

2007 Family & Consumer Sciences Summer Conference



Healthy Salads -“Everyday Fare with a Flare!”

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***Riverton High School
Riverton, Utah 2007 Family & Consumer Sciences Summer
Conference***

Healthy Salads

Objectives: By the end of this class, students will be able to

- Identify different categories of salads
- List common ingredients used in various salads
- Discuss principles of salad production
- Prepare a variety of salads

Class Sequence:

- Introductions
- Power point presentation on salads with class discussion
- Menu review and production organization
- Healthful salads menu preparation
- Buffet platter assembly
- Healthful salads lunch buffet
- Kitchen sanitation



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Healthy Salads- “Everyday Fare with a Flare!”

Menu

Southwest Chicken Salad with Rice, Corn & Peppers

Crab & Scallop Salad with Avocado and Pineapple

Marinated Shrimp and Citrus Salad

Thai Beef Salad

Asian Barley & Mushroom Salad

Garbanzo Bean Salad

Grilled Vegetable Salad

Traditional Caesar Salad



Healthy Salads – Ingredient List

June 15, 2007

Produce

2 grapefruit	4 oranges	10 plum tomatoes
1 red onion	1 bunch celery	2 bulbs garlic
1 lb meslun mix	4 pears	1 lb. carrots
2 lbs. onion	2 bunch scallions	5 heads romaine
2 limes	6 ears corn	3 poblano peppers
4 red peppers	1 yellow pepper	1 orange pepper
2 pkg. cherry tomatoes	2 cucumbers	8 limes
12 oz. fresh shiitake	2 heads bibb	2 heads red leaf
1/2 lb. snow peas	2 lbs. asparagus	2 pieces zucchini
2 pieces yellow squash	2 lbs. button mushrooms	1/4 shallots
4 heads belgian endive	1 lb. onion	1 pineapple
4 avocados		

Meats

3 lbs. boneless chicken breasts	3 lbs. flank steak
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Seafood

2 lbs. shrimp 21-26 ct.	2 lbs. lump crabmeat
1 lb. sea scallops	

Dairy

3 eggs	1/2 lb. parmesan cheese
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Dry Goods

1 cup lemon juice	2 oz. pimentos	1 bottle soy sauce
2 qts. cup vegetable oil	4 oz. raspberry vinegar	1/2 cup sesame oil
3 oz. honey	1 pt. olive oil	1 loaf white bread
chipotle base	1 pt. converted rice	1.5 cups peanuts
1/2 cup white vinegar	1 small can anchovies	2-28 oz. cans garbanzo beans
2 qts. Chicken stock	1 lb. barley	1 bottle fish sauce
4 dried chili peppers	2 cans hearts of palm	1/2 cup balsamic vinegar
1.5 cups artichoke bottoms		1 pt. non-fat mayonnaise
1 small jar Dijon	1 bottle Tabasco	

Fresh Herbs & Spices

Dry mustard	celery seed	red pepper flakes
Poppy seed	salt	dried basil
Ground white pepper	ground cumin	sesame seeds

2 bunches cilantro
ground coriander
Italian seasoning
Lemon pepper

1 bunch chives
ground cumin
old bay seasoning

dried oregano
garlic powder
1 bunch mint

Healthful Salads – Equipment List

- All students will need to bring their knife kits
- 4 platters will be needed for the protein salads
- 4 display bowls will be needed for the vegetable and greens salads
- A kitchen aid mixer with a whip attachment
- Various whisks, stainless bowls, and spoons
- 1 cutting board per student if possible
- Various sized sauce pans and saute pans
- Saran wrap and aluminum foil
- Plastic tasting spoons
- Plastic gloves to work with ready-to-eat foods

SOUTHWEST CHICKEN SALAD WITH RICE, CORN & PEPPERS

DRESSING

Amount

1 cup
3/4 cup
3/4 cup
1/2 cup
1 Tbsp.
1 tsp.
to taste
to taste

Ingredient

vegetable oil
olive oil
cilantro chopped
lime juice
ground cumin
chipotle base
salt
black pepper

Amount

3 lbs.
6 ears
3 each
3 each

1 pt.
1 qt. & 1 cup
1 tsp.

as needed

Ingredient

chicken breasts, boneless, skinless
corn, shucked & boiled, cooled
poblano pepper, roasted, peeled & seeded
red pepper, roasted, peeled & seeded

converted rice
water
salt

red leaf lettuce

METHOD OF PRODUCTION

1. Prepare dressing and set aside.
2. Trim chicken breasts if necessary. Marinate chicken with a small amount of dressing for about 30 minutes. Grill chicken – create a hatch mark - until firm to the touch (165°F). Cool and cut into thin strips. Coat with dressing.
3. Bring water and salt to a boil in a sauce pan. Mix in rice. Reduce to a simmer, cover and cook until all liquid is absorbed, about 15 minutes. Transfer rice to a stainless bowl and fluff with a fork. Stir dressing and mix a small amount with rice.
4. Cut both the red and poblano peppers into thin strips. Coat with dressing.
5. Cut corn off the cob and add to the rice.
6. Line platter with lettuce leaves. Place rice & corn mixture on platter. Artistically arrange the peppers and chicken over the rice. Garnish with additional chopped cilantro.

CRAB & SCALLOP SALAD WITH AVOCADO & PINEAPPLE

Amount

2 lbs.

1 lb.

as needed

4 pieces

1.5 cups

1 each

1 head

4 each

Ingredient

crab meat, lump

sea scallops

old bay seasoning

scallions, sliced thin

artichoke bottoms, small dice

pineapple

romaine, Chiffonade

avocados

DRESSING

Amount

1 pt.

2 Tbsp.

2 Tbsp.

1 Tbsp.

1 Tbsp.

to taste

to taste

to taste

Ingredient

non-fat mayonnaise

tarragon vinegar

mint, chopped fine

lemon juice

Dijon mustard

Tabasco

salt

white pepper

Method of Production

1. Make dressing and set aside.
2. Pick through crab meat for shells being careful not to shred the crab.
3. Peel abductor muscle from scallops. Coat scallops generously with old bay seasoning. Coat bottom of sauté pan with vegetable oil and heat. Saute scallops until firm. Cool and cut in half.
4. Peel pineapple with a knife making sure all of the eyes are removed. Cut pineapple in half and remove the core. Cut into 1/4 inch slices.
5. Combine crab, scallops, scallions and artichokes. Gently toss with the dressing.
6. Just before service, cut avocado in half. Peel and slice thin.
7. Place romaine on platter. Mound salad into the center. Artistically arrange the avocado and pineapple around the salad.

MARINATED SHRIMP & CITRUS SALAD

Amount

2 lbs.
2 each
4 each
4 each
4 oz.
2 oz.
2 oz.
1 lb.

Ingredient

shrimp (26-30 count)
grapefruit – peeled & sectioned
oranges – peeled & sectioned
pears – sliced thin & held in lemon water
red onion – cut into thin rings
celery – cut into thin slices
pimentos, rinsed & cut julienne
mesclun salad greens

Dressing:

Amount

1 cup
1/2 cup
3 oz.
1 tsp.
1 tsp.
1/2 tsp.
2 Tbsp.
to taste
to taste

Ingredient

vegetable oil
raspberry vinegar
honey
onion – minced
dry mustard
celery seed
poppy seeds
salt
white pepper

Method of Production

1. Mise en place all equipment and ingredients.
2. In a medium sauce pan, heat 1/2 gallon of water to a boil. Place shrimp into water and lower heat. Poach shrimp until firm about 2 minutes.
3. In a mixing bowl, combine all the ingredients for the dressing and whisk vigorously.
4. In a separate mixing bowl, combine the shrimp, citrus fruits, onion and celery.
5. Pour the dressing over the salad and toss being careful not to break the fruit. Cover and refrigerate for 1 hour at 40° F or below.
6. For service, place the salad greens on a platter. Arrange the shrimp salad into the center of the platter. Garnish the rim of the platter with the pear and pimento slices.

Note: The shrimp and fruit can be marinated separately and then attractively arranged on the greens. (Adapted from Johnson & Wales University's Culinary Fundamentals Textbook)

THAI BEEF SALAD

Amount

3 lbs.
as needed
as needed
as needed

Ingredient

flank steak
fish sauce
garlic powder
salt

cherry tomatoes
cucumbers
onion, cut in 1/2: sliced thin
parsley, chopped

DRESSING

Amount

1/2 cup
1/4 cup
2 Tbsp.
2 tsp.
4 chili peppers
to taste
to taste

Ingredient

vegetable oil
olive oil
lime juice
garlic, minced
crushed
salt
fish sauce

METHOD OF PRODUCTION

1. Prepare dressing and set aside.
2. Prepare flank steak by coating with fish sauce, garlic powder and salt. Let steak sit for 15 minutes. Grill until medium rare. Cool and slice thin against the grain. Coat with small amount of the dressing.
3. Slice cucumber in half lengthwise. Take the seeds out and slice into thin 1/2 moons.
4. Slice the cherry tomatoes in half lengthwise
5. Combine the onions, cucumber, tomatoes and parsley. Toss with a small amount of the dressing.
6. Place Bibb lettuce around the platter. Position the beef in the center of the platter. Place vegetable mixture around the beef.
7. Garnish with scallion flowers.

ASIAN BARLEY & MUSHROOM SALAD

Amount

1 ½ qts.
as needed
1 lb.
2 oz.
12 oz.

Dressing:

¾ cup
¼ cup
3 oz.
2 Tbsp.
2 Tbsp.
½ tsp.
½ tsp.
½ tsp.
to taste

Ingredient

chicken stock
salt
barley – rinsed
salad oil
shiitake mushroom caps – small dice

vegetable oil
soy sauce
rice vinegar
sesame oil
garlic – minced
ground cumin
ground coriander
red pepper flakes
salt

celery – cut julienne
carrots – peeled and cut julienne
snow peas – blanched, shocked and cut on bias
green onions – cut ¼ inch bias
peanuts – toasted and coarsely chopped
sesame seeds – toasted

Method of Production

1. Gather all equipment and ingredients.
2. In a large sauce pan, bring the chicken stock and 2 tsp. of salt to a boil. Add the barley, cover and simmer until tender, about 45 minutes. Add water if liquid reduced too much during simmering.
3. Strain any liquid and lay out the barley onto a 1/2 sheet pan.
4. In the mean time, saute the mushroom in ¼ cup of vegetable oil.
5. Place all dressing ingredients in a stainless bowl and whisk thoroughly. Adjust seasoning if necessary.
6. Add the warm barley and mushroom to the dressing. Combine well and then add the celery, carrots, snow peas, green onions, and peanuts.

7. **Chill and top with toasted sesame seeds at service.** (Adapted from Johnson & Wales University's Culinary Fundamentals Textbook)

GARBANZO BEAN SALAD

Amount

1/2 cup
1/4 cup
1/4 cup
1 Tbsp.
to taste
to taste
2 – 28 oz. cans
2 cups
1/2 cup
1/2 cup
1/2 cup
1/2 cup
4 each

Ingredient

olive oil
white vinegar
fresh chives – sliced thin
garlic – minced
salt
lemon pepper
garbanzo beans, drained & rinsed
snow peas, blanched & cut julienne
red pepper – small dice
yellow pepper – small dice
orange pepper – small dice
red onion – small dice
plum tomatoes – seeds removed and small dice

Method of Production

1. Gather all equipment and ingredients.
2. Combine oil, vinegar, chives, and seasonings in a stainless micing bowl.
3. Add all vegetables and mix well.
4. Adjust seasonings if necessary.

(Adapted from Johnson & Wales University's Culinary Fundamentals Textbook)

GRILLED VEGETABLE SALAD

Amount

2 lbs.
10 each
2 each
2 each
2 lbs.
2 - 14 oz. cans

Ingredient

asparagus
plum tomatoes
zucchini
yellow squash
white button mushrooms
hearts of palm

BALSAMIC VINAIGRETTE DRESSING

Amount

1 cup
¼ cup
2 Tbsp.
1 Tbsp.
1 Tbsp.
1 Tbsp.
2 tsp.
1 tsp.
¼ tsp.

Ingredient

vegetable oil
balsamic vinegar
lemon juice
Italian seasoning
shallots, minced
parsley, chopped
garlic, minced
salt
black pepper

METHOD OF PRODUCTION

1. Prepare the dressing and set aside.
2. Peel, blanch, & shock asparagus.
3. Cut plum tomatoes in half lengthwise. Drizzle with olive oil, salt and black pepper. Sear on the grill to mark and cook until 1/2 done.
4. Cut both squashes on a bias ¼ inch thick. Toss with vegetable oil and a small amount of Italian seasoning. Cross hatch on grill being careful not to overcook.
5. Cut mushrooms into quarters. Saute in medium fry pan until tender. Drain and cool. Mix with a small amount of dressing.
6. Drain and cut hearts of palm on a bias 1/2 inch thick. Mix with a small amount of dressing.
7. Artistically lay out the vegetables on a platter. Drizzle remaining dressing over the rest of the vegetables.

CAESAR SALAD DRESSING

<u>Amount</u>	<u>Ingredient</u>
2 each	Egg yolks
1 each	Egg
2 Tbsp.	Water
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1 Tbsp.	Garlic, chopped
2 tsp.	Anchovy, chopped
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1 pt.	Salad oil
1 cup	Olive oil (not extra virgin)
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1/4 tsp.	Salt
1/4 tsp.	Black pepper
1/2 tsp.	Basil
1/2 tsp.	Oregano
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1/2 cup	Parmesan Cheese
1/3 cup	Lemon juice
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Yield : 1.5 pints	

METHOD OF PRODUCTION

1. Cook eggs and water over double boiler until medium consistency.
2. Put eggs in an electric mixer bowl and stir in garlic and anchovy.
3. Slowly add oils.
4. Add seasonings, Parmesan cheese and lemon juice.
5. Mix well. Adjust seasonings if necessary.