



Chapter-6

Appetizers & Salads

Learning Objectives:

At the end of this unit the learners would be able to:

- (a) Classify Appetizers with examples.
- (b) Explain the components of a salad.
- (c) Explain different types of salads.
- (d) Explain the importance of salad dressing.

I. Appetizers:

These are spicy tit-bits of tangy food, which can be usually eaten in one or two bites. They enhance the appetite for the courses to follow. Horse-d'oeuvre can be classified into:

A) Classical Appetizers:

- I) Caviar: roe of sturgeon fish served on blinis, a buck wheat flour pancake
- II) Oysters
- III) Smoked salmon
- IV) Goose liver paste
- V) Snails: served with garlic butter.
- VI) Potted shrimps

B) Appetizer varies:

- I) Tuna canapé
- II) Salmon canapé
- III) Chicken canapé
- IV) Egg canapé
- V) Cheese/cucumber/tomato canapé
- VI) Russian salad

- VII) Beetroot salad
- VIII) Potato favorite
- IX) Tomato juice
- X) Mixed fruit cocktail
- XI) Grape fruit cocktail
- XII) Melon cocktail
- XIII) Asparagus
- XIV) Corn on the cob
- XV) Globe artichoke

II. The Components of Salad:

Salad is made up of four parts. There are : a Base, Body, Dressing, and Garnish.

All salads have body, and most have dressing, but base and garnish are parts of only some salads.

Base

A salad looks bare when served by itself on a salad plate as a side dish. Placing it on a bed of leaves makes it more appealing. The base gives height to salad and helps to confine loose pieces of food. A layer of loose, flat leaves or of shredded leaves may be used as a base.

Body

This is the main part of the salad. It can be made of cooked or raw food materials.

Garnish

A garnish is an edible decorative item that is added to a salad to give eye appeal and adds to the flavor as well. It should not be elaborate or dominate the salad.

Keep the garnish simple.

Garnish should harmonize with the rest of the salad ingredients.

Garnish should be edible.





Any of the vegetables, fruits, and protein foods, cut into simple, appropriate shapes, may be used as garnish.

III. Salad Dressing

Dressing is a seasoned liquid or semi-liquid that is added to the body of the salad to give it added flavor, spiciness, and moistness. The dressing should harmonize with the salad ingredients.

Dressings may be added at service time, served separately for the customer to add, or mixed with the ingredients ahead of time.

IV. TYPES OF SALADS

On the basis of ingredients used, salads may be classified as:

- (a) Green Salad
- (b) Vegetable Salad
- (c) Fruit Salad
- (d) Meat Salad

On the basis of category on the menu, salads are classified as:

- (a) Appetizer Salads
- (b) Accompaniment Salads
- (c) Main Course Salads
- (d) Dessert Salads

(A) APPETIZER SALADS

Appetizer salads should stimulate the appetite. This means they must have fresh, crisp ingredients; a tangy, flavorful dressing; and an attractive, appetizing appearance. Salads should not be so large as to be filling, but they should be substantial enough to serve as a complete course in themselves. Tossed green salads are especially popular for this reason, as they are bulky without being filling. The combination of ingredients should be interesting, not dull or trite. Flavorful foods like cheese, ham, salami, shrimp, and crabmeat, even in small quantities, add appeal. So do crisp raw or lightly cooked vegetables.

Attractive arrangement and garnish are important as visual appeal stimulates the appetite.

ACCOMPANIMENT SALADS

Salads can also be served with the main course. Accompaniment salads must balance and harmonize with the rest of the meal, like any other side dish.

Side-dish salads should be light and flavorful, not too rich in nutrition.

Vegetable salads are often good choices.

Combination salads with a variety of elements are appropriate accompaniments to sandwiches.

(B) MAIN-COURSE SALADS

Cold salad plates have become popular on luncheon menus, especially among nutrition and diet conscious diners. The appeal of these salads is in variety and freshness of ingredients.

Main-course salads should be large enough to serve as a full meal and should contain a substantial portion of protein. Meat, poultry, and seafood salads, as well as egg salad and cheese, are popular choices. Main-course salads should offer enough variety on the plate to form a balanced meal, both nutritionally and in flavors and textures. In addition to the protein, a salad platter should offer a variety of vegetables, greens, and/or fruits. Examples are chef's salad (mixed greens, raw vegetables, and strips of meat and cheese), shrimp or crabmeat salad with tomato wedges and slices of avocado on a bed of greens, and cottage cheese with an assortment of fresh fruits. The portion size and variety of ingredients give the chef an excellent opportunity to use imagination and creativity to produce attractive, appetizing salad plates. Attractive arrangements and good color balance are important.

(C) SEPARATE-COURSE SALADS

Many fine restaurants serve a refreshing, light salad after the main course. The purpose is to cleanse the palate after a rich dinner and to refresh the appetite and provide a pleasant break before dessert. Salads served after the main course were the rule rather than the exception many years ago, and the practice deserves to be more widespread. A diner who may be satiated after a heavy meal is often refreshed and ready for dessert after a light, piquant salad. Separate-course salads must be very light and in no way filling. Rich, heavy dressings, such as those made with sour cream and mayonnaise, should be avoided. Perhaps the ideal choice is a few delicate greens, such as Bibb lettuce or Belgian endive, lightly dressed with vinaigrette. Fruit salads are also popular choices.





Dessert salads are usually sweet and may contain items such as fruits, sweetened gelatin, nuts, and cream. They are often too sweet to be served as appetizers or accompaniments and are best served as dessert or as part of a buffet or party menu.

Salad is a food which is rich in fibres. It also imparts each and every nutrient that is required for a healthy food. Salads may contain vegetarian or non vegetarian food items. It can be eaten raw or cooked.

1. Define salads. Why should salads be compulsory part of our daily diet?
2. Explain different parts of a salad.
3. What are different types of salad? Explain each.