"> 8. Arrange the arugula on cold salad plates. 9. Top with a mound of the wheatberry salad.

Per serving: Calories, 140; Protein, 2 g; Fat, 9 g (39% cal.); Cholesterol, 0 mg; Carbohydrates, 14 g; Fiber, 3 g; Sodium, 150 mg.

Bound Salads

PRINCIPLES

Bound salads are mixtures of foods held together, or bound, with a dressing, usually a thick dressing such as mayonnaise. The term bound is used most often for traditional mixtures of cooked protein, starch, and vegetable items with mayonnaise, such as chicken salad, tuna salad, egg salad, and potato salad.

As noted in the discussion of vegetable and starch salads on page 728, there is no exact dividing line between that category and bound salads, so you should keep in mind the guidelines for preparing both kinds of salads when preparing bound salads.

Some of these salads, mainly those made with protein items, are also used as sandwich fillings. Sandwich filling ingredients must usually be chopped fine or cut into small dice to be practical for this use. Plated salads, by contrast, may contain larger cuts if desired.

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 Bound 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. Bound salads are good ways to use leftovers such as chicken, meat, or fish, but the ingredients 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. Except in the case of sandwich fillings, 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 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. For plated salads, serve on a base of greens, and choose attractive, colorful garnishes when appropriate. A scoop of potato or chicken salad looks pale and uninteresting when plated without a base or garnish.



Chicken or Turkey Salad

PORTIONS: 25 PORTION SIZE: 3½ OZ (100 G)

U.S.	METRIC	INGREDIENTS
3 lb	1.4 kg	Cooked chicken or turkey, ½-in. (1-cm) dice
1½ lb	700 g	Celery, ¼-in. (0.5-cm) dice
1 pt	500 mL	Mayonnaise
2 fl oz	60 mL	Lemon juice
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Combine all ingredients in a mixing bowl. Toss gently until thoroughly mixed.
2. Arrange lettuce as underliners on cold salad plates.
3. Using a No. 10 scoop, place a mound of chicken salad on each plate. Garnish with parsley or watercress.
4. Hold for service in refrigerator.

25	25	Lettuce cups
as needed	as needed	Parsley or watercress sprigs

Per serving: Calories, 200; Protein, 15 g; Fat, 22 g (74% cal.); Cholesterol, 60 mg; Carbohydrates, 2 g; Fiber, 1 g; Sodium, 170 mg.

VARIATIONS

Add any of the following ingredients to the basic recipe:

- 6 oz (175 g) broken walnuts or pecans
- 6 hard-cooked eggs, chopped
- 8 oz (225 g) seedless grapes, cut in half, and 3 oz (90 g) chopped or sliced almonds
- 8 oz (225 g) drained, diced pineapple
- 8 oz (225 g) diced avocado
- 1 lb (450 g) peeled, seeded, diced cucumber, *substituted for* 1 lb (450 g) of the celery
- 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.

Macedoine of Vegetables Mayonnaise

PORTIONS: 25 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 lb	1 kg	Cooked carrots, ¼-in. (0.5-cm) dice	<ol style="list-style-type: none"> 1. Chill all ingredients before combining. 2. Place vegetables and mayonnaise in a bowl and mix until evenly combined. Use just enough mayonnaise to bind. Season to taste with salt and white pepper.
2 lb	1 kg	Cooked white turnips, ¼-in. (0.5-cm) dice	
1 lb	500 g	Cooked green beans, sliced in ¼-in. (0.5-cm) pieces	
1 lb	500 g	Cooked green peas	
1 pt or as needed	500 mL or as needed	Mayonnaise	
to taste	to taste	Salt	
to taste	to taste	White pepper	
25	25	Lettuce cups	<ol style="list-style-type: none"> 3. Place lettuce bases as underliners on cold salad plates. 4. Using a No. 10 scoop, place a mound of salad on each plate. Garnish with 1 tomato wedge.
25	25	Tomato wedges	
<p>Per serving: Calories, 180; Protein, 3 g; Fat, 14 g (68% cal.); Cholesterol, 10 mg; Carbohydrates, 12 g; Fiber, 4 g; Sodium, 150 mg.</p>			

Ham Salad

PORTIONS: 25 PORTION SIZE: 3½ OZ (105 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
3 lb	1.44 kg	Cooked smoked ham, small dice	<ol style="list-style-type: none"> 1. Combine ham, celery, pickles, onion, mayonnaise, and vinegar in a mixing bowl. Toss gently until evenly mixed. Adjust seasonings. 2. Refrigerate until ready for use.
1 lb	480 g	Celery, small dice	
8 oz	240 g	Chopped pickles (sweet or dill) or drained pickle relish	
2 oz	60 g	Onion, chopped fine	
1 pt	500 mL	Mayonnaise	
2 fl oz	60 mL	Vinegar	
25	25	Lettuce leaves for underliners	<ol style="list-style-type: none"> 3. Serve a 3½-oz (105-g) portion on a bed of lettuce. 4. If desired, garnish with tomato wedges.
50	50	Tomato wedges (optional)	
<p>Per serving: Calories, 150; Protein, 1 g; Fat, 15 g (87% cal.); Cholesterol, 5 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 170 mg.</p>			

VARIATIONS

Ham Salad Spread

Grind the ham, or chop very fine. Chop the celery very fine. Use for sandwiches.

Deviled Ham

Grind the ham. Add 3 tbsp (45 mL) prepared mustard and 1 tsp (5 mL) hot red pepper sauce to the basic recipe. Increase the onion to 4 oz (120 g). Use as a canapé spread.

Corned Beef Salad

Substitute corned beef for the ham in the basic recipe.

Macaroni and Ham Salad

Reduce the ham to 12 oz (360 g) and add 3 lb (1.44 kg) cooked, drained, chilled elbow macaroni. Omit the pickles and add 6 oz (180 g) green pepper, cut in small dice.

Potato Salad

PORTIONS: 25 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
5 lb AP	2.5 kg AP	Waxy potatoes (see Note)	1. Scrub the potatoes. Steam or boil until tender, but do not overcook. 2. Drain the potatoes. Leave in the colander or spread out on a sheet pan until cool enough to handle.
1½ cups 1½ tsp ¼ tsp	375 mL 7 mL 1 mL	Basic Vinaigrette (p. 703) Salt White pepper	3. Peel the warm potatoes. Cut into ½-in. (1-cm) dice. 4. Combine the dressing, salt, and pepper. Add the potatoes and mix carefully to avoid breaking or crushing them. 5. Marinate until cold. For the purpose of food safety, chill the potatoes in the refrigerator before proceeding with the next step.
12 oz 4 oz	375 g 125 g	Celery, small dice Onion, chopped fine (Optional ingredients—see Variations below)	6. If any vinaigrette has not been absorbed by the potatoes, drain it off. 7. Add the celery, onion, and, if desired, any of the optional ingredients listed below. Mix gently.
1 pt	500 mL	Mayonnaise	8. Add the mayonnaise. Mix carefully until evenly blended. 9. Keep refrigerated until ready to use.
25 50	25 50	Lettuce cups Pimiento strips	10. Arrange the lettuce as underliners on cold salad plates. 11. Using a No. 10 scoop, place a 4-oz (125-g) mound of potato salad on each plate. 12. Garnish each salad with 2 strips pimiento placed crosswise on top. 13. Hold for service in refrigerator.
<p>Per serving: Calories, 290; Protein, 2 g; Fat, 24 g (74% cal.); Cholesterol, 10 mg; Carbohydrates, 17 g; Fiber, 2 g; Sodium, 360 mg.</p> <p>Note: See pages 604–605 for explanation of potato types. Do not use starchy, mealy potatoes for salad because they will not hold their shape.</p>			<p>VARIATIONS</p> <p>Optional ingredients, to be added in step 7:</p> <ul style="list-style-type: none"> 4–6 hard-cooked eggs, diced 2 oz (60 g) green bell 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 <p>Vinaigrette marination (steps 4–5) may be omitted if necessary. In this case, chill the potatoes before mixing with the dressing. Add 2 fl oz (60 mL) vinegar to the mayonnaise and check carefully for seasonings. Refrigerate 2 hours or more before serving.</p>

French Potato Salad

PORTION: 25 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
7 lb	3.5 kg	Waxy potatoes	1. Scrub the potatoes. Steam or boil until tender, but do not overcook. 2. Drain the potatoes. Leave in the colander or spread out on a sheet pan until cool enough to handle.
8 fl oz	250 mL	Salad oil	3. Peel the potatoes while still hot. Cut into slices ¼-in. (0.5-cm) thick or into ½-in. (1-cm) dice.
6 fl oz	200 mL	Wine vinegar (white or red)	4. Mix the potatoes with the remaining ingredients. Allow to stand at least 15 minutes while the potatoes absorb the dressing.
4 oz	125 g	Onions or shallots, chopped fine	5. Serve warm or cold. This salad is a popular accompaniment to hot cooked sausages.
¼ tsp	1 mL	Garlic, chopped fine	
¼ cup	60 mL	Chopped parsley	
1 tbsp	15 mL	Dried tarragon	
to taste	to taste	Salt	
to taste	to taste	Pepper	

Per serving: Calories, 180; Protein, 2 g; Fat, 9 g (46% cal.); Cholesterol, 0 mg; Carbohydrates, 22 g; Fiber, 2 g; Sodium, 5 mg.

VARIATION

Hot German Potato Salad

Omit oil and tarragon from the basic recipe. Cook 8 oz (250 g) diced bacon until crisp. Add the bacon, the bacon fat, and 1 cup (250 mL) hot chicken stock to the dressing ingredients. (More stock may be needed if the potatoes absorb a great deal.) Place the mixed salad in a hotel pan, cover, and heat in a 300°F (150°C) oven about 30 minutes. Serve hot.

Dilled Shrimp Salad

PORTION: 25 PORTION SIZE: 3½ OZ (100 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
3 lb	1.4 kg	Cooked, peeled, deveined shrimp	1. Cut the shrimp into ¼-in. (0.5-cm) pieces. (If the shrimp are very small, leave them whole.) 2. Combine the celery and shrimp in a bowl.
1½ lb	700 g	Celery, small dice	
1 pt	500 mL	Mayonnaise	3. Mix the mayonnaise, lemon juice, dill, and salt.
2 tbsp	30 mL	Lemon juice	4. Add the dressing to the shrimp mixture. Mix in thoroughly.
2 tsp	10 mL	Dried dill weed (or 2 tbsp/30 mL chopped fresh dill)	
½ tsp	2 mL	Salt	
25	25	Lettuce cups	5. Arrange the lettuce leaves as underliners on cold salad plates.
50	50	Tomato wedges	6. Using a No. 10 scoop, place a mound of shrimp salad on each plate. 7. Garnish with tomato wedges, using 2 per salad.

Per serving: Calories, 200; Protein, 12 g; Fat, 15 g (67% cal.); Cholesterol, 115 mg; Carbohydrates, 5 g; Fiber, 1 g; Sodium, 300 mg.

VARIATIONS

Crab or Lobster Salad

Prepare as in the basic recipe, using crab or lobster meat instead of shrimp.

Crab, Shrimp, or Lobster Louis

Use Louis Dressing (p. 707) instead of the mixture of mayonnaise, lemon juice, and dill. Serve on shredded lettuce. If food cost permits, omit celery and increase shellfish to 4½ lb/2 kg.

Rice and Shrimp Salad

Reduce shrimp in the basic recipe to 1 lb (450 g), and add 2 lb (900 g) cooked rice.

Curried Rice Salad with Shrimp

Prepare Rice and Shrimp Salad, but omit the dill. Instead, flavor the dressing with 1 tsp (5 mL) curry powder heated lightly in 1 teaspoon (5 mL) oil and cooled. Optional: Substitute diced green bell pepper for half the celery.

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 at 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 716–721 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 use in fruit salad dressing or other preparations.
6. Dressings for fruit salads are often slightly sweet, but a little tartness is usually desirable as well. Fruit juices are often used in dressings for fruit salad.

KEY POINTS TO REVIEW

- What are the guidelines for making vegetable, legume, grain, and pasta salads?
- What is a bound salad? What are the guidelines for making bound salads?
- What are the guidelines for making fruit salads?

Waldorf Salad

PORTIONS: 25 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1½ cups	350 mL	Chantilly Dressing (p. 707)	1. Prepare the dressing. Place it in a large stainless-steel bowl and have it ready in the refrigerator. (See Note.)
4 lb AP	1.8 kg AP	Crisp, red eating apples	2. Core the apples and dice them to ½ in. (1 cm) without peeling them.
1 lb	450 g	Celery, small dice	3. As soon as the apples are cut, add them to the dressing and mix in to prevent darkening.
4 oz	100 g	Walnuts, coarsely chopped	4. Add the celery and walnuts. Fold in until evenly mixed.
25	25	Lettuce cups	5. Arrange the lettuce bases as underliners on cold salad plates.
2 oz	60 g	Chopped walnuts (optional)	6. Using a No. 12 scoop, place a mound of salad on each plate.
Per serving: Calories, 150; Protein, 1 g; Fat, 12 g (69% cal.); Cholesterol, 10 mg; Carbohydrates, 11 g; Fiber, 2 g; Sodium, 40 mg.			7. If desired, garnish each salad with about 1 tsp (5 mL) chopped nuts.
Note: Plain mayonnaise may be used instead of Chantilly dressing.			8. Hold for service in refrigerator.

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 the product contains other ingredients. For example: Pineapple Waldorf Salad or Apple Date Salad.

8 oz (225 g) diced pineapple

4 oz (100 g) chopped dates, *substituted for* the walnuts

4 oz (100 g) raisins, plumped in hot water and drained

1 lb (450 g) shredded cabbage or Chinese cabbage, *substituted for* the celery

Arugula, Citrus, and Fennel Salad

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
1 fl oz	30 mL	Lime juice
2 fl oz	60 mL	Orange juice
½ oz	15 g	Shallots, chopped fine
1 tsp	5 mL	Grated fresh ginger root
2 tsp	10 mL	Grated lime zest
3 fl oz	90 mL	Olive oil
to taste	to taste	Salt

2 lb	1 kg	Grapefruit
1 lb	500 g	Fennel, trimmed
6 oz	180 g	Arugula

Per serving: Calories, 90; Protein, 1 g; Fat, 7 g (66% cal.); Cholesterol, 0 mg; Carbohydrates, 7 g; Fiber, 2 g; Sodium, 25 mg.

PROCEDURE

- Mix the lime juice, orange juice, shallots, ginger, and zest.
- Whip in the olive oil to make a vinaigrette.
- Add salt to taste.
- Peel and section the grapefruit according to the procedure illustrated on page 148. You should have about 1 lb (500 g) grapefruit sections.
- Cut the fennel bulb in half vertically. Lay the halves on the cutting board, cut side down, and cut vertically into thin slices.
- Trim the stems from the arugula. Tear into pieces.
- Just before serving, toss together the grapefruit, fennel, and arugula.
- Mound on cold salad plates.
- Drizzle 1 tbsp (15 mL) vinaigrette over each portion.



Arugula, Citrus, and Fennel Salad

Thai Papaya and Mango Salad

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
6 fl oz	180 mL	Lime juice
1 fl oz	30 mL	Nam pla (Thai fish sauce) or nuoc nam (Vietnamese fish sauce)
2	2	Serrano chiles, seeded, chopped fine
2	2	Scallions, chopped fine
1 oz	30 g	Brown sugar or raw sugar

1½ lb	750 g	Mango, medium dice
1½ lb	750 g	Papaya, medium dice
12 oz	360 g	Napa cabbage, shredded
4 tbsp	60 mL	Chopped peanuts

Per serving: Calories, 100; Protein, 2 g; Fat, 1.5 g (13% cal.); Cholesterol, 0 mg; Carbohydrates, 21 g; Fiber, 3 g; Sodium, 240 mg.

PROCEDURE

- Mix the lime juice, fish sauce, chiles, scallions, and sugar. Stir until the sugar is dissolved.
- Mix the mango and papaya.
- Arrange 1 oz (30 g) cabbage on each salad plate.
- Top with a mound of the fruit mixture.
- Drizzle each portion with 4 tsp (20 mL) dressing.
- Sprinkle each portion with 1 tsp (5 mL) chopped peanuts.



Thai Papaya and Mango Salad

Composed Salads

PRINCIPLES

Composed salads are salads made by arranging two or more elements attractively on a plate. They are called composed because the components are arranged on the plate rather than being mixed together. One or more of the elements may be mixed or tossed salads, but the individual mixed salads are arranged on the plate with other components for the final presentation.

Because they are more elaborate and can be substantial in size, composed salads are usually served as main courses or first courses rather than as accompaniments or side dishes.

There are so many kinds of composed salad that guidelines for preparing this category of salad are very general.

Guidelines for Preparing Composed Salads

1. Observe the guidelines for preparing each of the salad components. For example, if one of the components is a mixed green salad, observe the guidelines for preparing green salads.
2. Prepare and season each component separately, and evaluate it for flavor and quality. If one or more of the components is a salad, dressing may be added to each salad component separately, or in some cases dressing may be added to the entire salad just before serving.
3. Arrangements may be plated ahead of time only if the components will hold well. Add delicate items just before serving.
4. If any of the components is to be served hot or warm, prepare and add that item just before serving.
5. Flavors and textures of all components should harmonize or provide pleasing contrast. See the discussion of flavor building in Chapter 4.
6. Observe the general concepts of plating and presentation discussed in Chapter 28.

Chef's Salad

PORTIONS: 25

U.S.	METRIC	INGREDIENTS
6 lb	3 kg	Mixed salad greens, washed, trimmed, and crisped
1½ lb	700 g	Turkey breast, cut into thin strips
1½ lb	700 g	Pullman ham, cut into thin strips
1½ lb	700 g	Swiss cheese, cut into thin strips
50	50	Tomato wedges or cherry tomatoes
50	50	Hard-cooked egg quarters
25	25	Radishes
8 oz	225 g	Carrots, cut bâtonnet
25	25	Green bell pepper rings

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

PROCEDURE

1. Place the greens in cold salad bowls, approximately 4 oz (125 g) per portion.
2. Arrange the turkey, ham, and cheese strips neatly on top of the greens. Keep the items separate—do not mix them all together.
3. Arrange the remaining items attractively on the salad.
4. Hold for service. If salads must be held for over 1 hour, they should be covered so the meats and cheese don't dry out.
5. Serve with any appropriate salad dressing on the side in a separate container.

VARIATIONS

Other vegetable garnish may be used in addition to or in place of the items in the basic recipe. See lists on pages 712–713.

Rohkostsalatteller (German Vegetable Salad)



PORTIONS: 16 PORTION SIZE: SEE PROCEDURE

U. S.	METRIC	INGREDIENTS	PROCEDURE
6 fl oz	175 mL	White wine vinegar	1. Make a dressing by mixing the vinegar, sour cream, salt, sugar, and chives. Set aside.
1 pt	500 mL	Sour cream	
2 tsp	10 mL	Salt	
½ tsp	2 mL	Sugar	
2 tbsp	30 mL	Chopped chives	
1 lb	450 g	Carrots	2. Peel the carrots. Shred them on a coarse grater.
2 tbsp	30 mL	Horseradish, well drained	
to taste	to taste	Salt	
1 lb 6 oz	625 g	Cucumbers	4. Peel the cucumbers. Cut them into thin slices. Toss with the coarse salt and let stand 1–2 hours.
1 tbsp	15 mL	Coarse salt	
2 fl oz	60 mL	White wine vinegar	5. Press the juices out of the cucumbers. Rinse off excess salt and drain.
3 fl oz	90 mL	Water	
1 tbsp	15 mL	Sugar	6. Mix the vinegar, water, sugar, dill, and white pepper.
2 tsp	10 mL	Fresh dill weed, chopped	
pinch	pinch	White pepper	7. Mix this dressing with the cucumbers. If necessary, add salt to taste.
1 lb 4 oz	575 g	Celery root	8. Peel the celery root. Grate it on a coarse grater. Immediately mix with the lemon juice.
1½ fl oz	50 mL	Lemon juice	
5 fl oz	150 mL	Heavy cream	9. Mix in the cream. Season with salt and white pepper.
to taste	to taste	Salt	
to taste	to taste	White pepper	
2 lb	900 g	Bibb or Boston lettuce greens	10. If necessary, thin the remaining sour cream dressing with a little water until it is the consistency of heavy cream.
32	32	Tomato wedges	
<p>Per serving: Calories, 140; Protein, 3 g; Fat, 10 g (58% cal.); Cholesterol, 25 mg; Carbohydrates, 13 g; Fiber, 3 g; Sodium, 730 mg.</p>			11. Toss the greens with the dressing. Plate in the center of large salad plates.
			12. Around the outside edge of each plate, arrange 2 tomato wedges and about 1 oz (30 g) each of the carrot, cucumber, and celery salads.



Rohkostsalatteller

Roasted Beet Salad with Gorgonzola

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
1 lb 8 oz	750 g	Red beets, medium to large
1 lb 8 oz	750 g	Yellow beets, small
<hr/>		
12 oz	375 g	Mesclun
12 fl oz	375 mL	Mustard Vinaigrette (p. 703)
6 oz	180 g	Gorgonzola cheese, crumbled

Per serving: Calories, 290; Protein, 6 g; Fat, 26 g (76% cal.); Cholesterol, 15 mg; Carbohydrates, 12 g; Fiber, 3 g; Sodium, 590 mg.

PROCEDURE

1. Wrap the red beets in foil. Wrap the yellow beets in a separate foil package.
2. Bake at 400°F (200 °C) until the beets are tender, about 1 hour.
3. Cool the beets slightly. Trim the root and stem ends, and pull off the peels.
4. Cut the red beets crosswise into thin slices.
5. Cut the yellow beets vertically into quarters.
6. Arrange the sliced red beets in circles on cold salad plates.
7. Toss the mesclun with half the vinaigrette.
8. Drizzle the remaining vinaigrette over the sliced beets.
9. Place a small mound of greens in the center of each plate.
10. Arrange the quartered yellow beets around the greens.
11. Sprinkle the tops of the salads with the crumbled gorgonzola.



Roasted Beet Salad with Gorgonzola

Salade Niçoise

PORTIONS: 25

U.S.	METRIC	INGREDIENTS
3 lb	1.4 kg	Waxy potatoes, scrubbed
3 lb	1.4 kg	Green beans, washed and trimmed

2 lbs	900 g	Mixed salad greens, washed, trimmed, and crisped
1 60-oz can	1 1700-g can	Tuna, solid pack or chunk
25	25	Anchovy fillets
50	50	Olives, black or green
50	50	Hard-cooked egg quarters
100	100	Tomato wedges
½ cup	60 mL	Chopped parsley

Vinaigrette:		
1 qt	1 L	Olive oil
1 cup	250 mL	Wine vinegar
1 tsp	5 mL	Garlic, chopped fine
1 tbs	15 mL	Salt
½ tsp	2 mL	Pepper

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.

PROCEDURE

1. Cook the potatoes in boiling salted water until just tender. Drain and let cool. Peel. Cut into thin slices. Hold in refrigerator, covered.
2. Cook the beans in boiling salted water. Drain and cool under cold running water. Cut into 2-in. (5-cm) pieces. Hold in refrigerator.
3. Line cold salad bowls or plates with the lettuce leaves (see Note).
4. Combine the potatoes and green beans. Divide the mixture among the salad bowls, about 3 oz (90 g) per portion.
5. Drain the tuna and break it into chunks. Place a 1½-oz (50-g) portion in the center of each salad.
6. Arrange the anchovy fillets, olives, egg quarters, and tomato wedges attractively on the salads.
7. Sprinkle the salads with chopped parsley.
8. Hold for service in refrigerator.
9. Combine the dressing ingredients and mix well. Just before service, mix again and dress each salad with 1½ fl oz (50 mL) dressing.



Salade Niçoise

Cobb Salad

PORTIONS: 12 LUNCH ENTRÉES

U.S.	METRIC	INGREDIENTS
1 lb 8 oz	720 g	Tomatoes, peeled and seeded
1 lb 8 oz	720 g	Chicken breast, cooked
6	6	Hard-cooked eggs
1 lb 2 oz	540 g	Roquefort or other blue cheese
24 strips	24 strips	Bacon, crisp
4	4	Avocados

12 oz	360 g	Romaine
12 oz	360 g	Iceberg lettuce
6 oz	180 g	Watercress
6 oz	180 g	Frisée
1½ pt	720 mL	Mustard Vinaigrette (p. 703)

Per serving: Calories, 880; Protein, 39 g; Fat, 78 g (77% cal.); Cholesterol, 210 mg; Carbohydrates, 12 g; Fiber, 6 g; Sodium, 1760 mg.

PROCEDURE

1. Cut the tomatoes into small dice.
2. Cut the chicken into small dice.
3. Chop the hard-cooked eggs.
4. Crumble the blue cheese.
5. Crumble the bacon.
6. Cut the avocados into small dice. Do not do this until just before serving, so it does not discolor before it is served.
7. Cut the salad greens into bite-size pieces and place in a bowl.
8. Add half the vinaigrette to the greens and toss.
9. Place the greens in individual salad bowls.
10. Arrange the tomatoes, chicken, eggs, cheese, bacon, and avocado on top of the greens.
11. Drizzle the remaining vinaigrette over the salads. Serve immediately.



Cobb Salad

COBB SALAD

The first Cobb salad was made by Robert Cobb, owner of the Brown Derby restaurant in Hollywood, California. According to the story, late one night in 1938, Mr. Cobb was hungry for a snack and found a variety of ingredients in the refrigerator, including avocado, hard-cooked egg, tomato, and Roquefort cheese. He chopped them up, put them in a salad, and a legendary dish was born. After he put it on the restaurant's menu, it quickly became popular, and other restaurants picked up the idea.

Chicken Breast Salad with Walnuts and Blue Cheese

PORTIONS: 10

U.S.	METRIC	INGREDIENTS	PROCEDURE
10 as needed	10 as needed	Boneless, skinless chicken breasts, about 4 oz (125 g) each Chicken stock	1. Poach the chicken breasts in a flavorful, seasoned chicken stock, using just enough to cover them. (See Chapter 13 for information on poaching chicken.) When they are just done but still juicy, remove from the heat and cool in the poaching liquid.
1 lb 1 pt 2 tbsp	450 g 500 mL 30 mL	Fresh white mushrooms Mustard Vinaigrette (p. 703), made with olive oil Chopped parsley	2. Shortly before serving, slice the mushrooms. Toss them with about 4 oz (125 mL) vinaigrette and the parsley so they are lightly coated with the dressing.
1 lb 4 oz 2–3 heads 3 oz 3 oz	575 g 2–3 heads 90 g 90 g	Mixed salad greens Belgian endive Walnuts, coarsely chopped Blue cheese, crumbled	3. Arrange the greens on large salad plates or dinner plates. 4. Cutting across the grain, slice each chicken breast on the slant into slices about $\frac{1}{4}$ in. (6 mm) thick. On one side of each salad plate, arrange a sliced breast single-fashion, fanning the slices. 5. Separate the endive leaves. Arrange some of the leaves on the other half of each plate. 6. Place a small mound of the mushroom slices on the endive. 7. Sprinkle the salads with the nuts and the blue cheese. 8. Just before serving, spoon about 1 fl oz (30 mL) dressing over each salad.

Per serving: Calories, 530; Protein, 31 g; Fat, 43 g (72% cal.); Cholesterol, 75 mg; Carbohydrates, 7 g; Fiber, 3 g; Sodium, 570 mg.

VARIATION

When plating the salads to order, toss the mixed salad greens with some of the salad dressing before plating.



Chicken Breast Salad with Walnuts and Blue Cheese

Salad of Seared Sea Scallops with Oriental Vinaigrette

PORTIONS: 10 PORTION SIZE: 3 OZ (90 G) SCALLOPS, 1½ OZ (45 G) GREENS, 1½ FL OZ (45 ML) VINAIGRETTE

U.S.	METRIC	INGREDIENTS
1 lb	500 g	Mesclun or other delicate mixed greens
1 pt	500 mL	Oriental Vinaigrette (p. 704)
2 lb	1 kg	Sea scallops
as needed	as needed	Butter
30	30	Orange segments (free of membranes)

Per serving: Calories, 360; Protein, 9 g; Fat, 33 g (80% cal.); Cholesterol, 20 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 480 mg.

PROCEDURE

1. Wash and drain the salad greens.
2. Prepare the vinaigrette.
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.
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.
5. Toss the mesclun with half the vinaigrette.
6. Mound the mesclun in the center of the plates.
7. Arrange the orange segments so they are leaning against the mound of salad greens. Use 3 per portion.
8. Arrange the scallops around the salads.
9. Drizzle the remaining vinaigrette around the scallops.



Salad of Seared Sea Scallops with Oriental Vinaigrette

Stuffed Tomato Salad with Tuna

PORTIONS: 12 PORTION SIZE: 1 TOMATO

U.S.	METRIC	INGREDIENTS
12	12	Tomatoes, small (about 4 oz/120 g each)
to taste	to taste	Salt
1 lb 8 oz	720 g	Tuna Salad (p. 740)
12	12	Lettuce leaves for underliners
12	12	Small parsley sprigs

Per serving: Calories, 160; Protein, 10 g; Fat, 11 g (61% cal.); Cholesterol, 15 mg; Carbohydrates, 6 g; Fiber, 2 g; Sodium, 210 mg.

PROCEDURE

1. Wash the tomatoes and remove the core at the stem end.
2. Set the tomatoes on the cutting board, stem end down. Cut into eighths to within ½ inch (1 cm) of the bottom—that is, leave the sections attached at the bottoms.
3. Carefully spread the sections apart slightly. Sprinkle the insides with salt and turn upside down on a sheet pan to drain 15–20 minutes.
4. Fill the tomatoes with tuna salad, using 2 oz (60 g) per portion.
5. Arrange the lettuce leaves on salad plates and place a filled tomato on top of each. Garnish the tops with parsley.
6. Serve at once, or hold for service in the refrigerator.

VARIATIONS

Tomatoes may be stuffed with any of the following:

Chicken Salad and variations (p. 740)	Ham Salad (p. 741)
Egg Salad (p. 740)	Cottage cheese
Dilled Shrimp Salad (p. 743) and variations	

Alternative Method: Tomatoes may be hollowed out for stuffing by cutting off the tops and scooping out the insides, being careful not to pierce the sides. Large tomatoes may be cut in half and hollowed out.

Goat Cheese and Walnut Salad

PORTIONS: 12

U. S.	METRIC	INGREDIENTS	PROCEDURE
6 oz	180 g	Belgian endive or radicchio	1. Trim, wash, and drain the salad greens. 2. Tear into bite-size pieces. Toss together.
9 oz	270 g	Arugula	
6 oz	180 g	Bibb lettuce	3. Mix the crumbs, herbs, and pepper. 4. Slice the cheese into 1-oz (30-g) pieces. Roll the pieces in the seasoned crumbs to coat them.
9 oz	270 g	Romaine lettuce	
1 cup	240 mL	Bread crumbs, dry	5. At service time, arrange the cheese pieces on a sheet pan. Bake at 425°F (220°C) for 10 minutes. 6. At the same time, toast the walnuts in a dry sauté pan or in the oven with the cheese. 7. Toss the greens with the vinaigrette and arrange on cold plates. Top each plate of greens with 2 pieces of cheese and sprinkle with walnuts.
1 tbsp	15 mL	Dried thyme	
1 tbsp	15 mL	Dried basil	
1½ tsp	7 mL	Black pepper	
1 lb 8 oz	720 g	Fresh goat's milk cheese, preferably in log shape	
4½ oz	135 g	Walnut pieces	
8 fl oz	240 mL	Vinaigrette (p. 703) made with red wine vinegar and olive oil	

Per serving: Calories, 460; Protein, 17 g; Fat, 40 g (75% cal.); Cholesterol, 50 mg; Carbohydrates, 13 g; Fiber, 3 g; Sodium, 530 mg.

VARIATIONS

Mixed Green Salad with Blue Cheese and Walnuts

Omit the goat cheese and herbed crumbs from the basic recipe. Instead, sprinkle the salads with crumbled gorgonzola, stilton, Roquefort, or other blue cheese.



Goat Cheese and Walnut Salad

Taco Salad

PORTIONS: 12 PORTION SIZE: APPROXIMATELY 10 OZ (300 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
12	12	Flour tortillas	1. Fit the tortillas into a taco salad shell fry basket and deep-fry until crisp. Drain and cool upside down.
2 tbsp	30 mL	Chili powder	2. Mix the chili powder, cumin, oregano, cornstarch, cinnamon, and pepper.
2 tsp	10 mL	Ground cumin	3. Add the cold water and mix well.
2 tsp	10 mL	Dried oregano	4. Heat the oil in a sauté pan over moderate heat.
1 tbsp	15 mL	Cornstarch	5. Add the onion and garlic and sauté until lightly browned.
½ tsp	2 mL	Cinnamon	6. Add the ground beef. Break up and fry until there are no large lumps and the beef has lost its red color.
½ tsp	2 mL	Black pepper	7. Drain excess fat from the pan.
12 fl oz	360 mL	Water, cold	8. Add the spice mixture to the beef and bring to a boil.
1 fl oz	30 mL	Vegetable oil	9. Add the tomato purée. Return to a boil.
3 oz	90 g	Onion, small dice	10. Simmer until the meat mixture is no longer liquid.
2 tsp	10 mL	Finely chopped garlic	11. Season to taste with salt.
2 lb 4 oz	1 kg	Ground beef	12. Keep the meat mixture warm, or refrigerate and reheat for service. Depending on the amount of fat drained in step 7, you should have about 1½ oz (45 g) meat per portion.
12 fl oz	360 mL	Tomato purée	13. Mix the salad dressing and salsa. Refrigerate until service. (See second variation below.)
to taste	to taste	Salt	14. Line the bottoms of the tortilla shells with lettuce.
1 pt	500 mL	Ranch Dressing (p. 707)	15. Place a layer of beans and then a layer of meat on top of the lettuce.
1 cup	250 mL	Salsa Cruda (p. 206)	16. Top with layers of cheese, tomatoes, olives, scallions, and, finally, a few pieces of avocado.
1 lb 8 oz	750 g	Lettuce, such as romaine or iceberg, shredded	17. Ladle the dressing mixture over the salads. Serve immediately.
1 lb 8 oz	750 g	Pinto beans or black beans, cooked or canned, drained	
12 oz	375 g	Monterey jack or mild cheddar cheese, grated	
1 lb 2 oz	550 g	Tomatoes, medium dice	
6 oz	180 g	Green or black olives, pitted, sliced	
3 oz	90 g	Scallions, sliced thin	
6 oz	180 g	Avocado, medium dice	
<p>Per serving: Calories, 1120; Protein, 40 g; Fat, 66 g (53% cal.); Cholesterol, 115 mg; Carbohydrates, 94 g; Fiber, 13 g; Sodium, 1390 mg.</p>			<p>VARIATIONS</p> <p>In place of the tortilla bowls, line the bottom of salad bowls with lightly crushed tortilla chips.</p> <p>In place of the dressing mixture, serve the salads with separate bowls of sour cream and salsa on the side.</p>

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.

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 many customers 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 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 2½ ounces dry gelatin per gallon (19 g per L) liquid, 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 (180 g per L) liquid.

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 L). 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 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 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. These fruits 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—that is, when 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 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 the gelatin 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)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 No. 2 can 8 oz 12 oz 8 oz	1 No. 2 can 250 g 375 g 250 g	Pineapple cubes Grapefruit sections Orange sections Grapes	1. Drain the pineapple and reserve the juice. You should have about 12 oz (350 g) drained fruit. 2. Cut the grapefruit and orange sections into ½-in. (1-cm) dice. (See p. 148 for cutting citrus sections.) 3. Cut the grapes in half. Remove seeds, if any. 4. Place the fruit in a colander or strainer over a bowl and hold in the refrigerator.
2 oz 1 cup as needed 6 oz ¼ tsp 3 fl oz	60 g 250 mL as needed 175 g 1 g 90 mL	Unflavored gelatin Water, cold Fruit juice: grapefruit, orange, or pineapple Sugar Salt Lemon juice	5. Stir the gelatin into the cold water and let stand at least 5 minutes. 6. Add enough fruit juice (or part juice and part water) to the liquid from the pineapple to measure 3½ pt (1.75 L). 7. Bring the fruit juice to a boil in a stainless-steel pan. Remove from heat. 8. Add the sugar, salt, and softened gelatin. Stir until gelatin and sugar are dissolved. 9. Cool the mixture. Add the lemon juice. 10. Chill until thick and syrupy but not set. 11. Fold the drained fruits into the gelatin mixture. 12. Pour into individual molds or into a half-hotel pan. Chill until firm.
25 1⅔ cups	25 400 mL	Lettuce leaves for underliners Chantilly Dressing (p. 707)	13. Line cold salad plates with lettuce leaves. 14. Unmold the salads or, if a hotel pan was used, cut 5 × 5 into rectangles. 15. Place a gelatin salad on each plate. Hold for service in the refrigerator. 16. At service time, top each salad with 1 tbs (15 mL) dressing.
<p>Per serving: Calories, 170; Protein, 3 g; Fat, 10 g (49% cal.); Cholesterol, 15 mg; Carbohydrates, 20 g; Fiber, 1 g; Sodium, 55 mg.</p>			

Basic Flavored Gelatin with Fruit

PORTIONS: 25 PORTION SIZE: 4 OZ (125 G)

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

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 possible 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.

- Black cherry-flavored gelatin; Bing cherries
- Raspberry-flavored gelatin; peach slices or halves
- Strawberry, raspberry, or cherry-flavored gelatin; canned fruit cocktail
- Orange-flavored gelatin; equal parts sliced peaches and pears
- Cherry-flavored gelatin; equal parts crushed pineapple and Bing cherries
- Lime-flavored gelatin; grapefruit sections or pear halves or slices

Salad Bars and Buffet Service

Salad bars are frequent fixtures in restaurants and are popular with both customer and restaurateur. Diners enjoy customizing their own salads with selections from a large bowl of greens, smaller containers of assorted condiments, and a variety of dressings. The restaurateur likes salad bars because they take some pressure off the dining room staff during service. Many restaurants have designed unique salad bars that have become almost a trademark. Others may not have salad bars as part of their regular meal service but rely on them for efficiency at certain times, such as weekend brunch.

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 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 stand out. There is no reason to restrict the choices to the same old stuff everyone else is serving.

There are two basic kinds of salad bar condiments:

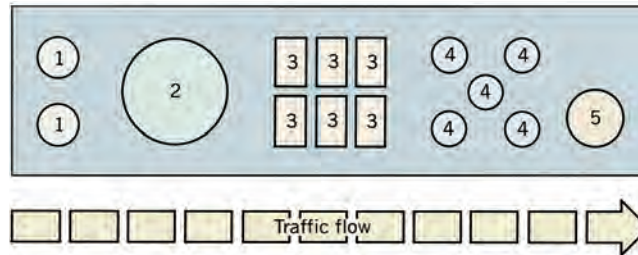
- *Simple ingredients.* Nearly any item in the salad ingredient list on pages 712–713 might be selected. Your choice will depend on balance of flavors and colors, customer preference, and cost.
- *Prepared salads.* Marinated vegetable salads, such as three-bean salad, and cooked salads, like macaroni salad, are especially suitable. The choice is large.

4. Arrange the salad bar in the following order (see Figure 21.3):

- Plates.
- Mixed greens.
- Condiments (put the expensive ones at the end).
- Dressings.
- Crackers, breads, etc., if desired.

Figure 21.3 Suggested arrangement of a salad bar.

Key: (1) plates; (2) large bowl of salad greens; (3) condiments; (4) dressings; (5) crackers, breads, etc.



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.

KEY POINTS TO REVIEW

- What are the guidelines for making arranged or composed salads?
- What are the guidelines for making gelatin salads?
- What guidelines should be kept in mind when planning and setting up a salad bar?

TERMS FOR REVIEW

winterized oil	vinaigrette	dessert salad	fruit salad
strength of acidity	appetizer salad	full slip	composed salad
Roquefort cheese	accompaniment salad	four parts of a salad	gelatin salad
emulsion	main-course salad	vegetable salad	
temporary emulsion	separate-course salad	bound salad	

QUESTIONS FOR DISCUSSION

- List three or four salads that may be served as appetizers, as accompaniments, as main dishes, as separate-course salads, and as desserts. Give reasons for your choices.
- What is the effect of salad dressing on the crispness of salad greens, and what are some ways to solve this problem?
- You are asked to prepare 250 Waldorf salads for a banquet. Explain the procedure you will use. List each step, from raw ingredients to plated salads. (You may refer to the recipe on p. 744.)
- How can you ensure salad greens will be crisp?
- 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?
- You are preparing tossed green salads, potato salads, and avocado and grapefruit salads for luncheon service. How will you plan your preparation—that is, what will you do first, second, and so on?
- 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?
- 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?

- | | |
|-------------------------|-----------------|
| Iceberg lettuce | Chicory |
| Shredded red cabbage | Avocado slices |
| Carrot strips or shreds | Tomato wedges |
| Watercress | Romaine lettuce |
| Sliced celery | |