Chapter 15 Study Guide on Salads, Dressings and Dips

1.What is the definition of a salad?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Matching on different types of Salad

A.Starter Salad \_\_\_\_\_\_side salad served with main course

B.Accompaniment Salad \_\_\_\_\_\_palate cleanser,after rich dinner before dessert

C.Main Course Salad \_\_\_\_\_\_Sweet, contains nuts, cream,whipped cream

D.Intermezzo Salad \_\_\_\_\_\_freshest ingredients, emphasis on seasonal

E.Dessert Salad \_\_\_\_\_\_well-balanced full meal, protein ingredients,

F. Quality Salad \_\_\_\_\_\_small portion appetizer to main meal

3. Name the 7 traditional salad ingredients below.

A.\_\_\_\_\_\_\_\_\_\_\_\_\_\_B.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_C.\_\_\_\_\_\_\_\_\_\_\_\_\_D.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_F.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_G.\_\_\_\_\_\_\_\_ vegetables

4. Matching of types of Salad Greens.

A.Arugula \_\_\_\_\_\_formed between sprouting seed stage and baby stage

B..Butterhead Lettuce \_\_\_\_\_\_Frisee or chicory Frisee,bitter flavor, use with other greens

D.Belgian Endive \_\_\_\_\_\_cabbage large,wrinkled leaves,great nutritional value

E.Crisphead Lettuce \_\_\_\_\_\_wilts easily,mild flavor,red or green leaves,grows in bunch

F.Curly Endive \_\_\_\_\_\_Bib lettuce, Boston lettuce,mild flavor, doesn’t keep well

G.Escarole \_\_\_\_\_\_milder flavor than Savoy cabbage

H.Green Cabbage \_\_\_\_\_\_Witloof, French Endive, bitter,steamed,simmered,grilled

J.Kale \_\_\_\_\_\_leaf chicory, Italian chicory,adds color,slightly bitter,crunchy

K.Leaf Lettuce \_\_\_\_\_\_mild fresh flavor, remove coarse stems,wash thoroughly

M.Microgreens \_\_\_\_\_\_head lettuce, most popular, served alone or other greens

N.Napa Cabbage \_\_\_\_\_\_Caesar salad, crisp texture,full, sweet, mild flavor

P.Radicchio \_\_\_\_\_\_pungent, peppery flavor, ganish and salads

R.Red Cabbage \_\_\_\_\_\_milder flavor than green cabbage

S.Romaine \_\_\_\_\_\_strength and bitterness,diminishes as color lightens

T.Savoy Cabbage \_\_\_\_\_\_pungent,distinctive, peppery flavor

V.Sorrel \_\_\_\_\_\_slightly tough leaf, slightly strong flavor

W.Spinach \_\_\_\_\_\_slightly acidic and bitter flavor, small leaves,mild flavor

X.Watercress \_\_\_\_\_\_slightly tough leaf, mild flavor

5. Name the 4 parts of a salad.

A.\_\_\_\_\_\_\_\_\_B.\_\_\_\_\_\_\_\_\_\_\_\_C.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_D.\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Name the 3 parts of the base of a salad.

A.\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B.\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_

C.small \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

7. Fill in the blanks on the 6 parts of the body of a salad.

A.main \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B.mixture of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C.\_\_\_\_\_\_\_\_\_\_

D.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and various \_\_\_\_\_\_\_\_\_\_\_

E.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-based salad

F.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vary by season or occasion

8. Fill in the blanks on the 7 important things to remember about dressing.

A.\_\_\_\_\_\_\_\_\_\_\_\_ or semi liquid used to \_\_\_\_\_\_\_\_\_\_\_\_ salads

B.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ salad together

C.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to vinaigrette

D.\_\_\_\_\_\_\_\_\_\_\_ sauces to flavor, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, enrich

E.\_\_\_\_\_\_\_\_\_\_\_\_\_ and vegetable salads use \_\_\_\_\_\_\_\_ or sour dressing

F.\_\_\_\_\_\_\_\_\_\_ salads use slightly \_\_\_\_\_\_\_\_\_\_\_ dressing

G. mix \_\_\_\_\_\_\_\_\_\_\_, plate or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. Fill in the blanks on the 6 things to remember about garnish.

A.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ appearance

B \_\_\_\_\_\_\_\_\_\_\_\_\_\_ overall taste

C.eaten with \_\_\_\_\_\_\_\_\_\_ of salad so a \_\_\_\_\_\_\_\_\_\_ component

D.\_\_\_\_\_\_\_\_\_\_\_\_

E. \_\_\_\_\_\_\_\_ with ingredients or add at the \_\_\_\_\_\_\_\_

F.\_\_\_\_\_\_\_\_\_\_\_ components and \_\_\_\_\_\_\_\_\_\_ taste

10. Name the 5 types of salad.

A.\_\_\_\_\_\_\_\_\_\_\_\_\_B.\_\_\_\_\_\_\_\_\_\_\_\_\_\_C.\_\_\_\_\_\_\_\_\_\_\_\_\_D.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_E.\_\_\_\_\_\_\_\_\_\_\_\_

11. Fill in the blanks on the 7 things to remember about a green salad.

A.\_\_\_\_\_\_\_\_\_\_\_\_, mixed and composed

B.prepare \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ individually

C.\_\_\_\_\_\_\_\_ means mix ingredients \_\_\_\_\_\_\_\_ to plating

D.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ means do not \_\_\_\_\_\_\_\_\_\_ ingredients \_\_\_\_\_\_\_\_\_\_\_\_\_\_

E.\_\_\_\_\_\_\_\_\_\_\_\_\_ ingredients on \_\_\_\_\_\_\_\_\_ separately

F. \_\_\_\_\_\_\_\_\_\_\_\_ desired \_\_\_\_\_\_\_\_\_\_ experience

G. \_\_\_\_\_\_\_\_\_\_ level of \_\_\_\_\_\_\_\_\_\_ appeal

12. Matching on the types of salads

A.Tossed Green Salad \_\_\_\_\_\_prepared from cooked or raw vegetables

B.Bound Salad \_\_\_\_\_\_do not toss ingredients together

C.Fruit Salad \_\_\_\_\_\_incorporates combination of other salad types

D.Combination Salad \_\_\_\_\_\_mix ingredients prior to plating

E.Vegetable Salad \_\_\_\_\_\_cooked ingredients, bound with heavy dressing

F. Composed Green Salad \_\_\_\_\_\_slightly sweet or sour dressing, prepare close to service

13. A salad is a \_\_\_\_\_\_\_\_to eat food. \_\_\_\_\_\_\_\_ hands before \_\_\_\_\_\_\_\_\_. Wear \_\_\_\_\_\_\_\_

 use gloves. Change \_\_\_\_\_\_\_\_\_\_\_ when required.

14. When designing an attractive salad you need to remember the following.

1. Plate or \_\_\_\_\_\_\_\_\_\_\_ is like a \_\_\_\_\_\_\_\_\_\_\_ frame.
2. Select \_\_\_\_\_\_\_\_ dish for \_\_\_\_\_\_\_\_\_\_\_\_.
3. Keep salad off \_\_\_\_\_\_\_\_.
4. Maintain \_\_\_\_\_\_\_\_\_\_\_ balance.
5. Add \_\_\_\_\_\_\_\_\_\_\_\_
6. Cut \_\_\_\_\_\_\_\_\_\_\_\_\_ neatly and uniformly.
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ easily identified
8. Finely chop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ingredients.
9. Keep ingredient \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ simple

15. Fill in the blanks on the 6 important things to remember when preparing a vegetable salad.

1. Gather all \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Cut \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ neatly in \_\_\_\_\_\_\_\_\_\_\_\_ size
3. Cut fresh \_\_\_\_\_\_\_\_\_\_\_\_\_ close to \_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Cook \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_according to \_\_\_\_\_\_\_\_\_\_\_\_\_
5. Drain and \_\_\_\_\_\_\_\_\_ cooked vegetables before \_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_ ingredients in a \_\_\_\_\_\_\_\_\_\_\_\_\_ steel bowl.
7. Use \_\_\_\_\_\_\_\_\_\_\_\_ plate or \_\_\_\_\_\_\_\_\_\_

16. Fill in the blanks on the 7 important things to remember when preparing a green salad.

A. Choose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_ types of greens

B. \_\_\_\_\_\_\_\_ and clean ingredients and discard \_\_\_\_\_\_\_\_\_\_\_\_\_, wilted, moldy,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_ pieces.

C.Remove \_\_\_\_\_\_\_\_ and or \_\_\_\_\_\_\_\_\_\_\_\_ stems and \_\_\_\_\_\_\_\_\_\_\_

D.Use salad \_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_ ingredients.

E. \_\_\_\_\_\_\_\_\_\_\_\_\_ cuts

F. \_\_\_\_\_\_\_\_\_\_\_ ingredients immediately

G. \_\_\_\_\_\_\_\_ or cut \_\_\_\_\_\_\_\_\_ into bite-size pieces since a serving size of lettuce is -\_\_\_\_\_\_ of

 \_\_\_\_\_\_\_\_\_\_\_\_ bill

17. Fill in blanks on important things to remember about a tossed green salad

A. \_\_\_\_\_\_\_\_\_\_\_\_ ingredients in a \_\_\_\_\_\_\_\_\_\_\_\_ steel bowl.

B. \_\_\_\_\_\_\_\_\_\_ with vegetables \_\_\_\_\_\_\_\_\_\_ service with \_\_\_\_\_\_\_\_\_\_\_\_\_ and croutons.

C. \_\_\_\_\_\_\_\_\_\_ greens appropriately by \_\_\_\_\_\_\_\_\_ coating greens with \_\_\_\_ third ounces of

 \_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_ of greens

D. Place on \_\_\_\_\_\_\_\_ plates but do not plate over \_\_\_\_ hours before service

E. Serve \_\_\_\_\_\_\_\_\_ with chilled fork and \_\_\_\_\_\_\_\_\_\_\_\_\_\_

18. Fill in blanks on important things to remember about a composed green salad.

1. Place \_\_\_\_\_\_\_ on chilled \_\_\_\_\_\_\_\_\_ or bowl.
2. \_\_\_\_\_\_\_\_ ingredients with \_\_\_\_\_\_\_\_\_\_\_
3. Place \_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_ and dress
5. Served \_\_\_\_\_\_\_\_ with chilled \_\_\_\_\_\_\_\_\_

19. Fill in blanks on important things to remember when preparing a bound salad.

A.\_\_\_\_\_\_\_\_\_\_ main ingredients correctly with pasta at \_\_\_ \_\_\_\_\_\_ and potatoes \_\_\_\_\_\_ in middle and proteins \_\_\_\_\_\_\_\_\_ and tender.

B. \_\_\_\_\_\_\_\_\_ sized ingredients

C. attractive \_\_\_\_\_\_\_\_\_\_

D.well-\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dressing

E. \_\_\_\_\_\_\_\_ ingredients during preparation

F. Add \_\_\_\_\_\_\_\_ food for flavor and \_\_\_\_\_\_\_\_\_\_\_

G. marinate \_\_\_\_\_\_\_\_\_\_\_\_ and seafood

H.Fold in thick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I. Use \_\_\_\_\_\_\_\_ to portion

J.serve on \_\_\_\_\_\_\_\_\_\_\_ plates

20. Fill in blanks on important things to remember when preparing a gelatin salad.

A. Use \_\_\_\_\_\_\_\_\_ amount of gelatin which for molded gelatin is \_\_\_\_\_ ounces dry per \_\_\_\_\_\_\_\_ of liquid but for medium-textured sliceable jello use \_\_\_\_\_\_ ounces of dry per

gallon of liquid and for sweetened flavored gelatin use \_\_\_\_\_ ounces of gelatin per gallon

of liquid.

B. if recipe altered it changes the \_\_\_\_\_\_\_\_\_\_\_\_ setting

C. \_\_\_\_\_\_\_\_\_\_\_\_ dissolves at \_\_\_\_\_\_\_\_\_ F

D. Add \_\_\_\_\_\_\_\_\_\_ ingredients when partially set

E. \_\_\_\_\_\_\_\_\_\_\_ canned fruit

F.Pour gelatin into \_\_\_\_\_\_\_\_\_ or pans.

G.\_\_\_\_\_\_\_\_\_\_ gelatin with \_\_\_\_\_\_\_ around edge of mold or \_\_\_\_\_\_ into hot water.

H. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ until just before service.

21. Fill in blanks on important things to remember when preparing a fruit salad.

1. Tossed or \_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_ fruit in lemon juice and water for \_\_\_\_\_\_\_\_\_\_\_\_\_ and apples
3. Prepare \_\_\_\_\_\_\_\_\_ to service
4. \_\_\_\_\_\_\_\_\_\_\_ canned fruit and use for \_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and delicate pieces on top
6. \_\_\_\_\_\_\_\_\_ or tart dressing

22. Fill in blanks on important things to remember when storing greens.

A.thoroughly \_\_\_\_\_\_\_\_ greens

B.Do not \_\_\_\_\_\_\_\_\_\_\_ ingredients too much.

C.Do not \_\_\_\_\_\_ containers until ready to use.

D. Check \_\_\_\_\_\_\_\_

E.If using \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ greens, they decrease \_\_\_\_\_\_\_\_\_\_ costs, decrease \_\_\_\_\_\_ of

Contamination and are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

23. Fill in blanks on cleaning greens below.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ greens until ready to prepare and \_\_\_\_\_\_\_\_\_\_.
2. Store greens between \_\_\_\_\_ F and \_\_\_\_\_ F or \_\_\_\_\_ C and \_\_\_\_\_\_\_ C
3. \_\_\_\_\_\_\_\_\_\_\_ greens thoroughly
4. \_\_\_\_\_\_\_\_\_\_\_\_ outer leaves
5. \_\_\_\_\_\_\_\_\_\_\_\_\_ leaves
6. \_\_\_\_\_\_\_\_\_\_\_ thoroughly using water \_\_\_\_\_\_\_\_\_\_ than greens and \_\_\_\_\_\_\_\_ soaking
7. Dry greens using a \_\_\_\_\_\_\_\_\_\_\_ spinner or \_\_\_\_\_\_\_\_\_\_\_ so dressing will adhere
8. Remove tough \_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_ spots.
9. \_\_\_\_\_\_\_\_\_\_ delicate leaves do not \_\_\_\_\_\_\_\_\_\_\_\_ leaves

24. Matching for types of dressings,oils and vinegars.

A.Salad Dressing \_\_\_\_\_\_three parts oil to one part vinegar,lighter, thinner

B.Light Dressing \_\_\_\_\_\_light color oil, ,mild flavor, good omega 3 fatty acid

C.Heavy Dressing \_\_\_\_\_\_distinctive flavor, expensive,elegant restaurants use

D. Vinaigrette \_\_\_\_\_\_light golden color oil nearly tasteless

E.Suspension \_\_\_\_\_\_white or red color vinegar from wine or champagne

H.Canola Oil \_\_\_\_\_\_made from sherry wine

K.Corn OIl \_\_\_\_\_\_mild but distinctive oil, somewhat expensive, allergies

M.Olive OIl \_\_\_\_\_\_aged in wooden barrels 4 to 50 years,dark brown,sweet

P. Cottonseed/safflower oil \_\_\_\_\_\_temporary mixture of ingredients,eventually separate back

R. Walnut oil \_\_\_\_\_\_enhances salad ingredients

S. Peanut oil \_\_\_\_\_\_made from apples, brown color, slightly sweet taste

T. Balsamic vinegar \_\_\_\_\_\_robust, heartier ingredients

V. Cider vinegar \_\_\_\_\_\_distinctive flavor, greenish color, fruity flavor

W. Sherry \_\_\_\_\_\_delicate ingredients

X.Wine/Champagne vinegar \_\_\_\_\_\_bland oils, nearly tasteless

25. Matching

A.Specialty Vinegar \_\_\_\_\_\_permanently bind dissimilar ingredients, egg yolks, lecithin

B.White or Distilled Vinegar \_\_\_\_\_\_greater quantity of egg yolks,higher ratio of oil to vinegar

C.Emulsified Vinaigrette \_\_\_\_\_\_distilled and purified, neutral flavor

D.Emulsion \_\_\_\_\_\_creamy dressing,versatile, apply close to service

E.Emulsifier \_\_\_\_\_\_malt, rice vinegar and fruit flavored vinegars like raspberry

F.Mayonnaise \_\_\_\_\_\_salads with sturdy, robust ingredients,emulsion process

G. Mayonnaise Dressing \_\_\_\_\_\_mixture of ingredients, permanently stay together

26. Fill in blanks on how to make an Emulsified Vinaigrette Dressing.

A. Beat \_\_\_\_\_\_ yolks to a \_\_\_\_\_\_\_\_\_ consistency and add \_\_\_\_\_\_\_\_ if too thick.

B.Add small amount of \_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_ juice.

C. Mix \_\_\_\_oil mixing constantly.

D.Add remainder of \_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_ juice and blend well.

E. Mix remainder of oil, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or flavorings.

F.Check for \_\_\_\_\_\_\_\_\_\_ consistency.

G. \_\_\_\_\_\_\_\_\_\_\_ or dressing coats spoon.

H.Serve immediately or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

27. Fill in blanks on how to make mayonnaise.

A. Place egg \_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ steel bowl.

B.Add \_\_\_\_\_\_ ingredients. Whisk until \_\_\_\_\_\_\_\_\_\_\_ and blended.

C.\_\_\_\_\_\_\_\_\_\_\_\_ oil slowly into mixture and \_\_\_\_\_\_\_\_\_\_\_ rapidly.

D. \_\_\_\_\_\_\_\_\_\_\_\_ adding vinegar or \_\_\_\_\_\_\_\_\_\_ juice.

E. \_\_\_\_\_\_\_\_\_\_\_ taste.

F.\_\_\_\_\_\_\_\_\_\_\_\_ immediately or \_\_\_\_\_\_\_\_\_\_\_\_\_\_

G.\_\_\_\_\_\_\_\_\_\_\_ made mayonnaise use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ egg yolks.

28. Fill in blanks on dips below.

A. \_\_\_\_\_\_\_\_\_\_\_\_\_ mixture.

B.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ certain food items

C.\_\_\_\_\_\_\_\_\_\_\_\_ hot or cold

D.\_\_\_\_\_\_\_ dip bases include mayonnaise, \_\_\_\_\_\_ cream and \_\_\_\_\_\_ cheese.

E.proper \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and temperature

F.scoop with \_\_\_\_\_\_\_\_\_\_\_, chip or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

G.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in refrigeration

H.\_\_\_\_\_\_\_\_\_\_\_\_\_ in oven or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

29. Matching on types of Dips

A.Hummus \_\_\_\_\_\_peppers, spices, Oaxaca Queso from Mexico

B.Salsa \_\_\_\_\_\_Plums, soy, garlic, ginger and vinegar from China

C.Guacamole \_\_\_\_\_\_cream cheese, artichokes,mayonnaise,spinach,spices

D.Queso \_\_\_\_\_\_tomatoes, onions, peppers from Mexico

E. Plum Sauce \_\_\_\_\_\_tahini, chickpeas,garlic from Middle East

F. Spinach/Artichoke \_\_\_\_\_\_Avocado dip, Aztec origin

30. Fill in blanks on making a Dip below.

A.\_\_\_\_\_\_\_\_\_\_ base.

B.Add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ingredients

C.\_\_\_\_\_\_\_\_\_\_\_\_\_ ingredients well

D.\_\_\_\_\_\_\_\_\_\_\_ consistency

E.\_\_\_\_\_\_\_\_\_\_\_ immediately or refrigerate