



Culinary Institute
of America

Salads and Sandwiches





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Salads and Dressings



Learning Objectives

- Define what a salad is and identify the main elements.
- Recognize the different types of salad greens and their common uses.
- Distinguish the classifications of salads including green, composed, non-green, warm, vegetable, potato, pasta, legume, and grain.
- Understand the different types of salad dressings and their components.
- List common salad garnishes.

Green Salads

- Tender greens tossed with a dressing
- Also known as tossed salad, mixed salad, or garden salad
- Character of salad depends on:
 - Greens
 - Vinaigrette
 - Emulsified vinaigrette
 - Creamy
 - Garnish
 - Vegetables
 - Croutons
 - Crisps



Salad Greens



- Type of leafy green
- Include lettuces of all types as well as other leafy vegetables, such as Belgian endive and watercress, typically eaten raw as part of a salad
- Special mixes, such as mesclun or baby lettuces, can be purchased
- Highly perishable and require delicate handling






Lettuces




Storage and Handling Information

- Thoroughly wash lettuce - dirt and grit tend to hide between leaves
- Never submerge lettuce in water for extended period
- Dry lettuce well after washing (use a salad spinner if available)
- Store lettuce in refrigerator in tubs or containers loosely covered with damp paper towels; do not stack deep or will bruise
- Once clean, use within 1 to 2 days

Lettuce classifications:

- Leaf
- Romaine
- Butterhead
- Crisphead




	Type	Description	Common Uses and/or Dishes
	Boston	Loosely formed heads; soft, very tender leaves; vibrant green color; mild, sweet, delicate flavor	Tossed salad, Wraps for chicken satay
	Bibb	Smaller than Boston; loosely formed heads; soft, very tender leaves; vibrant green color; mild, sweet, delicate flavor	Tossed salad, Wraps for chicken satay
	Iceberg	Tight heading lettuce; Pale green leaves; very mild flavor	Tossed salad, Salad wedge, Hamburger topping Popular Dish: Wedge of Iceberg with Blue Cheese or Thousand Island Dressing





	Type	Description	Common Uses
	Romaine	Long, cylindrical head; outer leaves are ribbed; dark green leaves, becoming lighter on the interior; outer leaves are slightly bitter, inner leaves (the heart) are mild and sweet	Tossed salad, Sandwich topping Popular Dish: Caesar Salad
	Red or Green Leaf	May be green or red-tipped; loose heading lettuce, tender, crisp leaves; mild, becoming bitter with age	Tossed Salad
	Oak Leaf	Scalloping on leaves; loose heading lettuce; tender, crisp leaves; nutty flavor	Tossed Salad

Bitter Salad Greens

- Greens are tender enough to be eaten in salads
- May also be sautéed, steamed, grilled, or braised
- Look for greens that are tender, clean, and well colored



	Type	Description	Common Uses
	Arugula/ Rocket	Tender leaves; rounded “teeth” on the ends of the leaves; vibrant green; peppery flavor	Tossed salad, blended into pesto, soups, sautéed
	Belgian Endive	Tight, oblong head; white leaves with yellowish-green or red at tips; crisp leaves, mildly bitter flavor	Tossed salad; grilled or roasted with olive oil, used as a shell for hors d’oeuvre
	Frisée	Thin, curly leaves; white with yellowish-green tips; mildly bitter flavor	Tossed salad Popular Dish: Frisée au Lardons (Frisée with Warm Bacon Dressing)

	Type	Description	Common Uses
	Escarole	Heading lettuce; scalloped, crinkly edges on leaves; green color; slightly bitter	Tossed salad, soups, sautéed
	Mache/ Lamb's Lettuce	Loose bunches; thin, rounded leaves; dark green, very tender; nutty flavor, very perishable	Tossed salad
	Radicchio	Round to oblong heads; firm, deep red to purple leaves, white veining; bitter flavor	Tossed salad; grilled or sautéed
	Watercress	Small, scalloped leaves; dark green, crisp leaves; mustard-like peppery flavor	Tossed salad, sandwiches, and soup

Composed Salads

■ Main Item

- Featured item of the dish (grilled tuna of a Niçoise-style salad)

■ Green

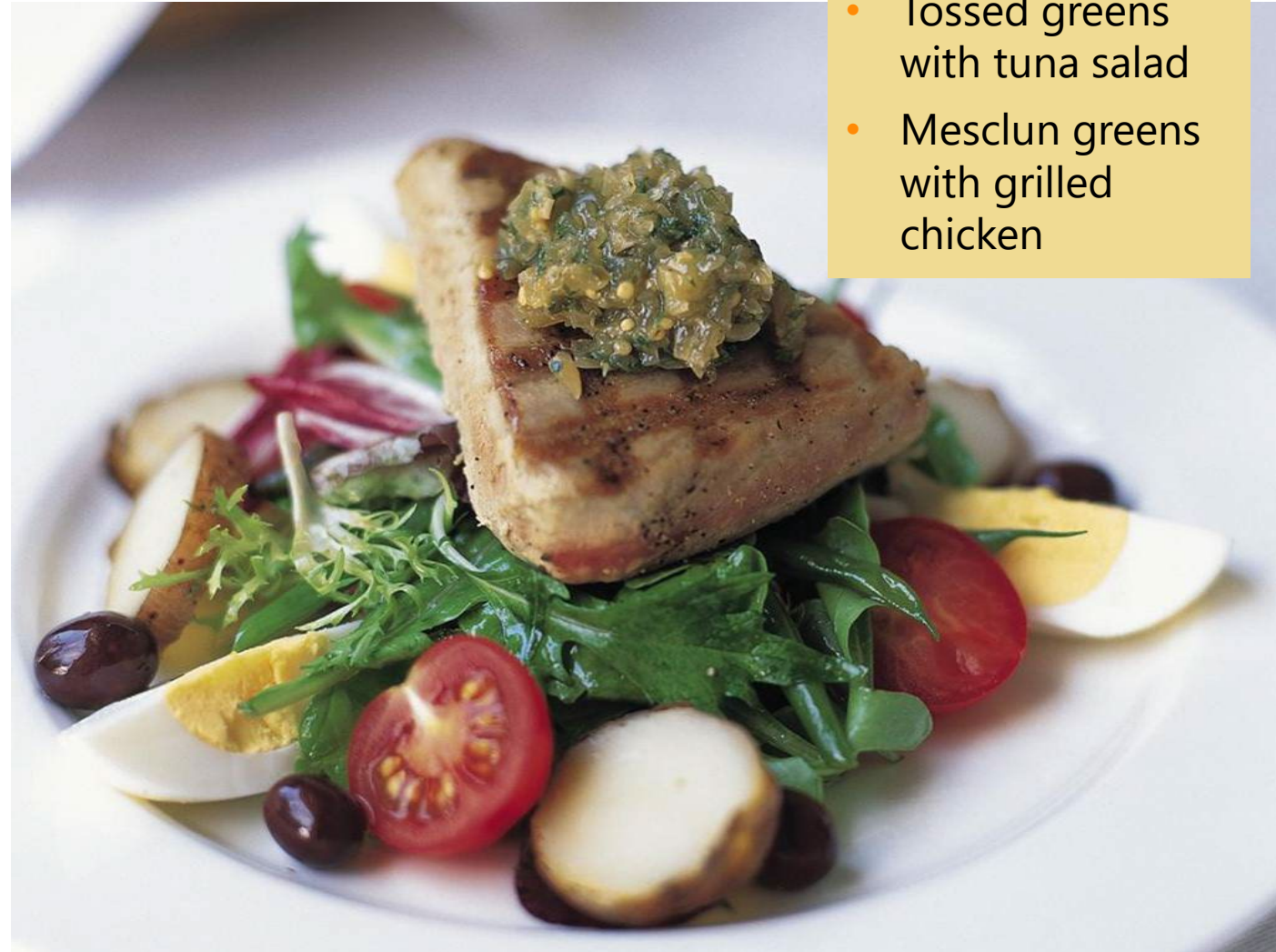
- Salad greens, vegetables, or legumes—single variety or combination
- Seasonal and of the utmost quality

■ Dressing

- Right balance and correct proportion to greens

■ Garnish

- Any item added to salad besides components listed above
- Should be complimentary in flavor, texture, color, size, height, shape, and temperature



Salad with an additional item as the attraction

- Tossed greens with tuna salad
- Mesclun greens with grilled chicken

Non-Green Salads



Bound Salads

- Salad based on a protein or vegetables
- bound cohesively with a fairly thick (usually mayonnaise-based) dressing

Examples:

- Tuna salad
- Potato salad
- Ham salad
- Chicken salad
- Pasta salad



Warm Salads

Two Types:

1. Salad ingredients tossed with warm dressing
 - Salad should be just warmed through
2. Chilled crisp salad used as bed for hot items
 - i.e., Grilled chicken, steak, or fish



Vegetable Salads

- May require blanching to set colors and textures
- Drain and blot vegetables to avoid watering down dressing
- If served raw, toss vegetables with vinaigrette and allow to marinate
- Some vegetables absorb flavors better when tossed with dressing while warm (i.e., beets, carrots, parsnips, onions, potatoes)



Potato Salads

- Cook potatoes through, but do not overcook
- Choose the right type of potato (High-moisture potatoes hold shape better than low-moisture)
- Classic American version prepared with mayonnaise dressing
- Many international versions dressed with vinaigrette



Pasta, Grain, Legume Salads

Pasta and grain salads

- Fully cook grains and pastas, but do not overcook
 - will absorb some of the dressing and become mushy
- Check seasonings when preparing and before serving
 - Tend to go flat
 - Vinegar, herb, and citrus juices tend to brighten flavors

Legume salads

- Cook legumes until tender to the bite
 - Centers should be soft and creamy
 - Skins may break slightly
- If using a variety of beans, cook separately
- Do not prepare too far in advance
 - Acids from dressing will toughen beans



Dressings: Vinaigrette

Vinaigrette

- Temporary emulsion
- General ratio: 3 parts oil to 1 part vinegar
- Oils can be subtle or intensely flavored
- Vinegar can range from wine to fruit juice to malted barley, etc
 - Various levels of acidity and tartness
- Herbs/spices used as additional flavoring agents



Dressings: Emulsified Vinaigrettes

Emulsified Vinaigrette

- Vinaigrette with addition of an emulsifier
 - Eggs, mustard, garlic, fruit or vegetable puree
- Emulsifier helps to stabilize sauce and contributes flavor



Dressings: Creamy

- Mayonnaise-based
 - Can be “lightened” with whipped cream
- Dairy-based
 - Made from sour cream, crème fraîche, mascarpone, yogurt, buttermilk, ricotta, or other soft cheeses
 - May be mixed with mayonnaise
 - Can be used as dressings or dips
- Additional flavoring ingredients
 - Citrus, vegetables, pickles, herbs, spices, etc.

Garnishing Green Salads

Crisp components

- Breadsticks
- Croutons
- Sliced peasant bread spread with tapenade or drizzled with flavored oils

Cheese



Vegetable garnishes

- Tomato slices/wedges
- Cucumbers
- Carrots
- Radishes
- Jicama
- Mushrooms
- Olives
- Peppers
- Raw or blanched asparagus
- Green beans or peas
- Peas shoots
- Bean sprouts



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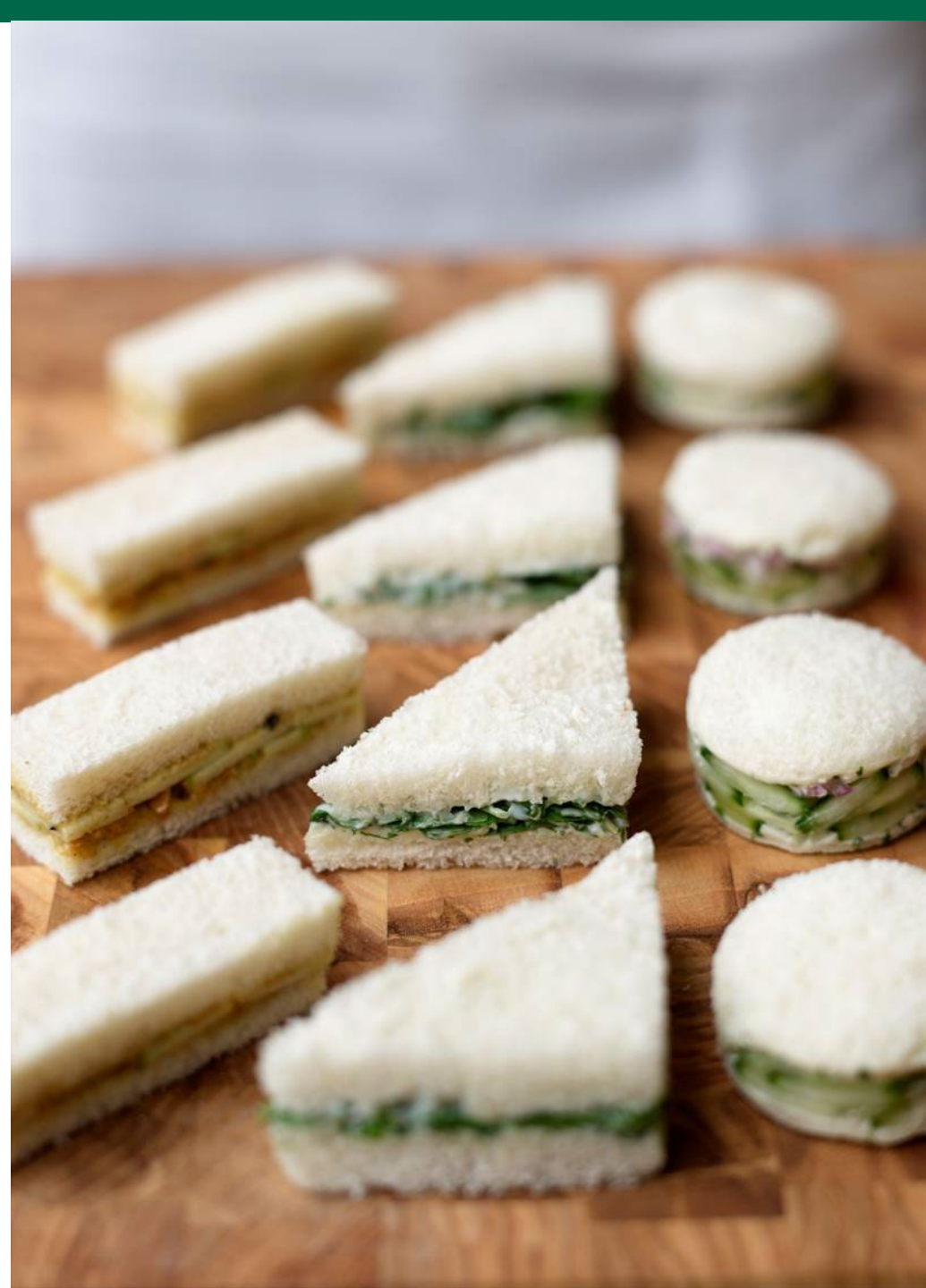


Learning Objectives

- Define what a *sandwich* is and identify the main elements.
- Recognize the different options for bread, spread, filling, and garnish.
- Identify the characteristics and different types of hot and cold sandwiches.
- List popular American and international sandwiches.
- Identify common condiments, sides, and accompaniments.

Sandwiches

- Four elements: Bread, Spread, Filling, Garnish
- Elegant or casual
- Open or closed
- Hot or cold
- Small (hors-d'oeuvre) or large (entrée)
- Exemplify global cuisine



Sandwich Breads



- Foundation on which sandwich is built
- Huge variety depending on country of origin
- Firm and thick enough to hold filling
- Not so thick sandwich is dry
- Keep sliced bread covered to prevent drying
- Toast immediately before assembly

Sandwich Breads: Options

- Pullman loaves: white, wheat, rye
- Peasant-style: pumpernickel, sourdough, boule
- Rolls: hard, soft, Kaiser
- Flatbread: focaccia, pita, ciabatta, tortilla, naan
- Wrapper: rice paper, egg-roll



Sandwich Spreads

- Provide barrier that prevents bread from getting soggy
- Add moisture and help hold sandwich together
- Lend flavor and richness
- Can be simple and subtle, or add texture and flavor
- Some fillings (ham salad) include spread in filling mixture

Sandwich Spreads: Options

- Plain or flavored mayonnaise
- Creamy salad dressings
- Plain/ compound butters
- Mustard, ketchup
- Spreadable cheese: ricotta, cream cheese
- Vegetable/ herb spreads: hummus, tapenade, pesto, guacamole
- Tahini and nut butters
- Fruit preserves: jelly, compotes, chutneys
- Oils and vinaigrettes



Sandwich Fillings

- Focus of a sandwich
- Can be cold or hot, substantial or minimal
- Meats should be properly cooked, vegetables properly cleaned and dried
- Filling should determine how all other elements of sandwich are selected and prepared

Filling options

- Sliced, roasted, or simmered meats: beef, corned beef, pastrami, turkey, ham, pâtés, sausages
- Sliced cheeses
- Grilled, roasted, or fresh vegetables
- Grilled, pan-fried, or broiled burgers, sausages, fish, or poultry
- Salads of meats, poultry, eggs, fish, or vegetables

Sandwich Garnishes



- Complement or contrast main filling
- Avoid non-functional garnishes
- Options:
 - Lettuce leaves
 - Slices of tomato or onion
 - Sprouts
 - Marinated or brined peppers
 - Olives

Cold Sandwiches

- Raw ingredients meant to be eaten uncooked (vegetables or cheese)
- Meat, poultry, fish that is pre-cooked and chilled before filling
- Closed sandwiches
 - Two or more pieces of bread with one or more filling and spread
 - **Basic:** (tuna salad, turkey sub, wrap)
 - **Multi-decker:** (club sandwich)
 - **Tea:** small, thin bread (cucumber, smoked salmon)



Cold Sandwiches

- Open-faced sandwiches
 - Larger versions of canapés
 - Single slice of bread coated with spread and topped with item
 - Emphasis placed on visual appeal
 - Smørbrød (open-faced Norwegian sandwich), Bagel with cream cheese and lox



Hot Sandwiches



- **Basic hot closed sandwiches**
 - Hot main filling, two slices of bread
 - May include cold fillings like lettuce, tomato
 - Hamburgers, tacos, wraps
- **Grilled**
 - Filling, two buttered slices of bread
 - Browned on a griddle, pan, or press
 - Grilled cheese, Reuben

Hot Sandwiches

- **Deep-Fried**
 - Closed, dipped in egg batter or breadcrumbs and deep fried
 - Monte Cristo
- **Hot open-faced sandwiches**
 - Bread (toasted, grilled, or plain) topped with hot filling
 - Gravy, sauce, or cheese
 - Often eaten with fork and knife
 - Open-faced turkey sandwich, pizza



Classic American Sandwiches

- Pastrami on Rye
- Hamburger
- New Orleans Muffaletta
- Carolina Pulled Pork
- Philly Cheesesteak
- Tuna Melt
- Reuben

- Club
- BLT
- Lobster Roll
- Texas BBQ
- Hero
- Grilled Cheese
- Po Boy

Classic International Sandwiches

- Cucumber Tea Sandwich
- Mediterranean Pita
- Croque Monsieur
- Croque Madame

- Taco
- Gyro
- Falafel
- Torta
- Panini

Preparation Considerations

- Freshness of products
- Thickness of sliced products like cured meats
- Size of diced products
- Quality and hardness of bread
- Order of assembly (moist components toward inside)
- Balance of flavors
- Ease of eating (size, height, filling, etc.)

Accompaniments and Sides

- Green or side salad (potato salad, pasta salad, coleslaw)
- Lettuce, sprouts
- Sliced vegetables
- Pickle spears, olives
- Dips, spreads, relishes
- Sliced fruits
- French fries, onion rings



Condiments

- Usually served on the side
- Added at diners' discretion
- Can be spreads or dips



- Mustard
- Ketchup
- Chutneys
- Relish
- Compotes
- Mayonnaise

The Panini Grill





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Any Questions?