

Structure of a salad:

1. There are 4 main parts of a salad:
 - a.
 - b.
 - c.
 - d.
2. Composed salads are _____ - either in the serving container or _____.
3. Tossed salads are usually _____ and small _____ vegetables.

How to Care for Greens:

1. Crisp greens by placing in _____ for a few hours before serving.
2. _____ thoroughly before serving.
3. Greens may be _____ or _____ according to the purpose.
4. Do not over _____ greens.
5. Store greens in a _____. Do not wash until you are _____ to use.
6. Never _____.

Tips:

7. Keep _____ and _____ greens wrapped in a dry paper towel and _____.
8. To prevent browning after washing and serving, _____ greens instead of using a _____ knife.

Salad Dressing:

9. Dressing add 4 elements to a salad:
 - a.
 - b.
 - c.
 - d.
10. Vinaigrette:
 - a. A mixture of : _____
 - b. Formula: _____
 - c. Examples of oils
 - 1.
 - 2.
 - 3.
 - d. Examples of vinegars:
 - 1.
 - 2.
 - 3.
 - e. Flavorings used in Vinaigrettes: _____

11. Mayonnaise Based:

- a. The base of the dressing is: _____
- b. This dressing has a _____ consistency.
- c. Types of Mayonnaise based dressing:
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____

Which dressing should you serve?

- 12. A salad dressing should _____ the other flavors in the salad.
- 13. Vinaigrette – a mixture of _____, _____, and _____.
- 14. Mayonnaise based – a thick creamy dressing that is an _____ of oil, _____, egg yolk, and _____.
- 15. Define emulsion:

Principles of Salad Making:

- 16. #1 rule – do not put the _____ on or salt a salad until just before _____.
- 17. Prepare a salad dressing _____ hours before serving and chill.
- 18. Choose _____, quality products and _____ salad just before serving.
- 19. Salads should look _____.
- 20. Handle _____ as little as _____.
- 21. Avoid too much _____.
- 22. _____ or _____ greens into _____ size pieces.
- 23. Combine _____ textures with _____ textures for contrast.
- 24. Toss with a _____ to give a tossed look rather than a _____ appearance.

When preparing a salad the first question to ask . . . What role will the salad play in the meal??

- 25. Name the 4 main types of salads:
- 26. List 3 facts about an Appetizer salad:

- 27. List 3 facts about a Main Dish salad:

28. List 3 facts about an Accompaniment salad:

29. List 3 facts about a Dessert Salad:

30. What are the 6 nutrients found in a salad?

Salad Dressing Evaluation:

Dressing	Did you like it or not? Explain why you like or dislike this dressing.	List some of the flavors in the dressing you liked or disliked.	What would have made this dressing better?
#1			
#2			
#3			
#4			
#5			
#6			
#7			

What did you learn about taking care of salads, the care of greens and salad dressing today?
