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| ProStart Level 2 | Name |  | | |
| Chapter **4.1 Salads** | | | Due date |  |
| 1 point per question unless noted otherwise | | | Points possible |  |

You are expected to **COMPLETE ALL WRITTEN CHAPTER ASSIGNMENTS ON TIME**. You may turn the assignment in early. Not completing the required chapter work will result in a lower class grade and may result in you being removed from the class at semester. **NO EXTRA CREDIT WILL BE GIVEN FOR INCOMPLETE ASSIGNMENTS**.

You need to READ the information in the chapter – Do not just look up the information.

This information will be on the National Restaurant Association Level 2 exam which will also be your semester final.

Answer all questions fully I will not grade the assignment if you don’t follow these directions!

You can email me the completed assignment at rbrent@tfd215.org

**Completed assignments will be graded as follows:**

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| --- | --- | --- | --- | --- | --- | --- |
| **Early** | **On time** | **Late 1 day** | **Late 2 days** | **Late 3 days** | **Late 4 days** | **Late 5 days** |
| 4 extra credit points | 45 points maximum | 36 points maximum | 32 points maximum | 27 points maximum | 23 points maximum | 1 point maximum |

**Objectives: After reading Section 4.1, you should be able to answer the following questions:**

* ***Identify and describe the various ingredients used to make salads.***
* ***List the four parts of a salad and explain the role of each.***
* ***Identify various types of salad and explain how to prepare them.***
* ***Explain the roles of salads on the menu.***
* ***Design attractive salads.***
* ***Identify proper procedures for cleaning salad greens.***
* ***Identify proper procedures for storing salads.***

**Directions:** Fill in the blanks as you read the section in the textbook or listen to lecture or demonstration.

**Ingredients and Parts of a Salad.**

1. What are the keys to ensuring quality salads?

1. List and describe the four parts of a salad? **4 pts.**

1. Match the salad green with the description. **8 pts.**

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|  | **Salad Green** | **Description** |
|  | 1. Sorrel | 1. Also known as frisee or chicoree frisee. Slightly bitter flavor; generally used with other greens 2. Bibb (limestone) lettuce has a tender, delicate flavor: Boston lettuce has a buttery texture; does not keep well; cup-shaped leaves are excellent for salad bases; mild yet flavorful leaves 3. Milder flavor than green cabbage 4. Plant’s first true leaves formed between sprouting seed stage and baby stage; mild, delicate flavor; adds color and flavor; many types including arugula, broccoli, green and red cabbage, kohlrabi, Swiss chard, radish, beetroot, and red kale 5. Slightly tough leaf; mild flavor 6. Strength and bitterness of flavor diminishes as color lightens 7. This lettuce has red or green leaves; grows in bunches; wilts easily; gives mild flavor, variety, and color to salads: Oak leaf lettuce has a slightly bitter flavor 8. Slightly tough leaf; slightly strong flavor 9. Contains oxalic acid yielding a slightly acidic and bitter flavor; smaller leaves are preferred for their milder flavor 10. Pungent, peppery flavor; used as garnish and in salads 11. Common chicory; Italian variety of chicory; crunchy texture; slightly bitter flavor; generally used in a mixture with other greens for flavor and color; can be cooked like collard or other greens 12. Also known as witloof, witlof, or French endive. Related to endive; slightly bitter but pleasant flavor; used solo for salad or mixed with other greens; can be steamed, simmered, or grilled 13. Pungent, distinctive flavor 14. Good alone or mixed with other greens; must be washed very thoroughly; remove coarse stems before service; baby spinach is highly regarded for its mild, fresh flavor 15. Iceberg (head) lettuce is a most popular American salad green; can be served alone or mixed with other greens, such as romaine; Romaine lettuce has a crisp texture and full, sweet, mild flavor; keeps well; easy to handle; essential ingredient in Caesar salad 16. Milder flavor than Savoy cabbage |
|  | 1. Raddichio |
|  | 1. Napa cabbage |
|  | 1. Watercress |
|  | 1. Spinach |
|  | 1. Belgian endive |
|  | 1. Crisphead lettuce |
|  | 1. Arugula |
|  | 1. Red cabbage |
|  | 1. Curly endive |
|  | 1. Savoy cabbage |
|  | 1. Butterhead lettuce |
|  | 1. Leaf lettuce |
|  | 1. Escarole |
|  | 1. Green cabbage |
|  | 1. Micro greens |
|  |  |

1. Match the salad vegetable with the description. **4 pts.**

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| **Salad Vegetables** | | **Description** |
|  | 1. Bulbs | 1. Botanically a berry, more than 20 different species; mild, slightly watery flavor with light melon notes; European or English cucumbers: Seedless, lighter green in color; 2 to 2¼ inches in diameter; Japanese cucumber: Mild flavor, slender, deep green color, bumpy, ridged skin 2. Sweet/mild peppers and hot/pungent categories; sweet/mild are traditionally associated with salads; Sweet/mild peppers: Bell pepper: Crisp juicy flesh; most are a rich, bright green when young. As they ripen, the color changes and the flesh sweetens; colors include yellow, orange, purple, red, and brown; Pimiento: Familiar red stuffing found in green olives; Banana pepper: Long banana shape 3. A berry, pulpy; contains one or more seeds and no stones; vary in shape and flavor; wide variety of small, younger variations coming to market 4. Garden beets: Thickened lower part of the stem and upper part of the root; sweet, pungent flavor; may be used in addition to baby beet leaves; Onion: Edible bulb; pungent flavor and aroma; sweet varieties increasing in availability and popularity; are the most widely used bulb to add flavor; Scallion: Can be any shoot from the white onion variety pulled before the bulb has formed 5. Carrot: Early summer carrots are long and cylindrical; winter carrots have a large fleshy root; Radish: Commonly round, red bulb; other varieties include bicolored or white and have longish, blunt, or pointed roots (called daikon); mild to peppery flavor 6. Long stalk; mild flavor and crisp texture 7. Berries and citrus fruits 8. Wide variety available with varying textures, colors, and flavors; includes common mushroom, enoki, portabella, crimini, cepe, morel, shiitake, chanterelle; mushrooms ore used in raw, cooked, or pickled forms |
|  | 1. Celery |
|  | 1. Cucumber |
|  | 1. Fruits |
|  | 1. Mushrooms |
|  | 1. Peppers |
|  | 1. Tomato |
|  | 1. Tuber |
|  |  |

**Types of Salad**

1. List and describe the five types of salads. **5 pts.**

**Salads and Service**

1. List and describe the five ways a salad can be served. **5 pts.**

**Cleaning and Storing Salads**

1. Explain the proper way to clean lettuce tor salads. **5 pts.**

1. Why do you think salad greens should not be stored below a temperature of 36°F? How might lower temperatures affect the product?

1. Debra Olson notes that she finds it interesting to create salad recipes that add value, stimulate interest and offer both traditional and nontraditional choices. Research a traditional and nontraditional salad recipe that are interesting and that use reasonably priced produce. Copy the recipes **3 pts.**

1. How can salads help Miguel and Chef Kate meet the demands of their customers? Create a salad for each of the five courses that would be tasty, healthy, and have eye appeal. **5 pts.**

1. How does timing affect fruit salad production? What must be considered when making a fruit salad? What are the nutritional differences between fresh and canned fruit salads? **3 pts.**

1. Why is proper handwashing important while preparing salads?