

## Salad Lecture

**There are four main types of salads:**

1. **Appetizer** - For a starter to stimulate the appetite, and it is served at the beginning of the meal. Make it with crisp greens, fruit or raw vegetables, and keep the servings small.
2. **Accompaniment** - Served with main the course of the meal either on dinner or salad plate. This salad should contrast pleasantly with the rest of the meal in color, flavor, and texture. Use crisp greens, fruits, or vegetables whether raw or cooked.
3. **Main Dish** - Must be substantial and satisfying. Make it with meat, fish, eggs, poultry, vegetables, fruit or a combination of fruit and cheese. This is served in meal-sized portions and often served hot.
4. **Dessert** - This may be a sweetened, molded or frozen salad made of fruit gelatin or fruit mixture. Whipped cream is usually added to the dressing. This salad furnishes the meal with a color, flavor and texture treat.

### Nutrients in a Salad

Luscious looking salads are fun to create and a delight to eat. Watch your meals take on a new sparkle when you serve salads. They are always so colorful and gay looking. You can use raw foods, simple foods and even leftovers to make them.

Minerals and vitamins come made to order in the fresh fruits and vegetables found in salads. Salads provide plenty of bulk or roughage to aid good digestion and elimination. This regularity will help you grow stronger and more healthy and beautiful. The main course salads of eggs, fish, meat, poultry and cheese serve as body builders and provide protein for the body. Pasta and potatoes provide carbohydrates.

## Principles of Salad Making

1. Place on a chilled plate or dish at least 5 hours before serving.
2. Prepare salad dressing 2 to 3 hours and chill.
3. Make just before eating.
4. Choose fresh and good quality produce.
5. Salads should look neat, but not labored over.
6. Handle greens as little as possible.
7. Avoid too much dressing.
8. Do not put the dressing on or salt salad until just before serving.
9. Break or tear into bite-size pieces.
10. Use no more than 3 -4 ingredients.
11. Ingredients should be well-drained.
12. Combine crisp with soft ingredients for contrast in texture.
13. Toss with a fork to give the tossed rather than smashed appearance.
14. Serve immediately.

### **CARE FOR SALAD GREENS IN THE FOLLOWING WAY**

1. Crisp up greens by placing in ice water for a few hours before serving.
2. Drain thoroughly before serving.
3. Greens may be broken or shredded according to the purpose.
4. Do not overhandle or greens become bruised and wilted.
5. Store in a plastic. Do not wash until your ready to use it as the greens might rust.
6. Never freeze.

### **SALAD GREENS**

**Lettuce** is the most popular salad plant grown in the Nation.

Four types are generally sold: Iceberg, Butterhead, Romaine, and Leaf.

**Iceberg** - lettuce is by far the major type. Heads are large, round and solid, with outer leaves medium-green. Inner leaves are a lighter green.

**Butterhead** - lettuce, including the Big Boston and Bibb varieties is a smaller head than Iceberg. It is slightly flat on top and has a soft, tender, pale inner leaves that feel oily or buttery.

**Romaine** - lettuce plants are tall and cylindrical with crisp, folded, dark-green leaves. It is famous for its use in Caesar Salad.

**Leaf** - lettuce has broad, tender succulent, fairly smooth leaves that vary in color depending on variety. It is the most common, home garden variety.

Grown mainly in greenhouses or on track farms for local sale, leaf lettuce is very delicate and usually not suitable for long distance shipping.

The leaves of Iceberg lettuce and Romaine should be crisp. Other types of lettuce have a softer texture, but the leaves should not be wilted. Look for good, bright color the shade of green varies with variety.

Heads of Iceberg lettuce that are very hard and lack green color are overmature. They may have a less attractive flavor. Heads of irregular shape or with hard lumps on the top may have overgrown central stems, causing excessive waste and a slightly bitter flavor. Check the lettuce for tan or brown areas on the edge of the leaves. Slight discoloration of the outer or wrapper leaves usually will not hurt the lettuce quality.

All salad greens should look fresh and crisp.

#### **Other greens used in salad-making:**

**Endive** - narrower, crinkly leaves with notched edges.

**Chinese cabbage** - is an elongated plant resembling celery. Some of the varieties develop a firm stalk, while others have an open, leafy form.

**Watercress** - is a small, round-leaved plant that grows naturally along the banks of a freshwater stream or ponds. Its spicy flavor makes it a favorite for use as a garnish or in mixed green salads.

**Spinach** - is often used in salad raw.