

"A salad is any single food or a mix of different foods accompanied or bound by a dressing. A salad can contain meat, grains, fruits, nuts or cheese and absolutely no lettuce. It can be an appetizer, a second course served after the appetizer, an entrée, a course following the entrée in the European manner, or even a dessert.. Careful attention to knife skills, presentation and garnishing are especially important in an uncooked item like salads." -Chef Todd Mohr

**Salads are classified by the predominant ingredient:
 Green Salads, Vegetable Salads, Cooked Salads, Fruit Salads.
 Salads may also be classified by what course they serve.**

Four basic parts of salad:

Base or Underliner
 Leafy greens usually form the base of a salad.
 Base adds greatly to appearance.
 Cup shaped leaves of iceberg or Boston lettuce give height to salads and confine loose pieces.
 Layer of loose, flat leaves may be used as base
 Tossed green salads usually have no base

Body
 The main part of the salad.
 This part receives the most attention

Garnish
 Gives eye appeal, often adds flavor as well.
 Should not be elaborate or dominate salad.
 Basic rule of garnishing: keep it simple
 Garnish must be edible.
 May be mixed into salad.
 Shredded red cabbage for color garnish
 May be added at the end
 Red pepper slices for color garnish

Dressing
 Used to flavor, moisten and/or bind the salad
 Should complement ingredients, not overpower

Green Salads

- 1) Salad greens must be fresh, clean, crisp, cold , well drained.
- 2) Moisture and air are necessary to keep greens crisp
 Leaves wilt because they lose moisture
 Restore crispness by washing and refrigerating
- 3) Too much water drowns greens and dissolves flavor & nutrition
- 4) Air circulation is essential for greens to breath
 Do not seal in bags or wrap in plastic
 Refrigerate in colanders with clean, damp cloths

Vegetable Salads

Salads whose main ingredients are vegetables, not leafy greens.
 Some vegetables are raw, some are cooked and chilled.
 Sometimes pasta, protein or meat is added.

Guidelines for Making Vegetable Salads

- 1) Neat, accurate cutting of ingredients is important.
- 2) Shapes add to eye appeal.
- 3) Design is based on shapes.
- 4) Keep shapes consistent.
- 5) Cut vegetables close to serving time to avoid drying.
- 6) Cooked vegetables should have firm, crisp texture.
 Mushy, overcooked vegetables are unattractive.
- 7) After cooking, vegetables must be fully chilled and drained.
- 8) Marinated vegetables must not be plated too early
 Lettuce base on marinated salads will wilt
 Use crisp, sturdy greens as bases (iceberg, chicory, romaine)