**T.L.E Reviewer**

**Preparing Salad and Salad Dressings**

**Salad:**

* **Salad** – Any **cold dish** of meat, poultry, seafood, fruits, vegetables, or dairy products **served individually or a combination of two or more of these food items** and **accompanied by a dressing**.
* Salads and their dressings **can be considered complete meals** because they already contain the need nutrients for our bodies. These include.
* **Protein** – Meat, Poultry, and Eggs.
* **Vitamins and Minerals** – Fruits and Vegetables.
* **Fat** – Mayonnaise, Olive Oil, Peanut Oil, Sesame Oil.
* **Carbohydrates** – Potatoes, Croutons, and Pasta.

**Types of Salads:**

* **According to Use:**
* **Appetizer Salad** – These **are light foods that stimulate the appetite** without giving a feeling of fullness.
* Fruits like **oranges, apples, grapefruit and pears.**
* Vegetables like **carrots, celery, cucumbers and mushrooms.**
* Seafood like **shrimps, lobsters, crabmeat, fish.**
* **Accompaniment Salad** – These **are side dishes to the main course** in a dinner. They are served in moderate portions and are accompanied with dressings (Caesar, Thousand Island, French).
* Examples like a mixture of **leafy greens, carrots, onion, beet, turnip, cucumber, corn kernel, cheese and vegetables and fruits**.
* **Main Course Salads** – These can **serve as a one-dish meal as it contains practically all the essential nutrients**, from protein to carbohydrates, fats, vitamins and minerals, and fiber.
* **Dessert Salads** – These salads are **generally sweet and served in the last course of a meal**. Thus, they are considered desserts mostly composed of processed or unprocessed fruits with gelatin or mixed nuts and dairy products.
* Salads are **generally served at chilling temperatures** to be appreciated and satisfying. They should be crip, bright green, firm, tender, and chewy when served.
* **According to Ingredients Used:**
* **Fruits** – These include combinations of fruits with dressings like cream, condensed milk, and cheese.
* **Vegetables** – Most popular are potatoes and raw vegetables like lettuce, cabbage, carrots, celery, onions, tomatoes, etc.
* **Protein Foods** – Consist of meat, fish, or poultry, which are the main ingredients, plus some vegetables and dressing.

**Ways or Preparing Vegetables for Salad:**

* **Baguio Beans** – Choose those that are young, fresh, and crisp. Remove tough threads on the slide of each bean, then blanch or boil before slicing.
* **Cabbage** – Wash cabbage thoroughly in running water then drain. Remove its core and other tough parts. Using a kitchen knife, slice the leaves thinly.
* **Carrots** – Wash and spare the carrots. Cut them into cubes (any size desired).
* **Celery** – Remove the tough thread of s talks with a paring knife. Was thoroughly. Drain. Cut across the stalks according to the size desired.
* **Cucumber** – Wash thoroughly. Pare or leave the skin on as desired. Slice or cut according shape and size desired.
* **Head Lettuce** – Wash each leaf thoroughly under running water. Soak in cold water for a few minutes to preserve crispness. Drain. Pat dry leaves with paper kitchen towels. Cut across the leaves in any size desired.

**Types of Salad Dressings:**

* **French Dressing** – This is **mostly used in vegetable salads**. It is a mixture of vinegar (wine, pineapple, apple, nipa palm, or other types); oil (olive, peanut, com, or soya bean); and lime or lemon juice seasonings (salt. sugar, ground pepper). Variations of French dressing include the following:
* **Caper Dressing** – Add 1 tbsp of chopped capers, V½ clove of finely chopped garlic, and a little anchovy paste.
* **Curry Dressing** – Add ½ tsp of curry powder and 1 tsp of finely chopped shallots.
* **Garlic French Dressing** – Add 1 peeled garlic clove. Let it stand to enhance flavors, remove clove before serving.
* **Roquefort Dressing** – Add 3 tbsp of Roquefort cheese. Chill before serving.
* **Tarragon Dressing** – Add 1 tsp of chopped, fresh tarragon leaves.
* **Sesame Dressing** – Use sesame oil as a substitute for olive oil.
* **Thousand Island** – Add ½ cup of chopped green pepper, 2 tbsp of chopped parsley, and 2 tbsp of chopped onions.
* **Mexican French Dressing** – Add finely chopped hard-boiled egg, Worcestershire sauce, chili powder, onion, and crushed or quartered garlic.
* **Seafood Special French Dressing** – Add chili sauce, prepared horseradish, Worcestershire sauce, and finely chopped celery.
* **Vinaigrette French Dressing** – Add finely chopped green olives, finely chopped chives, finely chopped pimiento, and finely chopped hard-boiled egg.
* **Wine French Dressing** – Add Sherry wine and honey.
* **Cheese and Pickle French Dressing** – Add cottage cheese, pickle relish, and parsley.
* **Chiffonade French Dressing** – Add minced pimiento, parsley, and hard-boiled eggs.
* **Parmesan French Dressing** – Add Parmesan cheese.
* **Zesty French Dressing** – 1 tbsp of Worcestershire sauce
* **Mayonnaise** – An **emulsion composed of salad, oil, vinegar or lemon juice, egg yolk and seasonings.** Below are some tips in preparing mayonnaise.
* **Cooked Salad Dressing** – **Cooked dressing resembles mayonnaise. The only difference is that cooked dressing makes use of cooked starch paste as a substitute** for the egg yolk. The commercially made cooked dressing is labeled as “salad dressing.”