### SALAD GREENS

#### LETTUCE

Most common types of lettuce are butterleaf, iceberg, leaf, and romaine.

#### ICEBERG

Iceberg lettuce is the most common out of all the varieties. Iceberg lettuce remains crisp for a relatively long period of time after being out. Select head that are firm but not hard and leaves that are free of rusty tips.

#### LEAF

Leaf lettuce grows in bunches. It has a separate ruffle edged leaves branching from the stalk. It is easily damaged during harvest and transport.

#### ROMAINE

Romaine lettuce also known as cos, is a loosely packed head lettuce with elongated leaves and think midribs. The outer leaves are dark green. Romaine has enough flavour to stand up to strongly flavoured dressing such as the garlic and parmesan cheese used in a caesar salad.

#### CHICORY

##### BELGIAN ENDIVE

Belgian endive (Witoof) grows in small tight heads with pointed leaves. It is actually the shoot of a chicory plant.

##### RADICCHIO

Resembles a small red cabbage. Is popular braised or grilled. Due to its attractive colour radicchio is popular in cold salads, but has a bitter flavour and should be used sparingly and mixed with other greens in a tossed salad.
COLD KITCHEN - STUDY SHEET (CON’T)

SALAD DRESSINGS

(dressing) for a salad should complement rather than mask the flavours of the other ingredients. Most are based on either a mixture of oil and vinegar, called vinaigrette, or a mayonnaise or other emulsified product.

VINAIGRETTE DRESSINGS

The simple vinaigrette, also known as basic French dressing, is a temporary emulsion of oil and vinegar seasoned with salt, pepper and mustard. The standard ratio is 3 parts oil to 1 part vinegar.

Oil and vinegar repel each other and will separate almost immediately when mixed. They should be whisked immediately before use.

OILS

Many types of oils can be used to make salad dressings. Light, neutral-flavoured oils such as canola, corn, cottonseed, soybean, and safflower are relatively low priced and used extensively for this purpose.

VINEGARS

Many different types of vinegar can be used to make salad dressings. Red wine vinegar is the most common because it is inexpensive and its flavour blends well with many foods. But other vinegars such as cider, balsamic, white wine and rice are also used. Acidic juices such as lemon, orange and lime are sometimes substituted for all or part of the vinegar in a salad.

MAYONNAISE

Mayonnaise is an emulsified sauce. An emulsified sauce is formed when two liquids that would not ordinarily form a stable mixture are forced together and held in suspension. The higher the proportion of oil to vinegar, the thicker the sauce will be.

EMULSIFIED VINAIGRETTE DRESSINGS

An emulsified vinaigrette is a standard vinaigrette dressing emulsified with whole eggs, modified starches or vegetable gum. Its taste is similar to basic vinaigrette, but will not separate and it clings to green quite easily.
PREPARATION METHODS

There are two types of **green salads**: **tossed** and **composed**. The more informal **tossed salad** is prepared by placing the greens, garnishes and dressing in a large bowl and tossing to combine. A **composed salad** usually has a more elegant look to it. It is prepared by arranging each of the ingredients on plates in an artistic fashion. **Bound salads**, which are cooked meats, poultry, fish, shellfish, pasta or potato bound with a dressing, the binding agent can be either vinaigrette or mayonnaise based. **Vegetable salad** and **fruit salad** are other types of salads that can be made.

There are usually four components: the base, body, garnish and dressing.

The **base** is usually salad greens that partially line or anchor the plate on which the salad will be served. Depending on the desired effect, the leaves can be cup shaped or flat.

The **body** is the main ingredient. It can be lettuce or other greens, or another salad made from cooked or blended ingredients, such as chicken salad or fruit salad.

The **garnish** is added to the salad for color, texture and flavour. It can be substantial as a grilled, sliced duck breast of as simple as a sprinkling of chopped herbs; it can be warm or cold. The choice is unlimited but whatever is used should complement and balance the flavour of the body.

The salad **dressing** should complement rather than mask the other flavours in the salad. If the body already contains a dressing, as in a bound salad, additional dressing may not be necessary.
Use the words below to fill in the blanks of the sentences.

leaf   emulsion   composed   garnish
iceberg belgian endive bound salads dressing
romaine vinaigrette base
radicchio tossed body

1. Most common types of lettuce are butterleaf, ____________, ____________, and ____________

2. The ____________ is usually salad greens that partially line or anchor the plate on which the salad will be served.

3. The simple ____________, also known as basic French dressing, is a temporary ____________ of oil and vinegar seasoned with salt, pepper and mustard.

4. The more informal ____________ salad is prepared by placing the greens, garnishes and dressing in a large bowl and tossing to combine

5. Due to its attractive colour ____________ is popular in cold salads.

6. The salad ____________ should complement rather than mask the other flavours in the salad.

7. It is actually the shoot of a chicory plant. ____________ (Witoof) grows in small tight heads with pointed leaves.

8. Prepared by arranging each of the ingredients on plates in an artistic fashion. A, ____________ salad has a more elegant look to it.

9. The ____________ is the main ingredient. It can be lettuce or other greens, or another salad made from cooked or blended ingredients.

10. Salads that have cooked meats, poultry, fish, shellfish, pasta or potato bound with a dressing are called ____________

11. The ____________ is added to the salad for color, texture and flavour.
COLD KITCHEN - WORDMATCH

Match the description on the right with the list on the left, write the name next to the definition.

A. iceberg  
B. leaf  
C. romaine  
D. belgian endive  
E. radicchio  
F. vinaigrette  
G. emulsified  
H. tossed salad  
I. composed salad  
J. bound salads  
K. base  
L. body  
M. garnish  
N. dressing

Most common out of all the varieties
It has a separate ruffle edged leaves branching from the stalk
Which are cooked meats, poultry, fish, shellfish, pasta or potato bound with a dressing
Prepared by arranging each of the ingredients on plates in an artistic fashion
Grows in small tight heads with pointed leaves
Added to the salad for color, texture and flavour
Should complement rather than mask the other flavours in the salad
Loosely packed head lettuce with elongated leaves and think midribs
Is formed when two liquids that would not ordinarily form a stable mixture are forced together and held in suspension
A temporary emulsion of oil and vinegar seasoned with salt, pepper and mustard
Popular in cold salads, but has a bitter flavour and should be used sparingly
The main ingredient
Salad greens that partially line or anchor the plate on which the salad will be served
Placing the greens, garnishes and dressing in a large bowl and tossing to combine
SALAD DRESSINGS 101 - INTRODUCTION

Salad Dressings

Eating fresh raw food is a culinary link to our distant ancestors. Historical records show that the Romans, Egyptians and Babylonians all enjoyed various types of salads with flavoured dressings as a part of their diet thousands of years ago. Foraging for greens and edible plants is part of our cellular memory. The word salad conjures up images of health, new growth and pleasant weather. Perhaps this is why eating salads can make you feel so good. They are an edible symbol of nature, a hint of green pastures or a lush country garden right at your table, no matter where you live.

The incredible diversity of produce available today makes an entire new range of dishes possible. However, although the multiplicity of greens and vegetables used in a salad will give a solid foundation of taste to the dish, most people would agree that the key flavouring element is the dressing. A perfectly matched dressing can tie together all the individual elements of a salad to create a culinary symphony.

Matching Dressings to Ingredients

There are infinite ways to transform a bowl of greens just by choosing an appropriate dressing. A carefully chosen dressing can transform a simple salad into a special occasion dish.

The dressing can be a spectacular combination of zesty flavours and aromas but it is best to remember that it is really a seasoning meant to enhance the main ingredients. It should augment their flavours, not overpower them. The art of matching a dressing to a salad calls for some analysis of both the salad ingredients and the dressing.

**Translucent mixtures** of oil and vinegar, with added taste elements such as herbs, are best when paired with a leafy green.

**Creamy dressings** with their thicker texture are ideal with heavier ingredients like vegetables, pastas, grains or potatoes and meats.

**Vinaigrettes** (from the French *vin aigre* - “sour wine”) are very versatile and can be used to dress most types of salads.
**SALAD DRESSINGS 101 - INTRODUCTION (CON’T)**

A question to ask in helping you choose a dressing is: Are the flavours of the salad ingredients predominantly strong or mild? A subtly flavoured green like butter lettuce will be overwhelmed by a pungent creamy caesar dressing.

Texture is another important consideration. A soft delicate mache leaf will be squashed by a heavy mayonnaise-based dressing, but the same dressing could be an ideal complement to sliced vegetables or a sturdy lettuce like romaine.

When a salad is a part of a larger meal it is important to determine whether or not the dressing will harmonize with the other flavours in the meal. The herbs or spices used in the salad dressing could compliment the other flavours or clash. A weighty entree like beef stew calls for a light leafy green salad with a simple oil and lemon dressing. A dressing based on orange juice could harmonize well with a curry entree but it would be redundant with an entree of orange ginger chicken.

**When to Add the Dressing**

The dressing for most salads, in particular leafy greens, should be added as close to the serving time as possible, or separately so the diner can decide on the amount to be added.

It is essential to be aware of the consequences of adding dressing to a green salad too far in advance of it being served. Most dressings contain acids such as vinegar or lemon juice. This acid will cause the greens to wilt and get soggy as soon as the salad is tossed with the dressing. The salad will get soggier as the time increases before it is eaten. However, this rule has an exception. Salads without leafy greens, such as potato or pasta salad, actually improve in flavor when they are allowed to marinate in the dressing for an hour or longer.

**Emulsions**

The two most common types of dressings are vinaigrettes and creamy dressing. These are both examples of emulsified dressings. Emulsifying means combining two liquids that don’t usually mix together easily. In a salad dressing the two liquids would normally be oil and vinegar. Acidic liquids like vinegar or lemon juice help the process a little by changing the pH of the mixture.

Starting with the vinegar in a bowl, the oil is added very slowly, usually a drop by drop, while beating vigorously. This disperses and suspends small drops of the liquids throughout each other. It is essential for the oil to be added slowly or the two liquids will not combine.

The two liquids will remain combined for a short period of time but will soon separate. The harder the mixture is beaten or stirred, the longer it will take to separate. This is because the oil and vinegar are broken into smaller droplets. The smaller the droplets are, the stronger the emulsion is.

To change the temporary emulsion into a permanent emulsion a third ingredient must be added - an emulsifier. Egg yolks and mustard are examples of emulsifiers. They act to stabilize the two different liquids by forming a layer around each of the tiny droplets and holding them in suspension. Mayonnaise is an example of a permanent emulsion. The harder a mayonnaise is beaten to break up the droplets, the more stable it becomes.

It is important to note that emulsions form more easily at room temperature because cold oil is more difficult to break up into small droplets that will create a more stable emulsion.
1. Most common types of lettuce are butterleaf, ____ leaf ____, ____ iceberg ____, and ____ romaine ____

2. The ____ base ____ is usually salad greens that partially line or anchor the plate on which the salad will be served.

3. The simple ____ vinaigrette ____, also known as basic French dressing, is a temporary ____ emulsion ____ of oil and vinegar seasoned with salt, pepper and mustard.

4. The more informal ____ tossed ____ salad is prepared by placing the greens, garnishes and dressing in a large bowl and tossing to combine.

5. Due to its attractive colour ____ radicchio ____ is popular in cold salads.

6. The salad ____ dressing ____ should complement rather than mask the other flavours in the salad.

7. It is actually the shoot of a chicory plant. ____ belgian endive ____ (Witoof) grows in small tight heads with pointed leaves.

8. Prepared by arranging each of the ingredients on plates in an artistic fashion. A, ____ composed ____ salad has a more elegant look to it.

9. The ____ body ____ is the main ingredient. It can be lettuce or other greens, or another salad made from cooked or blended ingredients.

10. Salads that have cooked meats, poultry, fish, shellfish, pasta or potato bound with a dressing are called ____ bound salad ____

11. The ____ garnish ____ is added to the salad for color, texture and flavour.
COLD KITCHEN - WORDMATCH - ANSWERS

Match the description on the right with the list on the left, write the name next to the definition.

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<tr>
<th>A. iceberg</th>
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