CHAPTER 11

Salads & Salad Dressings

SALADS

Salads are popular menu items, versatile enough to be served in a variety of ways. Appetizer salads are served as a first course and play an important role in stimulating the appetite and creating a sense of anticipation for the remainder of the meal. Visual appearance as well as taste and flavor combinations must be considered.

Accompaniment salads are considered side dishes to the entree. These salads should be selected carefully so that the flavor and food group characteristics will be in harmony. Many accompaniment salads have traditional significance: turkey and cranberries, pork and applesauce, sandwiches and pasta or potato salad, and fish and coleslaw.

Entree salads offer an upscale approach to dining, particularly at the noon meal and among the health-conscious patron. Other than bread or crackers and a beverage, the salad is generally the only menu item, making the ingredient selections especially important. Entree salads should be substantial in the amount of food provided, and they may include at least one ingredient that is a source of protein. The salad should be fresh in appearance and attractive in design.

A salad course is occasionally offered after the entree. The objective is to "cleanse the palate" in preparation for dessert. The salad served as a separate course should be light and refreshing. Fruit salads or lightly dressed greens are appropriate choices.

With the exception of separate course salads, which are always served, the presentation of salads may be either individually placed and served or self-service from a buffet line or salad bar. The choice of method will depend on the clientele's expectations and objectives of the foodservice.

ARRANGED SALADS

Arranged salads may be served to the patron either after they have been seated, on the table as for some banquets and catered functions, or à la carte from a cafeteria counter. Regardless of the serving method, the principles of placed salad construction are the same:

- Select plates or bowls that are appropriately sized and will add to the salad's attractiveness.
- Place salad green underliners on the dish. The curly edge should be at the back and top of the salad and should not extend over the edge of the plate. Tossed green salads may not include an underliner but are decorated with an attractive garnish.
- To gain height, place chopped lettuce on the underliner and under salad ingredients.
- Place the main salad ingredients neatly on the plate. They should be prepared and arranged attractively with careful consideration given to color and balance.
- Garnish appropriately to give accent in color and flavor.
- Keep salad chilled and sprinkle with dressing just before serving or pass dressings for individual service.

SALAD BARS

Salad bars have expanded the selection of items available and are very popular in many types of foodservices. For a salad bar to be successful, enough variety must be offered so patrons will enjoy creating their own salad. See Table 11.1 for components of a basic

TABLE 11.1 Basic salad bar components

Item	*Number of choices*	*Ideas for choices*
Greens	1 bowl	Combine 2–3 different greens. See p. 465 for types of greens.
Fresh vegetables	3–5 containers	Alfalfa sprouts, broccoli, cabbage (red or green), carrots, cauliflower, celery, cucumber, green onions, mushrooms, peppers (red, green, yellow), radishes, snow peas, tomatoes, zucchini
Toppings	2–3 containers	Bacon bits, garbanzo beans, croutons, pickles, olives, peanuts, raisins, sesame seeds, sunflower seeds
Gelatin	1–2 molds	Fruit or vegetable gelatin salads
Fruit, pasta, and vegetable salads	2–3 containers	Rice salads, potato salad, pasta salad, ambrosia, applesauce, other fruit or marinated vegetable salads
Protein	2–3 containers	Chopped hard-cooked eggs, egg salad, meat salad, cottage cheese, shredded cheese
Crackers and bread	1 basket	Variety crackers, warm breads
Dressings	3–4 containers	Blue cheese, buttermilk, French, Italian, oil and vinegar, Thousand Island

Notes
- More choices are appropriate if the salad bar or buffet serving area can accommodate the variety.
- Select salads that will retain quality during the serving period.

salad bar and Figure 11.1 for a suggested salad bar arrangement. Basic rules for salad bars are as follows:

- The salad bar should be equipped with a sneeze guard, and standards of good sanitation should be maintained. A clean plate should be used each time a patron visits the salad bar. Serving utensils should facilitate sanitary service.
- A salad bar should look well supplied throughout the serving period. This can be accomplished by selecting appropriate-size containers and resupplying them when one-half to two-thirds empty. Avoid arranging too few food items on plates that will look empty after only a few servings are taken.
- Spills, drips, and misplaced food items should be cleaned up regularly. Arranging food containers so spills are reduced is important, and items that could become unsightly should be placed where they will be easy to reach without spilling onto other food. Correct serving utensils will help eliminate untidiness.
- The selections should be varied and creative enough to appeal to many different people. The variety of items offered should be changed periodically when serving repeat customers.
- Potentially hazardous food should be kept at 41°F or below and temperatures monitored throughout the serving period.

SALAD INGREDIENTS AND THEIR PREPARATION AND STORAGE

Many salad ingredients may be purchased that have some or all of the preliminary preparation completed. Torn salad greens, prepared grapefruit sections, and diced or chopped vegetables are examples. In many foodservices, however, salad ingredients are prepared on the premises. Information about the

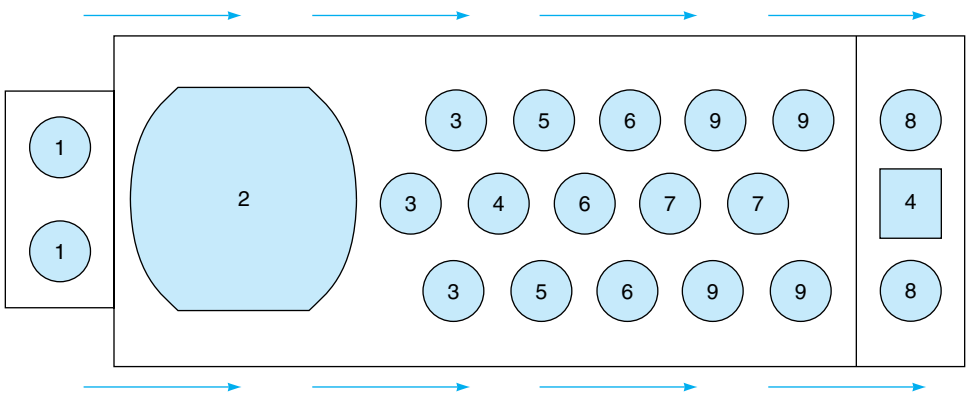

Figure 11.1 Suggested salad bar arrangement: (1) plates and bowls; (2) greens; (3) fresh vegetables; (4) toppings; (5) gelatins; (6) fruit, pasta, and vegetable salads; (7) protein salads; (8) crackers and breads; (9) dressings.

most commonly used salad ingredients and their preparation is provided in the following sections. Table 11.2, p. 471 provides storage temperatures for fresh produce.

Salad Greens

Many types of greens may be used for salads. The most common ones are described here and some are shown in Exhibit X in the color insert.

Arugula Narrow, bright-green leaves with a spicy, peppery taste. Small leaves are the mildest. Combines well with mild greens. Sometimes used as an underliner garnish.

Belgian or French Endive An upright, thin, elongated stock resembling a spear. Off-white or pale green color. Served typically as a small, separate course salad after a meal or as a decorative component of an arranged salad.

Bibb Lettuce Small cup-shaped lettuce with a deep rich green color that blends into whitish green near the core. Flavor is buttery and sweet, texture delicate and tender.

Boston Lettuce Soft, pliable leaf and delicate sweet flavor. Not as tender or sweet as Bibb lettuce. Deep green outside blending to light yellow near the core.

Cabbage *Green:* Pale green tough crisp leaves generally used in slaws. *Red:* Purple crisp leaves; may be used with other greens to add color. *Chinese:* Very light green, crinkly leaves with a delicate cabbage flavor. May be used sparingly in a tossed green salad.

Cress A hot peppery leaf that resembles radish leaves. Mix sparingly with mild greens.

Curly Endive A bunchy head with narrow, ragged-edge leaves. Mild center leaves, slightly bitter outer leaves. Used sparingly in combination salads. Primary use for underliners and garnishing.

Escarole A variety of endive with broad leaves that do not curl at the tips. Texture is coarse and slightly tough, flavor somewhat bitter. May be mixed sparingly with other greens or served alone.

Iceberg Lettuce (Head Lettuce) The most popular lettuce used in green salads. Firm, round heads ranging in color from bright to light green. Mild in flavor; combines well with other greens.

Kale A hardy dark green, curly leaf. Often used as a garnish for salad bars, or may be cooked.

Leaf Lettuce Most varieties have soft, fragile leaves with curly edges. Color varies by variety but may be all green or various shades of red. May be mixed with other greens in a combination salad or used as an underliner or garnish.

Mâche Spoon-shaped leaves, sweet, nutty flavor. Mix with other young tender greens, Belgian endive, or serve alone.

Radicchio Brilliant, ruby-colored leaves with a bitter peppery taste. Combine with mild tender greens, Belgian endive, or arugula.

Romaine or Cos Long, loaf-shaped head and long, narrow leaves. Tender, sweet and tasty. Coarse dark green outer leaves and golden yellow inner ones. Used in combination salads.

Spinach Curly, dark green, flat leaves, with a bold flavor. Very young tender leaves are often served fresh, more mature leaves cooked.

Watercress Dark green, glossy leaves with a spicy flavor. Used as a garnish or mixed with tender leaf greens.

Preparation

Greens should be clean, crisp, chilled, and well drained. It may be necessary to separate leaves for thorough washing. Wash in a spray of water or in a large container of tepid water. Repeat if necessary until all grit disappears. Shake off excess water, drain thoroughly, and refrigerate. Draining in a colander or

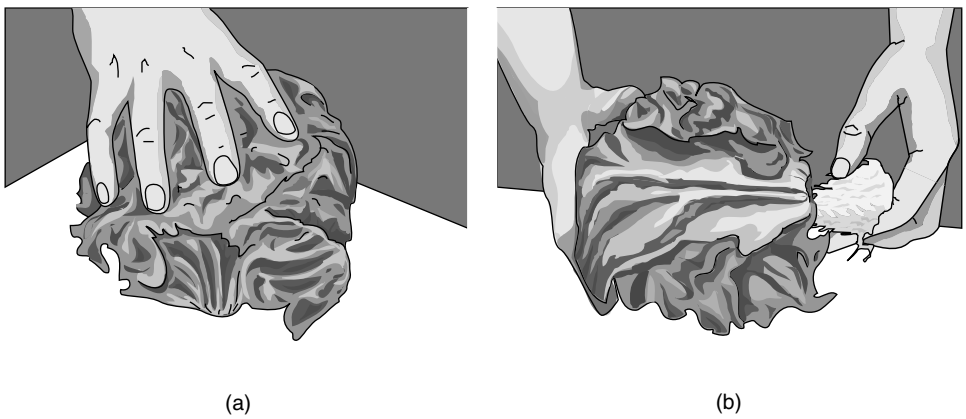

FIGURE 11.2 Coring head lettuce. (a) Hit stem end of lettuce sharply on flat surface. (b) Remove loosened core.

on a rack placed on a baking sheet will keep the greens from standing in water while chilling. Cover with a clean damp cloth or plastic to prevent dehydration.

When preparing head lettuce for garnish, remove stem end or core (Figure 11.2). Hold inverted head under cold, running water to loosen tightly wrapped leaves. Do not soak. Turn heads open-side down to drain. Separate the leaves and stack 6 to 7 leaves to a nest. Invert and pack in a covered container or plastic bag. Refrigerate 2 hours or more to complete crisping.

Leaf lettuce is convenient to use for salad liners. Wash lettuce thoroughly (Figure 11.3). Cut stem end and place in perforated pan to drain. Chill 2 to 3 hours for crisping.

Spinach should be carefully examined, removing veins and tough stems. Discard all dry, yellow, wilted, or decayed leaves. Wash first in tepid water, then in cold, as many times as necessary to remove sand.

Herbs

Herbs add aroma and a distinctive flavor to foods and may be used to enhance taste without added salt or fat. Several varieties of fresh herbs are available, as shown in Exhibit XI in the color insert. Most herbs can be purchased also as dried leaves, seeds, or ground. Descriptions of many herbs used in cooking follow. See Appendix B for use of herbs and spices in cooking.

Arugula Also known as rocket and roquette. A relative of the mustard family, it has a pungent, peppery taste and complements Mediterranean foods such as olives, garlic, and tomatoes. Add near the end of cooking.

Basil Adds clovelike aroma and aniselike flavor to poultry, tomato sauces, vegetables, and many Italian foods. Its versatility makes it blend well with garlic, lemon, fennel, marjoram, oregano, thyme, and curry. Common varieties include cinnamon, lemon, opal, and sweet.

Bay leaves Strong, distinctive, and aromatic flavor used to season poultry, soups, stews, stuffing, and tomato-based sauces. The long, dull green leaves (about ½ inch wide) are edible but not usually eaten and generally are removed before serving. Best if long simmered.

Chervil Delicate flavor of parsley and mild anise. Compatible with garlic and chives and used for flavoring egg dishes, fish, meats, salads, salad dressings, savory sauces, stews, vegetables, or as a chopped garnish. Similar to appearance in parsley. Essential for fines herbes. Add near the end of cooking.

Chives Mild onion or garlic flavor. Used to flavor any savory dish or as chopped and sprinkled as a garnish on a wide variety of seasoned vegetables. The lavender flowers can be used in salads.

Cilantro (coriander) Also known as Chinese or Mexican parsley. Has a bold sage-citrus flavor. Use sparingly to season chili, eggplant, guacamole, salsa, and tomatoes. Important herb in cooking Southwest fare and also in Indian, Chi-

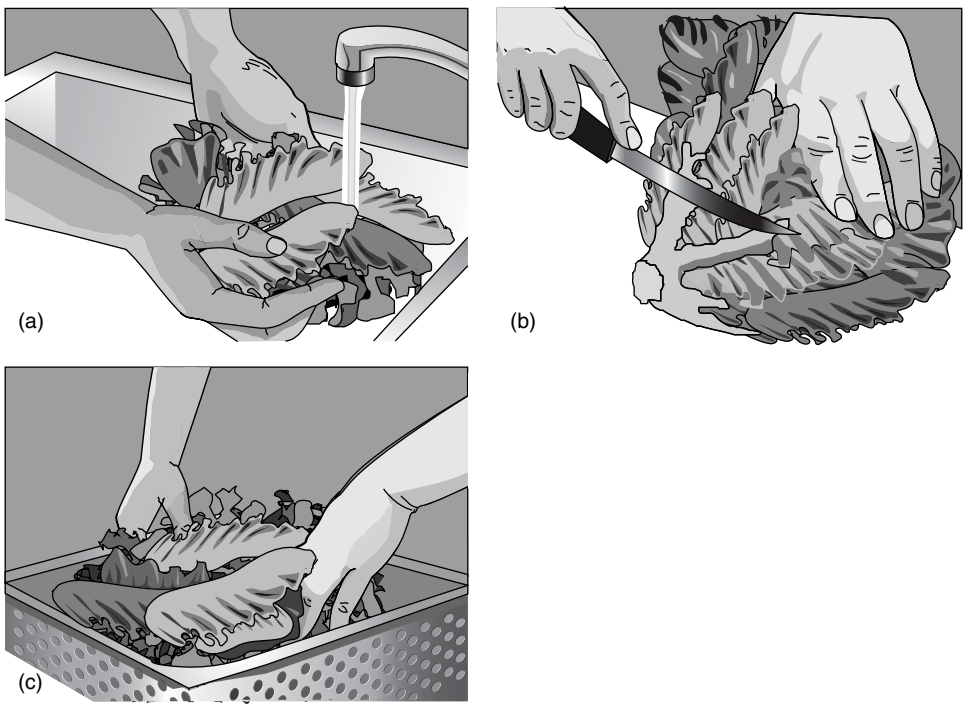

FIGURE 11.3 Preparing leaf lettuce. (a) Wash lettuce under cold running water. (b) Remove stem end by cutting with a sharp knife. (c) Place leaf end up in a perforated pan to drain. Chill 2 to 3 hours to crisp.

nese, and Thai cuisine. Blends well with chilies, curry spices, garlic, parsley, sour cream, and soy sauce. Coriander is the seed of the cilantro plant.

Dill A feathery-leaf herb with an anise-parsley-celery flavor. Used as a garnish and to flavor fish, salads, soups, and vegetables. Complements salmon and potato salad. Blends with caraway, celery seed, garlic, lemon, parsley, sherry, tarragon, and sour cream. Add near the end of cooking.

Fennel (anise) Mild licorice flavor. Leaves are often used to flavor fish dishes, lamb, pork, omelets, and salads, or chopped and sprinkled as a garnish. Stocks are used like celery in soups and stews.

Lemon grass Strawlike stalk with a lemony flavor. Used with fish, shellfish, chicken, and vinaigrette.

Marjoram Tastes similar to oregano, only sweeter and milder. A member of the mint family, it is often substituted for sage in dressing, and for oregano. Complements meats, especially lamb, as well as fish, salads, sauces, soups, stews, and vegetables.

Mint Sweet- and spicy-flavored aromatic herb. Used to garnish and flavor summer drinks, fruit platters, and frozen desserts. Fundamental ingredient in lamb dishes and used in Middle Eastern, Thai, and Vietnamese cuisine. Complements soft cheeses, green salads, and such vegetables as green beans, beats, carrots, and peas.

Oregano Bold, clovelike flavor similar to marjoram and thyme. Used to season Greek, Italian, Mexican, and Spanish dishes. Complements beans, meats, poultry, salad dressings, shellfish, tomato dishes, and vegetables.

Parsley Crisp with a strong flavor (stems stronger than leaves). Available in two varieties, curly and flat-leaf or Italian parsley. Curly parsley is used most often for garnishing, and adds a mild, sweet flavor to meats, sandwich fillings, soups, and vegetables. Blends well with garlic, lemon, mint, oregano, pepper, rosemary, sage, thyme, and cooking wines.

Rosemary Fragrant, spicy, and pinelike, it is used in beef, chicken, lamb, pork, and veal dishes. Enhances eggplant, cauliflower, peas, and potatoes. A potent herb generally not used in fresh salads. Cook at least 10 minutes to release maximum flavor.

Sage Assertive, slightly bitter, musty flavor. Common seasoning in dressing or stuffing. Complements cheese dishes, meat, and poultry. Use sparingly.

Savory Sharp, peppery, and clovelike, it typically is used on beans, in soups, and as a meat and poultry seasoning. Use sparingly.

Sorrel Sharp, sour, lemony flavor. Used as a salad green or vegetable but also in sauces and soups.

Tarragon Spicy and aromatic with a hint of anise and mint. Used in sauces and vinegar or to enhance egg dishes, fish, meats, poultry, shellfish, and vegetables. Often used in French cuisine. Use sparingly.

Thyme Aromatic, spicy, and clovelike herb used to season Creole and Cajun dishes. Seasoning for meat or poultry stuffing, eggplant, tomatoes, and peppers. Varieties include lemon, English, French, and common. Use sparingly.

Vegetables for Salads and Crudités

Whether vegetables are used raw or cooked, strive to preserve their shape, color, flavor, and crispness. Marinating in a well-seasoned dressing adds flavor to vegetables used in salads. Following are preparation instructions for fresh vegetables.

Artichokes Wash. Cut 1 inch off tops. Cut off stem and bottom leaves. Trim the outer leaves if necessary. With a melon ball cutter or spoon, remove and discard the fuzzy center core (choke). Dip in lemon juice immediately.

Asparagus Break or cut off tough end of stems. Thoroughly wash remaining portions. Lower scales may harbor sand; remove if necessary. Lower stalks may be peeled. Blanch asparagus by immersing in boiling water for 2 minutes. Remove quickly and dip in cold water. Drain.

Beans (any tender variety) Wash. Trim. Blanch beans by immersing in boiling water for 1½–2 minutes. Remove quickly and dip in cold water, then drain.

Broccoli Wash. If insects are present, soak in salt water for 15–20 minutes (1 oz salt per 1 gal water). Trim blemished outer leaves and stalks. Discard tough stalk end. Cut florets from flower end. Stem may need to be sliced or split.

Cabbage Remove outer leaves. Wash heads and cut into 4–6 pieces. Remove center core. Shred remaining portions as desired with a long sharp knife or shredder. Crisp in ice water 15–30 minutes, drain well.

Carrots Peel and remove blemishes. Cut into wedges, rounds, or strips. For *curls* cut long, paper-thin slices. Roll each strip around finger, fasten with pick, and chill in ice water for several hours.

Cauliflower Remove all leaves and cut away dark spots. Separate into florets, leaving 1-inch stem. If insects are present, soak in salt water (1 oz salt or ⅓ cup vinegar per gal of water).

Celery Separate outer stalks from the heart. (Outer stalks may be used for soup.) Wash, trim, and remove bruised and blemished parts and strings. To dice, cut lengthwise. Several stalks may be cut at one time. Place on board and cut crosswise with a French knife. For celery *curls* or fans, cut celery into 2½-inch lengths. Make lengthwise cuts ⅛ inch apart about 1 inch in length on one or both ends or celery strips. Place in ice water for about 2 hours before serving. For celery *rings,* cut celery into 2-inch lengths and then into pieces ⅛ inch thick. Place in ice water for several hours. Each strip of celery will form a ring.

Cucumbers Wash and peel, or score lengthwise with a fork. Crisp and let stand in salted ice water 15 minutes. Cut into slices, wedges, or spears (for spears, slice away seeds).

Fennel Wash and slice into thin wedges or long batons.

Garlic Separate cloves from bulb. Trim root end and peel cloves.

Jicama Peel and cut into strips, slices, cubes or batons.

Kohlrabi Peel. Cut into wedges or slice into very thin rounds.

Mushrooms Do not soak in water or scrub. Trim bottoms of stems. Rinse quickly in cold water just before serving. Adding a small amount of acid to the water will help keep mushrooms white. See Exhibit XII in the color insert for common types of mushrooms.

Onions Pour water over onions to cover. Under water, remove outer layer of the bulb, firm root end, and all bruised or decayed parts. See Exhibit XIII for common types of onions.

Peas (sugar snap, snow) Remove strings from edge of pod. Blanch by immersing in boiling water for 30 seconds or just until peas brighten. Remove quickly and dip in cool water. Drain.

Peppers (all colors) Wash. Remove seeds, membrane, and stems. Cut into desired shapes. To make *rings,* cut into thin crosswise slices. To make *sticks,* cut peppers lengthwise into narrow strips.

Potatoes Peel. Remove eyes and blemishes. Cut into cubes and cook; or wash, cook with skins on, peel, and dice.

Radishes Cut off root and stem end with a sharp knife. Wash. To make *accordions,* cut long radishes not quite through into 10–12 narrow slices. Place in ice water. Slices will fan out accordion style. To make *roses,* leave an inch or two of the green stem. Cut 4 or 5 petal-shaped slices around the radish from cut tip to center. Place radishes in ice water, and petals will open.

Tomatoes Wash, remove core, stem and flower end. If peeling, place in wire basket and dip in boiling water 10–20 seconds or until skins begin to loosen. Dip in ice water immediately and remove skins and core. Chill.

Turnips Peel. Cut small ones into wedges or thin rounds.

Fresh Fruits

Apples Wash, pare, core, remove bruises and spots. If the skins are tender and the desired color, do not pare.

To dice, cut into rings and dice with sectional cutter. Drop diced pieces into salad dressing, lemon, pineapple, or other acid fruit juice to prevent discoloration. If diced apple is placed in fruit juice, drain before using in a salad.

To section, cut into uniform pieces, with the widest part of the section not more than ½ inch thick. Remove core from each section. If the peeling has not been removed, score it in several places to facilitate cutting when it is served. Prevent discoloration by the same method as for diced apples, only do not use salad dressing.

Apricots Cut into halves or sections and remove seed. Remove skins if desired.

Avocados If hard, ripen at room temperature. Peel shortly before serving, cut into halves or quarters, and remove seed. Slice, dice, or cut into balls. Dip into French dressing or lemon juice to prevent discoloration.

Bananas Remove skins and bruised or discolored parts. Cut into strips, sections, wedges, or slices. Dip each piece into pineapple juice, other acid fruit juice, or salad dressings to prevent discoloration.

Cantaloupes and Other Melons Pare, dice, and cut into balls, or cut into uniform wedges or strips (Exhibit XIV in the color insert).

Cherries and Grapes Wash, drain, halve, and remove seeds. To frost, brush with slightly beaten egg white. Sprinkle with sugar. Let dry before using.

Grapefruit For sections, select large grapefruit, wash and dry. Cut off a thick layer of skin from the top and bottom. Place grapefruit on cutting board, start at the top, and cut toward the board (Figure 11.4). Always cut with a downward stroke and deeply enough to remove all the white membrane. Turn grapefruit while cutting. When paring is completed and pulp is exposed, remove sections by cutting along the membrane of one section to the center of the fruit.

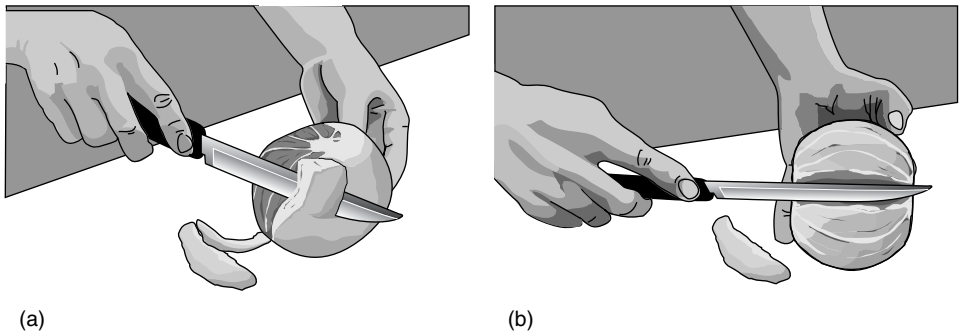

FIGURE 11.4 Peeling and sectioning grapefruit: (a) Cut layer of peel from top and bottom of grapefruit. Using a sharp knife, remove peel. Cut with a downward stroke and deeply enough to remove all the white membrane. (b) Section grapefruit by cutting along membrane of one section to the center of the fruit. Turn the knife and force the blade along the membrane of the next section.

Kiwi Remove fuzzy skin with a very sharp paring knife. Slice, chop, dice, or cut into wedges.

Mango Cut in half and remove the seed carefully. Scoop the flesh out of the shell. For chunks, peel back the skin from each mango half and cut as desired.

Melons Melons may be peeled or served with the peel on. Remove seeds from the center of the melon using a spoon. Remove watermelon seeds with a sharp tipped knife or fork.

Oranges Peel, section as grapefruit, or slice or dice (Figure 11.4).

Papaya Cut papaya in half lengthwise, remove the seeds and scoop out of shell. For rings, slice the papaya into circles and neatly cut out seeds at the center of each ring (Exhibit XV).

Peaches Remove skins only a short time before using. Peel or submerge in boiling water for a few seconds and remove skins. Chill. Cut into halves, wedges, or slice. Drop into acid fruit juice to prevent discoloration.

Pears Peel and remove core and seeds a short time before serving. Cut into halves, wedges, or slices. Dipping in lemon juice or other acid fruit juice will prevent oxidation and discoloration.

Pineapple Remove crown by holding pineapple in one hand and crown in the other, then twisting in opposite directions (Figure 11.5). Trim top of pineapple and cut off base. Using a sharp knife, remove peel by using a downward cutting motion. Remove eyes by making narrow wedge-shaped grooves into the pineapple. Cut diagonally around the fruit, following the pattern of the eyes. Cut away as little of the fruit as possible. Cut pineapple vertically into eighths, then cut hard center core from each spear. To make pineapple chunks, cut each spear into pieces of the desired size.

Pomegranates Cut open and remove seeds. Discard peeling and white membrane.

Star Fruit (Carambola) Wash and slice. Use for garnish.

Canned Fruit

Select whole pieces uniform in size and shape and with a firm appearance. Drain. If cubes or sections are desired, cut into pieces uniform in size and shape with well-defined edges. Pieces should not be too small.

Other Foods

Almonds, Blanched To blanch almonds, cover with boiling water and let stand until skins will slip. Drain. Cover with cold water and rub off skins. Place skinned almonds between dry clean towels to remove water.

Almonds, Toasted Spread blanched almonds in a shallow pan in a thin layer. Heat in oven at 250°F, stirring occasionally until nuts are light brown in color.

Cheese Grate, shred, or cut in tiny cubes; or soften and put through a pastry tube.

Chicken or Turkey Cook, remove skin, gristle, and bone. Cut into ⅓-inch cubes. Marinate if desired. Mix with dressing and other ingredients just before serving.

Eggs Hard-cook (p. 271). Use whole, halved, sliced, or sectioned. Slice or mince whites. Force yolks through ricer.

Fish Cook, remove skin and bones. Flake. Marinate if desired. Mix with dressing just before serving. See p. 291 for preparation of crab, lobster, and shrimp.

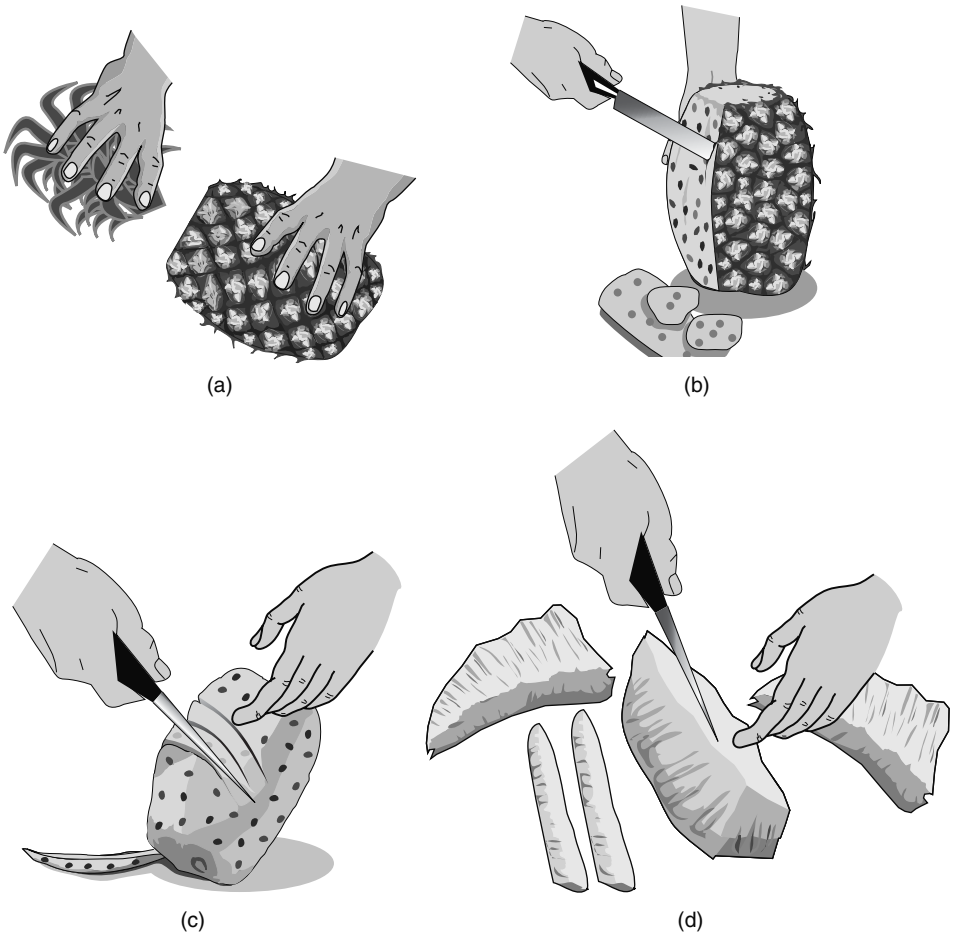

FIGURE 11.5 Preparing fresh pineapple: (a) Remove crown by holding pineapple in one hand and crown in the other, then twisting in opposite directions. (b) Trim top of pineapple and cut off base. Using a sharp knife, remove peel by using a downward cutting motion. (c) Remove eyes by making narrow wedge-shaped grooves into the pineapple. Cut diagonally around the fruit, following the pattern of the eyes. Cut away as little of the fruit as possible. (d) Cut pineapple vertically into eighths, then cut the hard center core from each spear. To make pineapple chunks, cut each spear into pieces of the desired size.

Flowers Edible flowers are commonly used for garnish. See Appendix A and Appendix B for color information.

Meat Cut cooked meat into ⅓-inch cubes. Marinate with French or Italian dressing. Mix just before serving.

Nuts Heat in hot oven to freshen if desired. Use whole, shredded, or chopped.

SALAD DRESSINGS

A salad dressing's function is to "dress" or accent the salad; it should not mask the flavor of the other ingredients. Care should be taken to choose an appropriate dressing to match the salad.

The basic ingredients of a salad dressing are oil combined with vinegar or another acid liquid such as lemon juice. Cooking oils such as canola, corn, safflower, soybean, and sesame seed are often used for salad dressing. Other oils that are commonly used include avocado, nut, olive, and oils infused with herbs, peppers, or other seasonings. Variation in the vinegar will change the salad dressing flavor. Types of vinegars that may be used for making salad dressings include:

Balsamic A sweet tart vinegar with a dark color and intense flavor, imported from Modena, Italy.

Cider Caramel colored and made from apples.

Distilled A strong clear vinegar made from grains.

Flavored Wine, distilled, or cider vinegar that has been flavored with herbs such as basil, tarragon, thyme, rosemary, dill (sometines called herb vinegar), or fruits.

Fruit White wine or cider vinegar with added fruit such as blueberries, cranberries, limes, raspberries, or strawberries.

Herb Wine or cider vinegar that has been flavored with herbs such as basil, tarragon, thyme, rosemary, or dill.

Malt Caramel-colored vinegar made from malted barley.

Rice Rice vinegar usually made from rice wine.

Wine A mild vinegar made from red or white wine.

Added to the basic ingredients are emulsifiers or binding agents. Temporary emulsifiers may be herbs, spices, sugar, and salt. More permanent emulsifiers include egg yolk, as in mayonnaise, or a starch paste and egg mixture, as in a cooked dressing.

Salad dressings should be stored in glass, plastic, or stainless steel containers with tight-fitting lids at 41°F.

TABLE 11.2 Storage temperatures for fresh produce

Food	*Storage temp. °F*	*Misc. information*
Apples	32–36	Keep dry and away from airflow. Ethylene producing and ethylene sensitive.
Apricots	32–36	Ethylene producing and ethylene sensitive.
Artichokes	32–36	Excess moisture may cause mold.
Asparagus	32–36	Stand upright in cold water. Ethylene sensitive
Avocado		
ripe	45–50	
for ripening	65–70	Ripe avocados should be firm. Ethylene producing and ethylene sensitive.
Bananas	60–65	Do not refrigerate. Ethylene producing and ethylene sensitive.
Beets	32–36	
Belgian Endive	32–36	Do not expose to light.
Blueberries	32–36	Wash just before preparation.
Bok Choy	32–36	Ethylene sensitive.
Broccoli	32–36	Store only 4–5 days. Ethylene sensitive.
Brussels Sprouts	32–36	Ethylene sensitive.
Cabbage	32–36	Store with wrapper leaves intact. Ethylene sensitive.
Cantaloupe	32–36	Ripen at room temperature. Keep out of airflow. Ethylene producing and ethylene sensitive.
Carrots	32–36	Store dry. Ethylene sensitive.
Cauliflower	32–36	Ethylene sensitive.
Celery	32–36	Keep dampened. Ethylene sensitive.
Cherries	32–36	
Chinese Pea Pods	32–36	
Corn	32–36	Keep storage time short.
Cucumbers	45–50	Ethylene sensitive.
Eggplant	45–50	Ethylene sensitive.
Endive-Escarole	32–36	
Garlic	32–36	
Ginger Root	60–65	
Grapefruit	45–50	
Grapes	32–36	Rinse under cold water just before serving. Ethylene sensitive.
Green Beans	45–50	Ethylene sensitive.
Guavas	45–50	Ethylene producing and ethylene sensitive.
Herbs		
Basil	50–55	Ethylene sensitive.
Oregano	48–50	Ethylene sensitive.
Others	38–42	Ethylene sensitive.
Kale	32–36	
Kiwifruit	32–36	Ethylene producing and ethylene sensitive.
Lemons	40–45	
Leeks	32–36	Ethylene sensitive.
Lettuce	32–36	Ethylene sensitive.
Limes	45–50	
Mangos	60–65	Ethylene producing and ethylene sensitive. Ripen at room temperature.
Melons		
Casaba, Persian, Crenshaw, Honeydew, others	60–65	Ethylene producing and ethylene sensitive.

continues

TABLE 11.2 *continued*

Food	*Storage temp. °F*	*Misc. information*
Mushrooms	32–36	
Nappa Cabbage	32–36	Ethylene sensitive.
Nectarines	32–36	Ethylene producing and ethylene sensitive.
Onions		
green	32–36	Ethylene sensitive.
dry	60–65	Store dry with good air circulation.
Oranges	45–50	
Papaya	55–60	Ripen at room temperature. Ethylene producing and ethylene sensitive.
Parsley	32–36	Ethylene sensitive.
Parsnips/Rutabagas/ Turnips	32–36	Ethylene sensitive.
Peaches/Pears/Plums	32–36	Ripen at room temperature. Ethylene producing and ethylene sensitive. Keep out of airflow.
Peas	32–36	Ethylene sensitive.
Peppers, all	45–50	Ethylene sensitive
Pineapple	45–50	
Potatoes	60–65	Ethylene sensitive.
Radishes	32–36	Ethylene sensitive.
Raspberries/Blackberries	32–36	Very fragile, rinse just before serving.
Romaine	32–36	Ethylene sensitive.
Spinach	32–36	Ethylene sensitive.
Sprouts	32–36	Store in original container. Rinse just before using. Ethylene sensitive.
Strawberries	32–36	Very perishable. Rinse just before serving.
Squash		
hard shell	60–65	Ethylene sensitive.
summer	40–45	Ethylene sensitive.
Sweet Potatoes	60–65	
Tangerines	45–50	
Tomatoes	60–65	Ethylene producing and ethylene sensitive. Keep out of airflow. Will lose flavor when refrigerated.
Watermelon	45–50	Ethylene sensitive.

Note

- Ethylene is a natural gas that promotes ripening of fruits and vegetables. Storing ethylene-sensitive products close to an ethylene-producing product may accelerate deterioration.

VEGETABLE AND PASTA SALAD RECIPES

BASIC MIXED GREEN SALAD

Yield: 50 portions or 10 lb *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Head lettuce (iceberg)	7 lb	Cut or tear lettuce and other greens into bite-size pieces. (Use sharp steel-bladed knife if greens are cut.)
Leaf lettuce, Bibb or romaine	3 lb	
French dressing, oil and vinegar, or Italian dressing	1¼ qt	Just before serving, toss lightly with dressing, or portion greens into individual salad bowls, 3 oz per bowl, and serve with choice of dressings.

Approximate nutritive values per portion **Calories** 125

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**7%**	**Calcium**	**3%**
Sat. Fat 2 g	**12%**	**Sodium** 8 mg	**1%**	Fiber 1 g	**4%**	**Vitamin C**	**12%**	**Iron**	**3%**
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Any combination of salad greens may be used. For contrast, mix dark greens with light, crisp with tender, and smooth leaves with curly. With pale iceberg lettuce, use dark green spinach, romaine, curly endive, or red-tipped leaf lettuce. See p. 465 for major types of salad greens.
- If serving on a salad bar, place greens in a large bowl and offer choice of dressing and garnishes (see p. 464).

Variations

- **Hawaiian Tossed Salad.** To 7 lb mixed greens, add sections from 8 grapefruit, 8 oranges, 4 avocados, and 1 fresh pineapple, cubed. Serve with Honey French Dressing (p. 522).
- **Salad Greens with Grapefruit.** Place 3 oz greens in each bowl. Garnish each with 3 sections of pink grapefruit. Serve with Poppy Seed Dressing (p. 527) or French Dressing (p. 520–521).
- **Spinach Mushroom Salad.** Use 10 lb fresh spinach (may be part lettuce), 4 lb fresh mushrooms, sliced, and 2 bunches green onions, sliced. Toss lightly with French Dressing (p. 520–521) just before serving. Sprinkle with cooked crumbled bacon if desired.
- **Spinach Salad.** Use 4 lb lettuce and 6 lb fresh spinach, 2 bunches green onions, sliced, and 12 eggs, hard-cooked and sliced. To serve, toss lightly with French Dressing (p. 520–521) or Dijon Mustard Vinaigrette Dressing (p. 524) and portion into bowls. Sprinkle with bacon (1 lb) that has been diced, cooked until crisp, and drained.

TOSSED VEGETABLE SALAD

Yield: 50 portions or 10 lb *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Salad greens (see Notes)	7 lb	Wash greens thoroughly and drain. Tear into bite-size pieces.
Salad ingredients (see Notes)	3 lb	Add salad ingredients to greens. Toss lightly. Portion into individual salad bowls or plates, 3 oz per portion.
Garnish (see Notes)	As needed	Garnish salads if desired.
Salad dressing (see Notes)	1¼ qt	Serve with choice of dressings. If preferred, French, Italian, or oil-and-vinegar dressing may be added to the salad just before serving.

Notes

- **Salad Greens.** Select one or more: iceberg, leaf, Bibb, Boston, or romaine lettuce, endive, spinach, escarole, celery cabbage, watercress. See Exhibit X for kinds of lettuce and p. 465 for types of salad greens.
- **Salad Ingredients.** Select one or more: diagonally sliced asparagus, sliced Jerusalem artichokes, artichoke hearts, sliced avocado, bean sprouts, garbanzo beans, broccoli florets or sliced broccoli stems, chopped or shredded red cabbage, shredded or thinly sliced carrots, sliced cauliflower florets, sliced or diced celery, sliced or diced cucumbers, sliced green onions or scallions, diced green peppers, sliced fresh mushrooms, cooked green peas, sliced radishes, halved cherry tomatoes, fresh tomato wedges, sliced water chestnuts, sliced zucchini.
- **Garnishes.** Alfalfa sprouts, crumbled crisp-cooked bacon, crumbled blue cheese, shredded cheddar cheese, cheese strips or cubes, seasoned croutons, sliced or quartered hard-cooked eggs, sliced olives, onion rings (fresh or French fried), parsley sprig, green pepper rings or strips, sunflower seeds, cherry tomatoes, tomato wedges, toasted wheat germ.
- **Salad Dressings.** French, Italian, Oil and Vinegar, Roquefort, Thousand Island, Buttermilk, Horseradish Cream, Green Peppercorn Cream, Sour Cream Basil.

TENDER GREENS AND FRUIT SALAD

Yield: 50 portions *Portion:* 3 oz greens + 1 oz fruit

Ingredient	*Amount*	*Procedure*
Tender greens (see Notes)	10 lb	Toss greens with fruit. Sprinkle garnish on top. Serve with dressing to the side.
Fruit (see Notes)	4 lb	
Garnish (see Notes)	1 lb–1 lb 8 oz	
Salad dressing (see Notes)	1¾ qt	

Approximate nutritive values per portion **Calories** 276

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 20 g	31%	**Cholest.** 10 mg	3%	**Total Carb.** 22 g	7%	**Vitamin A**	28%	**Calcium**	11%
Sat. Fat 7 g	33%	**Sodium** 413 mg	17%	Fiber 3 g	10%	**Vitamin C**	44%	**Iron**	7%
Protein 5 g				Sugars 17 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- **Greens:** Bibb lettuce, heart of romaine, tiny spinach leaves.
- **Fruit:** Blueberries, strawberries, raspberries, fresh pineapple, apples.
- **Garnish:** Blue cheese, feta cheese, walnuts, pecans.
- **Dressing:** Sweet Sesame Vinaigrette (p. 525), Golden Fruit Dressing (p. 527).

CARRIFRUIT SALAD

Yield: 50 portions or 4½ qt *Portion:* ⅓ cup (3 oz)

Ingredient	*Amount*	*Procedure*
Carrots, shredded	4 lb 8 oz	Combine ingredients. Mix lightly.
Pineapple tidbits, drained	2 lb 12 oz	
Flaked coconut	8 oz	
Marshmallows, miniature	9 oz	
Mayonnaise	2¼ cups	Mix mayonnaise and cream.
Light cream (half-and-half)	¾ cup	Add to salad ingredients. Mix carefully. Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 143

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	15%	**Cholest.** 7 mg	2%	**Total Carb.** 14 g	5%	**Vitamin A**	116%	**Calcium**	2%
Sat. Fat 3 g	14%	**Sodium** 75 mg	3%	Fiber 1 g	6%	**Vitamin C**	9%	**Iron**	3%
Protein 1 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 8 oz raisins may be added.
- Best when served the same day it is prepared.

CARROT RAISIN SALAD

Yield: 50 portions or 4¼ qt *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Raisins	8 oz	Soften raisins in steamer or simmer in a small amount of water for about 3 minutes.
Carrots, raw	7 lb (AP)	Peel carrots. Shred or grind coarsely. Combine with raisins.
Mayonnaise	2 cups	Mix mayonnaise, salad dressing, and salt.
Salad dressing	2 cups	Add to carrot-raisin mixture. Mix lightly.
Salt	1 Tbsp	Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 141

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	16%	**Cholest.** 8 mg	3%	**Total Carb.** 13 g	4%	**Vitamin A**	179%	**Calcium**	2%
Sat. Fat 1 g	7%	**Sodium** 267 mg	11%	Fiber 2 g	7%	**Vitamin C**	10%	**Iron**	2%
Protein 1 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Carrot-Apple-Celery Salad.** Substitute 3 lb diced apples for 2 lb carrots.
- **Carrot-Celery-Cucumber Salad.** Use 4 lb 8 oz shredded carrots, 1 lb 8 oz chopped celery, and 1 lb 8 oz chopped cucumber.
- **Carrot-Celery Salad.** Omit raisins. Use 5 lb ground carrots. Add 2 lb chopped celery and 2 oz sugar.
- **Carrot-Coconut Salad.** Substitute 1 lb toasted coconut for raisins.

TRIPLE BEAN SALAD

Yield: 50 portions or 6 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Green beans, French style or cut, canned	3 lb 8 oz (1 No.10 can)	Drain green and wax beans thoroughly.
Wax beans, cut, canned	2 lb 8 oz	
Kidney beans, canned	3 lb	Rinse kidney beans. Drain.
Onion, thinly sliced	1 lb 8 oz	Add onion, green pepper, and seasonings to beans. Cover. Marinate overnight in the refrigerator.
Green pepper, diced	6 oz	
Vinegar, cider	3 cups	
Sugar, granulated	1 lb 8 oz	
Salt	1 Tbsp	
Pepper, black	1 Tbsp	
Celery seed	1 Tbsp	
Salad oil	1 cup	Just before serving, drain vegetables well. Add oil and toss lightly. Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 168

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	7%	**Cholest.** 0 mg	0%	**Total Carb.** 29 g	10%	**Vitamin A**	1%	**Calcium**	4%
Sat. Fat 1 g	6%	**Sodium** 277 mg	12%	Fiber 5 g	18%	**Vitamin C**	10%	**Iron**	6%
Protein 4 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Cauliflower Bean Salad.** Delete kidney beans and add 3 lb cauliflower florets, slightly cooked.
- **Oriental Bean Salad.** Delete kidney beans. Add 1 lb 8 oz cooked red beans, drained and rinsed, and 1 lb 8 oz bean sprouts.

BROWN BEAN SALAD

Yield: 50 portions or 6 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Eggs, hard-cooked (p. 271)	12	Peel and dice eggs.
Brown or kidney beans	1½ No. 10 cans	Rinse beans with cold water. Drain.
Celery, diced	12 oz	Combine with beans. Add eggs.
Green pepper, chopped	3 oz	
Onion, minced	3 oz	
Pickle relish	10 oz	
Salad dressing or mayonnaise	3 cups	Combine and add to bean mixture. Mix lightly.
Salt	2 Tbsp	
Vinegar, cider	¾ cup	

Approximate nutritive values per portion **Calories** 197

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	19%	**Cholest.** 59 mg	20%	**Total Carb.** 17 g	6%	**Vitamin A**	3%	**Calcium**	3%
Sat. Fat 2 g	10%	**Sodium** 665 mg	28%	Fiber 4 g	17%	**Vitamin C**	7%	**Iron**	10%
Protein 7 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- 4 lb dried beans, cooked according to directions on p. 632, may be substituted for canned beans.
- Great Northern or pinto beans may be substituted for half of the kidney beans.

GARBANZO BEAN SALAD

Yield: 50 portions or 4½ qt *Portion:* ⅓ cup (3 oz)

Ingredient	*Amount*	*Procedure*
Garbanzo beans, canned	2 lb 8 oz	Rinse beans with cold water. Drain.
Red beans, canned	1 lb 8 oz	
Pinto beans, canned	2 lb	
Celery, sliced	1 lb	Combine with beans.
Cucumbers, peeled and sliced	12 oz	
Green onions, sliced	5 oz	
Radishes, sliced	8 oz	
Black olives, sliced	4 oz	
French Dressing (p. 520–521)	1 cup	Pour dressing over bean mixture. Toss lightly. Marinate for 2 hours.

Approximate nutritive values per portion **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 0 mg	0%	**Total Carb.** 10 g	3%	**Vitamin A**	1%	**Calcium**	2%
Sat. Fat 1 g	4%	**Sodium** 260 mg	11%	Fiber 2 g	8%	**Vitamin C**	7%	**Iron**	7%
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Cooked Great Northern beans may be substituted for garbanzo beans.
- Vegetable Marinade (p. 594) may be substituted for French Dressing.

Variation

- **Garbanzo Pasta Salad.** Delete pinto beans. Cook 8 oz shell macaroni to the *al dente* stage. Combine with other ingredients.

COLESLAW

Yield: 50 portions or 4½ qt *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Cabbage	7 lb EP (9 lb AP)	Shred or chop cabbage.
Vinegar, cider Sugar, granulated Salt Celery seed	3 cups 1 lb 8 oz 1 oz (1½ Tbsp) 1 Tbsp	Combine vinegar, sugar, and seasonings. Add to cabbage. Mix lightly.

Approximate nutritive values per portion **Calories** 68

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 18 g	6%	**Vitamin A**	0%	**Calcium**	3%
Sat. Fat 0 g	0%	**Sodium** 204 mg	8%	Fiber 1 g	4%	**Vitamin C**	50%	**Iron**	2%
Protein 1 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Red cabbage may be substituted for part or all of green cabbage.

Variations

- **Cauliflower Broccoli Salad.** Substitute 3 lb 8 oz EP each of cauliflower and broccoli florets for the cabbage. Add 3 oz chopped onion. Serve soon after preparing.
- **Green Pepper Slaw.** Add 4 oz chopped green pepper, 2 oz chopped onion, and 4 Tbsp celery seed.
- **Oriental Coleslaw.** Substitute ⅓ recipe Sesame Seed Dressing (p. 521) for dressing given in recipe.

CREAMY COLESLAW

Yield: 50 portions or 4¼ qt *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Cabbage	7 lb EP (9 lb AP)	Shred or chop cabbage.
Mayonnaise or salad dressing Light cream, half-and-half Vinegar, cider Sugar, granulated Salt Pepper, white	2 cups 2 cups ½ cup 4 oz 1 oz (1½ Tbsp) ½ tsp	Combine and add to cabbage. Mix lightly. Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 100

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	13%	**Cholest.** 9 mg	3%	**Total Carb.** 7 g	2%	**Vitamin A**	2%	**Calcium**	4%
Sat. Fat 2 g	9%	**Sodium** 258 mg	11%	Fiber 1 g	4%	**Vitamin C**	50%	**Iron**	2%
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.

Variations

- **Apple Cabbage Salad.** See p. 493.
- **Cabbage Carrot Slaw.** Reduce cabbage to 5 lb. Add 1 lb shredded or chopped carrots, 8 oz chopped green pepper, and 4 oz chopped onion.
- **Cabbage-Pineapple-Marshmallow Salad.** To 4 lb shredded or chopped cabbage, add 2 lb pineapple tidbits, drained, 1 lb miniature marshmallows, and a dressing made of 2 cups mayonnaise or salad dressing and 2 cups cream, whipped.
- **Creamy Cauliflower-Broccoli Salad.** Substitute 3 lb 8 oz EP each of cauliflower and broccoli for the cabbage. Add 3 oz chopped green onion. Garnish with cherry tomatoes.

SLICED CUCUMBER AND ONION IN SOUR CREAM

Yield: 50 portions or 4¼ qt *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Cucumbers	5 lb	Cut cucumbers and onions in thin slices.
Onions	8 oz	
Sour cream	3 cups	Blend rest of ingredients to form a thin cream dressing. Pour over cucumbers and onions. Mix lightly.
Mayonnaise	3 cups	
Salt	1½ tsp	
Sugar, granulated	3 Tbsp	
Vinegar, cider	¾ cup	

Approximate nutritive values per portion **Calories** 135

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	21%	**Cholest.** 14 mg	5%	**Total Carb.** 4 g	1%	**Vitamin A**	5%	**Calcium**	2%
Sat. Fat 3 g	17%	**Sodium** 148 mg	6%	Fiber 0 g	0%	**Vitamin C**	4%	**Iron**	1%
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- This cream dressing may be used as a dressing for lettuce.

Variation

- **German Cucumbers.** Reduce onions to 4 oz. Delete cream dressing. Pour mixture of 1 cup vinegar, ½ cup water, 1 Tbsp salt, and 8 oz sugar over cucumbers and onions. Marinate at least 1 hour.

MARINATED MUSHROOMS

Yield: 50 portions *Portion:* 2¾ oz

Ingredient	*Amount*	*Procedure*
Mushrooms, fresh, small	6 lb	Clean mushrooms and trim ends. Leave whole.
Water Lemon juice	1 qt ½ cup	Combine water and lemon juice. Bring to a boil. Add mushrooms and blanch for 1–3 minutes. Drain and immerse in cold water. Drain.
Vegetable Marinade (p. •••)	1½ qt	Pour marinade over mushrooms. Refrigerate for 2–3 hours. Drain off most of the marinade before serving.

Approximate nutritive values per portion **Calories** 37

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 3 g	1%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	3%	**Sodium** 110 mg	5%	Fiber 1 g	3%	**Vitamin C**	6%	**Iron**	4%
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Before serving, mushrooms may be tossed with fresh minced parsley or other fresh herb.

Variations

- **Marinated Asparagus.** Blanch fresh asparagus spears (see above). Marinate. To serve, drain and arrange 3–5 spears on plate with Bibb lettuce liner. Garnish with lemon twist or pimiento strip.
- **Marinated Green Beans.** Cover whole green beans with marinade. If fresh green beans are used, cook until tender-crisp.
- **Vegetable Collage.** Pour 3 cups Italian Dressing (p. 521) or Vegetable Marinade (p. 594) over: 2 lb broccoli florets, 2 lb cauliflower florets, 12 oz sliced celery, 1 lb 8 oz cherry tomatoes cut in half, 2 lb sliced zucchini, 1 lb sliced green onions, 6 oz sliced carrots, and 1 lb 8 oz sliced black olives. Marinate in refrigerator for 4 hours, but if salad is to be held longer than 4 hours, add broccoli shortly before serving. Add 1 lb cooked crumbled bacon and toss.

TOMATO BASIL SALAD

Yield: 50 portions *Portion:* ½ cup

Ingredient	*Amount*	*Procedure*
Tomatoes	15 lb (AP)	Peel and seed tomatoes (see Notes). Cut tomatoes into bite-size pieces. Put in bakers bowl.
Basil leaves, fresh	1 oz	Cut or tear basil into small pieces. Gently stir into tomatoes.
Red wine vinegar Sugar, granulated Salt Pepper, cracked black	1½ cups 1½ cups 2 tsp ½ tsp	Mix vinegar, sugar, and spices. Pour over tomatoes. Let stand 30 minutes.
		Serve tomatoes in a bowl with some of the vinegar dressing. Garnish with fresh basil leaves.

Approximate nutritive values per portion **Calories** 50

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0.4 g	1%	**Cholest.** 0 mg	0%	**Total Carb.** 12 g	4%	**Vitamin A**	8%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 104 mg	4%	Fiber 1.4 g	6%	**Vitamin C**	40%	**Iron**	3%
Protein 1 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Use very ripe, bright red tomatoes.
- Procedure for seeding tomatoes: Cut the tomato in half horizontally. Gently squeeze each half of the tomato to push out the seeds.

Variation

- **Tomato Basil and Romaine Salad.** Cut or tear 10 lb romaine lettuce into bite-size pieces. Portion 3 oz lettuce onto individual salad plates. Using a No. 12 dipper, portion tomatoes on top of greens (being careful to not use too much vinegar dressing). Sprinkle 1 tsp freshly grated Parmesan cheese on top of each salad. Drizzle a small amount of the vinegar on top, if desired. Garnish with whole basil leaves. May substitute slices of fresh mozzarella cheese for the Parmesan cheese.

MARINATED TOMATOES

Yield: 50 portions *Portion:* 2 slices

Ingredient	*Amount*	*Procedure*
Tomatoes, fresh, peeled	6 lb	Cut peeled tomatoes into ½-inch slices. Place in bottom of 12 × 20 × 2-inch pan.
Onion, chopped	¾ cup	Combine. Pour over tomato slices.
Garlic, minced	3 cloves	Cover tightly. Refrigerate if storing for later use.
Parsley, chopped	⅓ cup	
Basil, crumbled, dried	1 Tbsp	
Sugar, granulated	1 Tbsp	
Salt	2 tsp	
Pepper, black	1½ tsp	
Olive oil	2 cups	
Vinegar, red wine or balsamic	1½ cups	

Approximate nutritive values per portion **Calories** 99

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	13%	**Cholest.** 0 mg	0%	**Total Carb.** 4 g	1%	**Vitamin A**	5%	**Calcium**	1%
Sat. Fat 1 g	6%	**Sodium** 203 mg	8%	Fiber 1 g	2%	**Vitamin C**	9%	**Iron**	2%
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- ⅓ cup fresh basil may be substituted for dried.
- Salad oil may be substituted for olive oil.
- Refrigerator storage causes tomatoes to lose some flavor.

Variation

- **Fresh Tomato Relish.** Cut peeled tomatoes in half and gently squeeze out most of the seeds. Chop coarsely and stir into the marinade.

FRESH SLICED TOMATOES AND CUCUMBERS

Yield: 50 portions *Portion:* 2 tomatoes and 2 cucumber slices

Ingredient	*Amount*	*Procedure*
Tomatoes	8 lb	Slice tomatoes and cucumbers ¼ inch thick.
Cucumbers	5 lb	Alternate tomatoes and cucumbers, slightly overlapping, on a serving platter.
Basil, fresh, chopped	½ cup	Sprinkle basil and parsley over tomatoes and cucumbers.
Parsley, fresh, chopped	½ cup	
Italian salad dressing	2½ cups	Drizzle evenly over tomatoes and cucumbers.
Basil, fresh, whole leaves	for garnish	Garnish with fresh basil leaves and serve immediately.

Approximate nutritive values per portion **Calories** 79

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	9%	**Cholest.** 0 mg	0%	**Total Carb.** 5 g	2%	**Vitamin A**	8%	**Calcium**	2%
Sat. Fat1 g	4%	**Sodium** 249 mg	10%	Fiber 1 g	3%	**Vitamin C**	13%	**Iron**	1%
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Cucumbers may be scored with tines of a fork before slicing. Cucumbers may be peeled or unpeeled.

Variation
- **Sliced Tomato and Mozzarella Salad.** Substitute 4 lb low-fat mozzarella cheese slices for cucumbers.

MARINATED CARROTS

Yield: 50 portions *Portion:* ⅓ cup (3 oz)

Ingredient	*Amount*	*Procedure*
Carrots, fresh, cut in ¼-inch slices	5 lb	Cook carrots until tender-crisp. Drain.
Tomato soup	2 cups	Combine and heat to boiling point.
Sugar, granulated	1 lb	Pour over warm carrots.
Salad oil	½ cup	Marinate for at least 4 hours.
Vinegar, cider	1½ cups	
Salt	2 tsp	
Pepper, black	1 tsp	
Prepared mustard	1 Tbsp	
Worcestershire sauce	1 Tbsp	
Onions, chopped	12 oz	
Green pepper, chopped	3 oz	

Approximate nutritive values per portion **Calories** 81

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 16 g	5%	**Vitamin A**	127%	**Calcium**	1%
Sat. Fat 1 g	3%	**Sodium** 143 mg	6%	Fiber 1 g	5%	**Vitamin C**	15%	**Iron**	2%
Protein 1 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Frozen crinkle-sliced carrots, cooked until tender-crisp, may be substituted for fresh carrots.
- Marinated carrots will keep in the refrigerator for a week.

MARINATED GARDEN SALAD

Yield: 50 portions or 8 lb *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Carrots, sliced	1 lb (EP)	Steam carrots just until tender-crisp. Drain.
Cauliflower, fresh	2 lb (EP)	Cut cauliflower into florets.
Broccoli spears	2 lb (EP)	Cut broccoli into florets and slice stems.
Mushrooms, fresh	1 lb	Clean mushrooms. Cut large mushrooms in half. Combine all vegetables.
French Dressing (pp. 520–521)	1½ qt	Combine dressing and seasonings. Pour over vegetables.
Dill weed	¼ oz	Marinate at least 2 hours.
Basil, dried, crumbled	1 Tbsp	
Oregano, dried, crumbled	1 tsp	

Approximate nutritive values per portion **Calories** 145

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	19%	**Cholest.** 4 mg	1%	**Total Carb.** 9 g	3%	**Vitamin A**	36%	**Calcium**	3%
Sat. Fat 3 g	15%	**Sodium** 463 mg	19%	Fiber 1 g	5%	**Vitamin C**	43%	**Iron**	4%
Protein 1 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Peel broccoli stems before slicing if they appear tough.

SPINACH CHEESE SALAD

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Spinach, chopped, frozen	3 lb	Thaw spinach. Squeeze out excess moisture and drain.
Eggs, hard-cooked (p. 271)	10	Peel and chop eggs coarsely.
Onion, chopped Celery, chopped Cheddar cheese, shredded	6 oz 8 oz 1 lb	Add onions, celery, cheese, and eggs to spinach. Mix lightly.
Mayonnaise or salad dressing Salt Hot pepper sauce Vinegar, cider Horseradish	1¼ qt 2 tsp 2 tsp 2 Tbsp ⅔ cup	Combine mayonnaise and seasonings. Pour over spinach mixture. Mix lightly. Refrigerate for 2 hours. Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 221

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**33%**	**Cholest.** 65 mg	**22%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**27%**	**Calcium**	**11%**
Sat. Fat 5 g	**24%**	**Sodium** 343 mg	**14%**	Fiber 1 g	**3%**	**Vitamin C**	**7%**	**Iron**	**14%**
Protein 5 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.

BASIC PASTA SALAD

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Pasta Water, boiling Salt Vegetable oil	3 lb 8 oz (AP) 3½ gal 3 oz 2 Tbsp	Cook pasta according to directions on p. 369. Do not overcook. Pasta should be *al dente*. There should be approximately 9 lb cooked pasta. Information on cooked weights of pasta is given on p. 369.
Dressing	1½–1¾ qt	Add dressing and toss gently to mix.
Vegetables and/or other ingredients	1 lb 8 oz–2 lb	Fold in other ingredients. Chill.

Suggested Ingredients

- **Pasta:** Rotini, rigatoni, shell macaroni, elbow macaroni, radiatore, wheels. See Figure 9.2 for other pasta choices.
- **Dressing:** Vinaigrette and variations (p. 524), Lemon Basil (p. 524), Lime Salad Dressing (p. 524), Green Peppercorn Cream (p. 518), Thousand Island (p. 518), Italian (p. 521), Sour Cream Basil (p. 518).
- **Vegetables (cooked until tender-crisp):** Asparagus cuts, broccoli florets, carrot coins, Italian green beans, snow peas, sugar snap peas.

- **Vegetables (raw):** Avocado slices or chunks, broccoli, cauliflower, chives, cucumbers, green peppers, red onion rings, parsley, radishes, summer squash slices, tomatoes, water chestnuts, zucchini slices or strips.
- **Other:** Chicken strips, beef strips, pepperoni slices, ham, crabmeat, scallops, shrimp, turkey, olives, pickles, cheese.

Note

- Yield for this recipe may vary, depending on the shape of the pasta used and the amount of vegetables and other ingredients added.

MACARONI SALAD

Yield: 50 portions or 6 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Elbow macaroni	2 lb 8 oz	Cook macaroni according to directions on p. 369.
Water, boiling	2½ gal	Rinse in cold water. Drain well after rinsing.
Salt	2 Tbsp	(Should be 6 lb 10 oz cooked macaroni.)
Vegetable oil	1 Tbsp	
French Dressing (pp. 520–521)	2 cups	Combine. Pour over macaroni and let marinate overnight.
Salt	¾ tsp	
Vinegar, cider	½ cup	
Eggs, hard-cooked (p. 271)	12	Peel and coarsely chop eggs.
Green peppers, chopped	6 oz	Add vegetables, cheese, and eggs to marinated macaroni.
Celery, chopped	1 lb 4 oz	
Onions, chopped	6 oz	
Pimiento, chopped and drained	3 oz	
Cheddar cheese, diced or shredded	1 lb	
Salad dressing	1 lb	Combine dressing and relish.
Sweet pickle relish, drained	10 oz	Pour over macaroni mixture. Mix carefully to combine. Serve with No. 10 dipper.

Approximate nutritive values per portion **Calories** 260

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	25%	**Cholest.** 67 mg	22%	**Total Carb.** 22 g	7%	**Vitamin A**	6%	**Calcium**	8%
Sat. Fat 4 g	22%	**Sodium** 610 mg	25%	Fiber 0.3 g	1%	**Vitamin C**	9%	**Iron**	7%
Protein 7 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Other types of pasta may be substituted for elbow macaroni. (See Figure 9.2.)

Variations

- **Chicken and Pasta Salad.** Delete cheese, pickle relish, and eggs. Cook 2 lb 8 oz fettuccine or other type of pasta according to directions on p. 369. Add 3 lb cooked chicken, diced.
- **Ham and Pasta Salad.** Delete eggs. Add 2 lb cooked ham, diced.

ITALIAN PASTA SALAD

Yield: 50 portions *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Rotini or other pasta	2 lb 8 oz	Cook pasta according to directions on p. 369.
Water, boiling	2½ gal	Rinse in cold water. Drain.
Salt	2 Tbsp	
Vegetable oil	1 Tbsp	
Thousand Island Dressing (p. 518)	1¾ qt	Combine dressing and seasonings. Pour over pasta. Mix gently.
Basil, dried, crumbled	1 Tbsp	Chill.
Salt	1 Tbsp	
Garbanzo beans, canned	8 oz	Drain and rinse beans. Add to pasta mixture.
Tomatoes, fresh, cut in wedges	1 lb 8 oz	Add vegetables and olives to pasta mixture. Toss gently. Refrigerate until served.
Cucumbers, peeled and sliced	1 lb	
Cauliflower, fresh, sliced	8 oz	
Black olives, large, pitted	4 oz	

Approximate nutritive values per portion **Calories** 229

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	20%	**Cholest.** 11 mg	4%	**Total Carb.** 24 g	8%	**Vitamin A**	5%	**Calcium**	2%
Sat. Fat 2 g	11%	**Sodium** 484 mg	20%	Fiber 2 g	7%	**Vitamin C**	9%	**Iron**	9%
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- An oil-base dressing may be substituted for Thousand Island Dressing.

CHILLED FETTUCCINE VINAIGRETTE

Yield: 50 portions *Portion:* 5 oz

Ingredient	*Amount*	*Procedure*
Fettuccine	3 lb 6 oz	Cook fettuccine according to directions on p. 369. Drain. There should be 10 lb cooked fettuccine.
Water	3½ gal	
Salt	2 Tbsp	
Vegetable oil	2 Tbsp	
Yogurt, plain, nonfat	2 lb	Blend yogurt and vinaigrette well.
Vinaigrette Dressing (p. 524)	2 qt	Pour over hot fettuccine. Toss, using tongs, until all pasta is coated with dressing. Cover and chill until service.

Approximate nutritive values per portion **Calories** 331

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**37%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 25 g	8%	**Vitamin A**	**0%**	**Calcium**	**5%**
Sat. Fat 6 g	**31%**	**Sodium** 610 mg	**25%**	Fiber 0 g	**0%**	**Vitamin C**	**2%**	**Iron**	**7%**
Protein 5 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Serve Fettuccine Vinaigrette as an accompaniment to a chilled poultry breast. Add a colorful fruit garnish.
- Bottled Italian salad dressing may be substituted for Vinaigrette Dressing.

Variation

- **Marinated Fettuccine.** Prepare as for Chilled Fettuccine Vinaigrette. After the yogurt and dressing are added, heat in oven. Serve hot.

POTATO SALAD

Yield: 50 portions or 7 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Potatoes, peeled	10 lb (EP) (12 lb AP)	Cook potatoes until tender. Dice while warm.
Salad oil Vinegar, cider Lemon juice Prepared mustard Sugar, granulated Salt Hot pepper sauce	½ cup ½ cup 1 Tbsp 2 Tbsp 3 oz 1 Tbsp Few drops	Make a marinade of oil, vinegar, lemon juice, and seasonings. Add to warm potatoes and mix gently. Marinate until cold.
Eggs, hard-cooked (p. 271), diced Celery, diced Onion, finely chopped Pepper, black	12 1 lb 8 oz ½ tsp	Add eggs, celery, onion, and pepper to marinated potatoes. Mix lightly.
Mayonnaise	2 cups	Add mayonnaise. Mix carefully to blend. Chill at least 1 hour before serving. Serve with No. 10 dipper.

Approximate nutritive values per portion **Calories** 190

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**16%**	**Cholest.** 56 mg	**19%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 2 g	**10%**	**Sodium** 214 mg	**9%**	Fiber 1 g	**6%**	**Vitamin C**	**12%**	**Iron**	**3%**
Protein 3 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- 2 cups French Dressing may be substituted for the marinade given in the recipe.
- Sour cream or yogurt may be substituted for half of the mayonnaise.
- Potatoes may be cooked with skins on, then peeled. Use 12 lb AP.
- 4 oz pickle relish, chopped pimiento, or chopped green pepper may be added.

Variation

- **Sour Cream Potato Salad.** Reduce eggs to 8 and mayonnaise to 1 cup. Add 2 cups sour cream, 1 tsp celery seed, and 12 oz peeled, sliced cucumbers.

HOT POTATO SALAD

Yield: 50 portions *Portion:* ⅔ cup (6 oz)

Ingredient	*Amount*	*Procedure*
Potatoes	12 lb (EP) (15 lb AP)	Wash potatoes and trim as necessary. Steam until just tender, about 30 minutes. Peel and slice.
Bacon	1 lb	Dice bacon, cook until crisp. Drain. Reserve fat.
Onion, chopped	8 oz	Sauté onion in bacon fat.
Flour, all-purpose	4 oz	Add flour to onions and stir until well mixed. Cook 5 minutes.
Sugar, granulated Salt Pepper, black Celery seed Vinegar, cider Water	1 lb 2½ oz 2 tsp 1 Tbsp 3 cups 1 qt	Mix sugar, spices, vinegar, and water. Boil 1 minute. Add to fat-flour mixture gradually while stirring. Cook until slightly thickened.
		Add hot dressing to warm potatoes and bacon. Mix lightly. Serve hot.

Approximate nutritive values per portion **Calories** 205

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 8 mg	**3%**	**Total Carb.** 34 g	**11%**	**Vitamin A**	**0%**	**Calcium**	**1%**
Sat. Fat 3 g	**14%**	**Sodium** 597 mg	**25%**	Fiber 2 g	**6%**	**Vitamin C**	**15%**	**Iron**	**3%**
Protein 3 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p.44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 12 hard-cooked eggs, sliced or diced, may be added.
- Mayonnaise or a combination of mayonnaise and salad dressing may be used in place of the hot vinegar dressing. Add to potato mixture and heat to serving temperature.

GELATIN SALAD RECIPES

FRUIT GELATIN SALAD

Yield: 40 or 48 portions or 1 pan 12 × 20 × 2 inches *Portion:* 2¼ × 2½ or 2 × 2½ inches

Ingredient	*Amount*	*Procedure*
Gelatin, flavored Water, boiling	1 lb 8 oz 2 qt	Pour boiling water over gelatin. Stir until dissolved.
Fruit juice or water, cold	2 qt	Add to hot liquid. Chill.
Fruit, drained	4 lb	Place fruit in counter pan. When gelatin begins to congeal, pour over fruit. Place in refrigerator to congeal. Cut 5 × 8 for 40 portions. Cut 6 × 8 for 48 portions.

Approximate nutritive values per portion (cut 48) **Calories** 91

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 10 g	3%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 20 mg	1%	Fiber 1 g	3%	**Vitamin C**	40%	**Iron**	5%
Protein 13 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For quick preparation, dissolve 1 lb 8 oz flavored gelatin in 1½ qt boiling water. Measure 2½ qt chipped or finely crushed ice, then add enough cold water or fruit juice to cover ice. Add to gelatin and stir constantly until ice is melted. Gelatin will begin to congeal at once. Speed of congealing depends on proportion of ice to water and size of ice particles.
- One or more canned, frozen, or fresh fruits, cut into desired shapes and sizes, may be used. Fresh or frozen pineapple must be cooked before adding to gelatin salad.
- Fruit juice may be used for part or all of the liquid. Not more than 50 percent of heavy syrup, however, should be substituted for water.
- If unflavored granulated gelatin is used, sprinkle 2½ oz over 2 cups cold water and let stand for 10 minutes. Add 3½ qt boiling fruit juice and 1 lb sugar.

Variations

- **Apple Cinnamon Swirl.** Heat 1¼ qt water to boiling. Add 1 lb lemon gelatin and 10 oz cinnamon candies (red-hots). Stir until dissolved. Stir in 3 lb (1½ qt) applesauce, ¼ cup lemon juice, and 1 Tbsp salt. Pour into a 12 × 20 × 2-inch pan and chill until partially set. Fold in 8 oz coarsely chopped walnuts. Beat 10 oz cream cheese, ½ cup milk, ¼ cup mayonnaise until smooth. Spoon mixture (2 cups) on top of gelatin. Swirl through gelatin with rubber spatula to marble.
- **Applesauce Gelatin Salad.** Heat 6 lb 10 oz (1 No. 10 can) applesauce, 8 oz granulated sugar, 1 Tbsp ground cinnamon, and 2 tsp ground nutmeg, stirring frequently. Add 1 lb 8 oz strawberry gelatin and stir until dissolved. Add 2 qt cold water and ⅓ cup lemon juice.
- **Arabian Peach Salad.** Drain 1 No. 10 can sliced peaches, saving juice. Combine peach juice, 1½ cups white vinegar, 1 lb 12 oz granulated sugar, 1 oz stick cinnamon, and 2 tsp whole cloves. Simmer 10 minutes. Strain, and add enough hot water to make 1 gal liquid. Add to 1 lb 8 oz orange gelatin and stir until dissolved. When slightly thickened, add peaches. Apricot halves may be substituted for peaches.
- **Autumn Salad.** Dissolve 1 lb 8 oz orange gelatin in 2 qt boiling water. Add 2 qt cold liquid, 2 lb 8 oz sliced fresh peaches, and 3 lb 8 oz fresh pears.
- **Blueberry Gelatin Salad.** Make in two layers. First layer: Drain 1 No. 10 can blueberries. Add water to juice if necessary to make 1 qt and heat to boiling. Add 12 oz raspberry gelatin and stir

until dissolved. Pour into 12 × 20 × 2-inch pan and chill. Second layer: Drain 1 No. 10 can crushed pineapple. Add water if necessary to make 1 qt liquid. Heat to boiling and add 12 oz lemon gelatin. Stir until dissolved. Stir in the crushed pineapple and 1 qt sour cream. Cool. Pour over first layer and Chill.

- **Boysenberry Mold.** Thaw 2 lb 12 oz frozen boysenberries in a colander. Reserve juice. Heat juice plus water if needed to make 2 qt. Add 1 lb 8 oz raspberry gelatin and stir until dissolved. Stir in 1½ cups cold water. Chill until gelatin is the consistency of egg whites. Whip 1¼ qt whipped topping until soft peaks form. Fold in the thickened gelatin mixture and boysenberries. Pour into molds and refrigerate until firm.
- **Cranberry Apple Salad.** Dissolve 1 lb 8 oz cherry or raspberry gelatin in 2 qt boiling water. Add 3 lb fresh or frozen cranberry relish. 1 lb chopped apples, and 1 lb crushed pineapple. One No. 10 can whole cranberry sauce and 4 oranges, ground, may be used in place of the relish. Delete pineapple.
- **Cranberry Mold.** Drain 3½ cups crushed pineapple (2½ cups drained). Heat juice, plus enough water to make 3¼ cups, to boiling. Add 1 lb raspberry gelatin and stir until dissolved. Stir in 1½ qt cranberry relish. Chill until consistency of unbeaten egg whites. Fold in 3 cups mandarin oranges, drained and chopped, and 3¼ cups whipped topping whipped until stiff (6½ cups whipped). Spread in oiled gelatin molds.
- **Cucumber Soufflé Salad.** Dissolve 1 lb 8 oz lime or lemon gelatin in 1½ qt boiling water. Add 2 qt ice and cold water. Chill until partially set. Whip until fluffy. Add 3 cups mayonnaise and ⅓ cup lemon juice. Fold in 5 lb cucumbers, chopped.
- **Frosted Cherry Salad.** Dissolve 1 lb 8 oz cherry gelatin in 2 qt boiling water. Add 2 qt cold fruit juice, 2 lb drained, pitted red cherries, and 2 lb crushed pineapple. When congealed, frost with whipped cream cheese and chopped toasted almonds.
- **Frosted Lime Salad.** Dissolve 1 lb 8 oz lime gelatin in 2 qt boiling water. Add 2 qt cold fruit juice and, when mixture begins to congeal, add 4 lb crushed pineapple, drained, 2 lb 8 oz cottage cheese, 8 oz diced celery, 4 oz chopped pimiento, and 4 oz chopped nuts. When congealed, frost with mixture of 4 lb cream cheese blended with ½ cup mayonnaise.
- **Jellied Waldorf Salad.** Dissolve 1 lb 8 oz raspberry or cherry gelatin in 2 qt boiling water. Add 1 cup red cinnamon candies (red-hots) and stir until dissolved. Add 2 qt cold water or fruit juice. When mixture begins to congeal, add 2 lb diced apple, 12 oz finely diced celery, and 8 oz chopped pecans or walnuts.
- **Lemon Cream Mold.** Dissolve 1 lb 8 oz lemon gelatin in 1 qt boiling water. Stir in 1 qt cold water, ¾ cup vinegar, and ¼ tsp salt. Cool to room temperature. Add to 3 lb 12 oz sour cream and mix until smooth. Garnish with very thin slices of lemon and cucumber.
- **Molded Pineapple Cheese Salad.** Dissolve 1 lb 8 oz lemon gelatin in 2 qt boiling water. Add 2 qt cold fruit juice, 1 lb grated cheddar cheese, 3 lb drained crushed pineapple, 3 oz chopped green pepper or pimiento, and 4 oz finely chopped celery.
- **Ribbon Gelatin Salad.** Dissolve 1 lb 8 oz raspberry gelatin in 1 gal boiling water. Divide into three equal parts. Pour one-third into one 12 × 20 × 2-inch pan and chill. Add 1 lb cream cheese to another third and whip to blend; pour on the first part when it is congealed. Return it to the refrigerator until it, too, is congealed, then top with remaining portion.
- **Sunshine Salad.** Dissolve 1 lb 8 oz lemon gelatin in 2 qt boiling water. Add 2 qt cold fruit juice, 3 lb drained crushed pineapple, and 8 oz grated raw carrot.
- **Swedish Green-Top Salad.** Dissolve 12 oz lime gelatin in 2 qt boiling water. Pour into a 12 × 10 × 2-inch pan. Dissolve 12 oz orange gelatin in 2 qt boiling water. While still hot, add 1 lb 8 oz marshmallows and stir until melted. When cool, add 12 oz cream cheese, 1½ cups mayonnaise, and ½ tsp salt, blended together. Fold in 1 pt cream, whipped. Pour over congealed lime gelatin and return to the refrigerator to chill. To serve, invert so that green portion is on top.
- **Under-the-Sea Salad.** Dissolve 1 lb 8 oz lime gelatin in 1 gal boiling water. Divide into two parts. Pour one part into a 12 × 20 × 2-inch pan and chill. When it begins to congeal, add 12 oz drained crushed pineapple or sliced pears. To the remaining gelatin mixture, add 1 lb cream cheese and whip until smooth. Pour over first portion.

PERFECTION SALAD

Yield: 40 or 48 portions or 1 pan 12 × 20 × 2 inches *Portion:* 2¼ × 2½ or 2 × 2½ inches

Ingredient	*Amount*	*Procedure*
Gelatin, unflavored Water, cold	3 oz 2 cups	Sprinkle gelatin over cold water. Let stand 10 minutes.
Water, boiling	3 qt	Add boiling water to gelatin. Stir until gelatin is dissolved.
Vinegar, cider Lemon juice Salt Sugar, granulated	1 cup 1 cup 1 oz (1½ Tbsp) 1 lb	Add to gelatin mixture. Stir until sugar is dissolved. Chill.
Cabbage, chopped Celery, chopped Pimiento, chopped Green pepper, chopped Paprika	1 lb 8 oz 10 oz 4 oz 4 oz 1 Tbsp	When liquid begins to congeal, add vegetables. Pour into a 12 × 20 × 2-inch counter pan. Place in the refrigerator to congeal. Cut 5 × 8 for 40 portions. Cut 6 × 8 for 48 portions.

Approximate nutritive values per portion (cut 48) **Calories** 50

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 11 g	4%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 213 mg	9%	Fiber 0.4 g	2%	**Vitamin C**	22%	**Iron**	1%
Protein 2 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

TOMATO ASPIC

Yield: 40 or 48 portions or 1 pan 12 × 20 × 2 inches *Portion:* 2¼ × 2½ or 2 × 2½ inches

Ingredient	*Amount*	*Procedure*
Gelatin, unflavored Water, cold	4 oz 1 qt	Sprinkle gelatin over cold water. Let stand 10 minutes.
Tomato juice Onions, small, sliced Bay leaf Celery stalks Cloves, whole Dry mustard Sugar, granulated Salt	1 gal 2 1 4 8 2 tsp 14 oz 1 Tbsp	Combine tomato juice and seasonings. Boil 5 minutes. Strain. Add gelatin. Stir until dissolved.
Vinegar or lemon juice	2 cups	Add vinegar or lemon juice. Pour into a 12 × 20 × 2-inch counter pan. Place in refrigerator to congeal. Cut 5 × 8 for 40 portions. Cut 6 × 8 for 48 portions.

Approximate nutritive values per portion (cut 48) **Calories** 58

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 13 g	4%	**Vitamin A**	4%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 435 mg	18%	Fiber 1 g	4%	**Vitamin C**	31%	**Iron**	3%
Protein 3 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

FRUIT SALAD RECIPES

WALDORF SALAD

Yield: 50 portions or 6 qt *Portion:* ⅓ cup (3 oz)

Ingredient	*Amount*	*Procedure*
Cream, whipping (optional)	½ cup	Whip cream. Combine with mayonnaise.
Mayonnaise or salad dressing	2 cups	
Apples, tart (peeled or unpeeled)	8 lb EP	Dice apples into fruit juice to prevent apples from turning dark. Drain and stir into salad dressing.
Celery, chopped	2 lb EP	Add celery, seasonings, and nuts to apples.
Salt	1 oz (1½ Tbsp)	Mix lightly until all ingredients are coated with dressing.
Sugar, granulated (optional)	6 oz	Serve with No. 12 dipper.
Walnuts, coarsely chopped	8 oz	

Approximate nutritive values per portion **Calories** 158

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	17%	**Cholest.** 8 mg	3%	**Total Carb.** 16 g	5%	**Vitamin A**	2%	**Calcium**	2%
Sat. Fat 2 g	9%	**Sodium** 260 mg	11%	Fiber 2 g	8%	**Vitamin C**	9%	**Iron**	2%
Protein 1 g				Sugars 13 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Add walnuts only to salad that will be used immediately, as nuts will cause the salad to become gray.
- Fruit Salad Dressing (p. 527) may be substituted for mayonnaise.

Variations

- **Apple Cabbage Salad.** Use 6 lb diced apples and 4 lb crisp shredded cabbage. Omit celery. Sour cream or plain yogurt may be substituted for half the mayonnaise.
- **Apple Carrot Salad.** Use 6 lb diced apples, 3 lb shredded carrots, and only 1 lb chopped celery.
- **Apple Celery Salad.** Delete walnuts. Add 8 oz marshmallows.
- **Apple Date Salad.** Substitute 2 lb cut dates for celery.
- **Apple Fruit Salad.** Substitute 4 lb fresh fruit in season for half the apples.

APPLE PEAR SALAD

Yield: 50 plated salads

Ingredient	*Amount*	*Procedure*
Apples, red delicious Pears, Anjou	8–10 lb 8–10	Core and section fruit according to directions on p. 468. Section each pear and apple into 6–8 slices. Dip in diluted lemon juice to reduce discoloration.
Leaf lettuce Blue cheese, crumbled Apple Cider Dressing (p. 526)	50 leaves 3 lb 1 qt	Line salad plate with lettuce leaf. Alternate 3–4 sections of each fruit in a pinwheel-like arrangement on top of lettuce leaf. Sprinkle with 1 oz blue cheese. Drizzle with 1–2 Tbsp Apple Cider Dressing.

Approximate nutritive values per portion **Calories** 250

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	17%	**Cholest.** 20 mg	7%	**Total Carb.** 35 g	12%	**Vitamin A**	10%	**Calcium**	17%
Sat. Fat 5.5 g	27%	**Sodium** 407 mg	17%	Fiber 4 g	16%	**Vitamin C**	16%	**Iron**	6%
Protein 6.6 g				Sugars 20 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

ACINI DE PEPE FRUIT SALAD

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Acini de pepe (see Note) Water, boiling Salt	2 lb 6 oz (AP) 2 gal 1 oz (1½ Tbsp)	Cook pasta according to directions on p. 369. Drain and cool slightly. There should be 7 lb 8 oz cooked product. Save for later step.
Sugar, granulated Flour, all-purpose Salt	7 oz 2 Tbsp 1 tsp	Combine sugar, flour, and salt in steam-jacketed kettle.
Pineapple juice drained from pineapple	1½ cups	Pour juice slowly into mixture while stirring with wire whip. Cook over moderate heat, stirring until slightly thickened.
Eggs, beaten	2 (3 oz)	Stir a small amount of the hot mixture into eggs, then stir eggs into the hot mixture. Cook and stir until thickened, 190°F.
Lemon juice	1 Tbsp	Add lemon juice. Cool to room temperature Combine with cooked pasta. Mix lightly. Chill.
Mandarin oranges, drained Crushed pineapple, drained Pineapple tidbits, drained	1 lb 1 lb 12 oz 1 lb 12 oz	Add fruit to pasta mixture. Mix lightly but thoroughly.
Whipped topping	1¼ cups	Whip topping to stiff peaks. There should be 2½ cups whipped. Fold into salad. Chill until served. Serve with No. 8 dipper.

Approximate nutritive values per portion **Calories** 144

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 14 mg	5%	**Total Carb.** 28 g	9%	**Vitamin A**	2%	**Calcium**	2%
Sat. Fat 1 g	6%	**Sodium** 246 mg	10%	Fiber 0.4 g	2%	**Vitamin C**	14%	**Iron**	5%
Protein 3 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Acini de pepe is a small round pasta resembling bb shot.

AMBROSIA FRUIT SALAD

Yield: 50 portions *Portion:* 2½ oz

Ingredient	*Amount*	*Procedure*
Mandarin oranges, canned, drained	3 lb	Combine fruits, marshmallows, and coconut.
Pineapple tidbits, canned, drained	3 lb 8 oz	
Miniature marshmallows	12 oz	
Shredded coconut	6 oz	
Sour cream	12 oz	Add sour cream to fruit. Toss lightly to combine. Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 82

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 3 mg	1%	**Total Carb.** 15 g	5%	**Vitamin A**	2%	**Calcium**	2%
Sat. Fat 2 g	9%	**Sodium** 17 mg	1%	Fiber 1 g	4%	**Vitamin C**	28%	**Iron**	1%
Protein 1 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Salad does not hold well and is best when served soon after mixing.
- Plain unflavored yogurt may be substituted for sour cream.

GRAPEFRUIT ORANGE SALAD

Yield: 50 portions *Portion:* 2 orange, 3 grapefruit sections

Ingredient	*Amount*	*Procedure*
Grapefruit, medium	16	Peel and section fruit according to directions on p. 468
Oranges, large	17	For each salad, arrange 3 grapefruit sections and 2 orange sections, alternately on lettuce or other salad greens.
		Serve with Celery Seed Fruit Dressing (p. 527) or Honey French Dressing (p. 522).

Approximate nutritive values per portion **Calories** 45

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 11 g	4%	**Vitamin A**	2%	**Calcium**	2%
Sat. Fat 0 g	0%	**Sodium** 0 mg	0%	Fiber 2 g	9%	**Vitamin C**	88%	**Iron**	0%
Protein 1 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Citrus Pomegranate Salad.** Arrange grapefruit and orange sections on curly endive. Sprinkle pomegranate seeds over fruit. Serve with Celery Seed Dressing (p. 520, 527).
- **Fresh Fruit Salad Bowl.** Place chopped lettuce or other salad greens in individual salad bowls, 2 oz per bowl. Arrange wedges of cantaloupe, honeydew melon, and avocado, and sections of orange or grapefruit on the lettuce. Garnish with green grapes, Bing cherries, or fresh strawberries. Fresh pineapple, peaches, or apricots are good also in this salad. Serve with Celery Seed Fruit Dressing (p. 527) or Honey French Dressing (p. 522).
- **Grapefruit Apple Salad.** Substitute wedges of unpeeled red apples for oranges.
- **Grapefruit-Orange-Avocado Salad.** Place avocado wedges between grapefruit and orange sections. Garnish with fresh strawberries.
- **Grapefruit-Orange-Pear Salad.** Alternate slices of fresh pear with grapefruit and orange sections.

SPICED APPLE SALAD

Yield: 50 portions *Portion:* 1 apple

Ingredient	*Amount*	*Procedure*
Sugar, granulated	6 lb	Combine sugar, water, and flavorings.
Water	2 qt	Boil for about 5 minutes to form a thin syrup.
Vinegar, cider	1 cup	Set aside for next step.
Red coloring	½ tsp	
Cloves, whole	1 oz	
Cinnamon sticks	1 oz	
Apples, fresh	50	Core and peel apples. Leave apples whole unless they are large; then cut in half crosswise.
		Place apples in a flat pan.
		Pour syrup over apples. Cook on top of range or in oven until tender. Turn while cooking.
		Cool.
Celery, chopped	8 oz	Combine celery and nuts.
Nuts, chopped	4 oz	Add mayonnaise and salt.
Mayonnaise	¾ cup	Fill centers of cooked apples with this mixture.
Salt	½ tsp	

Approximate nutritive values per portion **Calories** 165

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	7%	**Cholest.** 0 mg	0%	**Total Carb.** 34 g	11%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 1 g	4%	**Sodium** 61 mg	3%	Fiber 2 g	9%	**Vitamin C**	9%	**Iron**	2%
Protein 1 g				Sugars 29 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Select apples that will hold their shape when cooked, such as Jonathan, Rome Beauty, or Winesap. Approximately 12 lb will be needed.
- 8 oz softened cream cheese may be substituted for mayonnaise.

FROZEN FRUIT SALAD

Yield: 48 portions or 1 pan 12 × 20 × 2 inches *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Gelatin, unflavored	1 oz	Sprinkle gelatin over cold water.
Water, cold	½ cup	Let stand 10 minutes.
Orange juice	1¾ cups	Combine juices and heat to boiling point.
Pineapple juice	1¾ cups	Add gelatin and stir to dissolve.
		Cool until slightly congealed.
Cream, whipping	2 cups	Whip cream. Combine with mayonnaise.
Mayonnaise	1 cup	Fold into the slightly congealed gelatin mixture.
Pineapple chunks, drained	1 lb 12 oz	Fold fruit into gelatin mixture.
		Pour into a 12 × 20 × 2-inch counter pan or into molds.
Orange sections, cut in halves	1 lb 8 oz	Freeze.
		Cut 6 × 8.
Peaches, sliced, drained	1 lb 8 oz	
Bananas, diced	2 lb	
Pecans, chopped	12 oz	
Maraschino cherries	8 oz	
Miniature marshmallows	8 oz	

Approximate nutritive values per portion **Calories** 178

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	18%	**Cholest.** 14 mg	5%	**Total Carb.** 19 g	6%	**Vitamin A**	5%	**Calcium**	2%
Sat. Fat 3 g	14%	**Sodium** 33 mg	1%	Fiber 2 g	6%	**Vitamin C**	27%	**Iron**	2%
Protein 2 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Whipped topping may be used in place of whipped cream.
- Other combinations of fruit (a total of 8 lb) may be used.

ENTREE SALAD RECIPES

CHEF'S SALAD BOWL

Yield: 50 portions *Portion:* 7 oz

Ingredient	*Amount*	*Procedure*
Head lettuce or mixed greens	12 lb	Cut or tear lettuce into bite-size pieces. Portion into individual salad bowls, 4 oz per bowl.
Cooked turkey Cooked ham Cheddar cheese or Swiss cheese	6 lb 3 lb 3 lb	Cut meat and cheese into thin strips. Arrange on top of lettuce, 2 oz turkey, 1 oz ham, 1 oz cheese per bowl.
Green pepper rings Tomatoes, cut into wedges Eggs, hard-cooked, quartered (p. 271)	50 (8 lb AP) 6 lb (AP) 25	Garnish with 1 green pepper ring, 2 tomato wedges, and 2 egg quarters.
Salad dressing (see Notes)	1½–2 qt	Serve salad with choice of dressings.

Approximate nutritive values per portion **Calories** 457

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 29 g	**44%**	**Cholest.** 200 mg	**67%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**28%**	**Calcium**	**26%**
Sat. Fat 10 g	**50%**	**Sodium** 987 mg	**41%**	Fiber 4 g	**16%**	**Vitamin C**	**139%**	**Iron**	**17%**
Protein 35 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Suggested salad dressings: Mayonnaise, Thousand Island, Roquefort, Creamy French, or Ranch.

Variations

- **Chicken and Bacon Salad.** Delete ham and turkey. Cut 6 lb cooked chicken or turkey into strips or cubes and mix with salad greens. Sprinkle 4 lb chopped, crisply cooked bacon over top of salads, 1 oz per salad.
- **Seafood Chef Salad.** Delete turkey and ham. Substitute 1 oz salmon, drained and broken into small chunks, 1 oz shrimp pieces or 2 whole shrimp for each salad.
- **Taco Salad.** Fry 50 10-inch flour tortillas by forming in basket shape around a large dipper or can. Submerge tortillas in hot fat, while still formed around dipper or can, for 20–30 seconds. Remove from fat and drain on paper towel. Prepare ground beef mixture (p. 343). Chill. Prepare lettuce mixture (p. 343). In bottom of shell basket, place 2½ oz lettuce mixture, then 4 oz cold ground beef mixture on top of lettuce. Sprinkle with sliced black olives and Cheddar cheese. Serve with Salsa (p. 568).

CHICKEN SALAD

Yield: 50 portions or 6¼ qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Cooked chicken	8 lb	Cut chicken into ½-inch cubes.
Eggs, hard-cooked (p. 271)	12	Peel and dice eggs.
Celery, diced	3 lb	Combine all ingredients. Mix lightly. Chill quickly to below 41°F.
Onion, minced	2 Tbsp	
Salt	2 Tbsp	Serve with No. 8 dipper.
Pepper, white	1 tsp	
Mayonnaise	1 qt	
Lemon juice	4 tsp	

Approximate nutritive values per portion **Calories** 227

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**32%**	**Cholest.** 122 mg	**41%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**6%**	**Calcium**	**3%**
Sat. Fat 4 g	**20%**	**Sodium** 446 mg	**19%**	Fiber 0.4 g	**2%**	**Vitamin C**	**3%**	**Iron**	**6%**
Protein 23 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling the ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 24–25 lb chicken AP will yield approximately 8 lb cooked meat.
- Cubed chicken may be marinated for 2 hours in ⅔ cups French Dressing (pp. 520–521).

Variations

- **Chicken-Avocado-Orange Salad.** Delete eggs. Gently stir into chicken mixture 1 qt diced orange segments, drained, 12 oz broken or slivered toasted almonds, and 6 oz chopped pimiento. Just before serving, add 6 avocados, diced.
- **Crunchy Chicken Salad.** Add 8 oz sliced water chestnuts or toasted slivered almonds or walnuts.
- **Curried Chicken Salad.** Add 1 Tbsp curry powder to mayonnaise.
- **Fruited Chicken Salad.** Just before serving add 2 lb 8 oz seedless grapes or pineapple chunks, drained, and 8 oz sunflower seeds.
- **Mandarin Chicken Salad.** Delete eggs and pepper. Reduce mayonnaise to 2 cups. Add 2 cups sour cream. Substitute 2 Tbsp lime juice for lemon juice. Gently fold in 1 No. 10 can mandarin oranges and 1 No. 10 can pineapple tidbits, well drained.
- **Turkey Salad.** Substitute turkey for chicken.

MARINATED CHICKEN AND FRESH FRUIT SALAD

Yield: 50 portions *Portion:* 3 oz chicken + 3 oz greens + 3 oz fruit + 2 oz dressing

Ingredient	*Amount*	*Procedure*
Chicken breasts, 3 oz	50	Prepare and grill chicken according to Tarragon Chicken recipe, p. 441. Chill quickly to below 41°F.
Head lettuce (iceberg)	7 lb	Cut or tear lettuce into bite-size pieces.
Leaf lettuce, Bibb or romaine	3 lb	
Fresh fruit in season (see Notes)	10–12 lb	Prepare fruit. Peel if necessary and cut into wedges, medium-size chunks, or clusters.
Leaf lettuce	2 lb	For plate liners.
Golden Fruit Dressing (p. 527)	3 qt	Serve to the side.

To Assemble:

1. Line 50 9-inch luncheon plates with leaf lettuce.
2. Arrange 3 oz greens on each plate.
3. Place 3 oz grilled chicken strips in center of plate.
4. Arrange 3 oz fruit around the chicken.
5. In a side dish, serve Golden Fruit Dressing, p. 527.

Approximate nutritive values per portion **Calories** 462

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 31 g	**47%**	**Cholest.** 39 mg	**13%**	**Total Carb.** 34 g	**11%**	**Vitamin A**	**29%**	**Calcium**	**6%**
Sat. Fat 8 g	**39%**	**Sodium** 431 mg	**18%**	Fiber 2 g	**10%**	**Vitamin C**	**86%**	**Iron**	**11%**
Protein 16 g				Sugars 30 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Choose at least three kinds of fruit that complement each other. Suggested fruits: cantaloupe wedges, watermelon chunks, fresh pineapple spears or chunks, whole fresh strawberries, papaya pieces, mango slices, green or red grapes.

Variation

- **Blackened Chicken Salad.** Season 25 chicken breasts with Cajun Seasoning (p. 592). Cook following Grilled Chicken Breast directions. Increase lettuce to 13 lb. Arrange 4 oz lettuce on plate and top with one-half sliced chicken breast. Garnish with chopped tomato and yellow bell pepper. Dress as desired.

CHICKEN AND PASTA SALAD PLATE

Yield: 50 portions *Portion:* 7 oz

Ingredient	*Amount*	*Procedure*
Rotini	1 lb 2 oz (AP) (2 lb 8 oz cooked)	Cook according to direction on p. 369. Drain.
Water, boiling	1 gal	
Salt	1 Tbsp	
Vinegar, cider	2¾ cups	Combine in mixer bowl.
Lemon juice	⅓ cup	
Prepared mustard	3 Tbsp	
Garlic, minced	3 cloves	
Salt	2 Tbsp	
Oregano, dried, crumbled	1 tsp	
Pepper, black	2 tsp	
Sugar, granulated	2 tsp	
Salad oil	3½ cups	Add oil very gradually while mixing on medium speed with wire whip attachment.
Cooked chicken, cut in 1-inch pieces	8 lb 8 oz	Add chicken to dressing. Toss to coat well. Add cooked rotini and mix well. Chill quickly to 41°F.
Broccoli florets	1 lb 4 oz	Steam broccoli until tender-crisp. Add to marinated mixture shortly before serving.
Cherry tomatoes, cut in half	3 lb	Add to marinated mixture shortly before serving.
Zucchini, fresh, cut in julienne strips	2 lb 4 oz	
Carrots, shredded	10 oz	
Green onions, chopped	8 oz	
Leaf lettuce	2 lb	Cover plate with leaf lettuce.
Hard rolls	50	Portion 7 oz salad onto lettuce. Place one hard roll on each salad plate shortly before service.

Approximate nutritive values per portion **Calories** 498

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 23 g	**36%**	**Cholest.** 64 mg	**21%**	**Total Carb.** 43 g	**14%**	**Vitamin A**	**26%**	**Calcium**	**10%**
Sat. Fat 6 g	**29%**	**Sodium** 837 mg	**35%**	Fiber 1 g	**6%**	**Vitamin C**	**37%**	**Iron**	**22%**
Protein 29 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 40°F).
- Salad may be served in a bowl or on a plate with a bed of shredded lettuce.

SHRIMP TORTELLINI SALAD PLATE

Yield: 50 portions *Portion:* 6 oz salad mixture

Ingredient	*Amount*	*Procedure*
Spinach tortellini, cheese-stuffed, frozen	4 lb (AP) (6 lb cooked)	Cook tortellini in boiling water for 3–5 minutes. Drain. Place in bowl.
Italian Dressing (p. 521)	2¼ qt	Pour dressing over pasta and toss gently to coat. Chill quickly to 41°F or less.
Salad shrimp, cooked, frozen	5 lb	Thaw shrimp under cold running water. Drain well and add to cold pasta.
Celery, thinly sliced	1 lb 10 oz	Add to pasta mixture. Toss well.
Carrots, cut into ¾-inch-long thin julienne strips	12 oz	Cover. Refrigerate until chilled to 41°F or less.
Green onions, thinly sliced	10 oz	
Water chestnuts, sliced, drained	1 lb 6 oz	
Leaf lettuce	2 lb 12 oz	Cover plate with leaf lettuce. Portion 6 oz salad onto lettuce.
Black olives	1 lb	Garnish plate with 3 black olives and 1 cherry tomato.
Cherry tomatoes	1 lb	Serve with 2 breadsticks.
Bread sticks	100	

Approximate nutritive values per portion **Calories** 704

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 28 g	**43%**	**Cholest.** 89 mg	**30%**	**Total Carb.** 88 g	**29%**	**Vitamin A**	**31%**	**Calcium**	**12%**
Sat. Fat 3 g	**16%**	**Sodium** 2465 mg	**103%**	Fiber 3 g	**13%**	**Vitamin C**	**16%**	**Iron**	**27%**
Protein 24 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).

POACHED SALMON ON FIELD GREENS

Yield: 50 portions *Portion:* 4 oz salmon fillet, 4 oz greens, 1–2 oz dressing

Ingredient	*Amount*	*Procedure*
Salmon, poached (4 oz fillets)	50 fillets	Poach salmon according to directions on p. 300.
Lettuce assortment (see Notes)	12 lb 8 oz	Place 4 oz lettuce on plate. Drizzle with ½–1 oz of Vinaigrette Dressing.
Vinaigrette Dressing (p. 524)	2 qt	Carefully place salmon fillet on top of greens. Drizzle with ½–1 oz of Vinaigrette Dressing. Garnish with fresh herbs or edible flowers. (See Appendix A and Appendix B for suggestions.)

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold for service at a temperature below 41°F.
- One of several commercial lettuce assortments may be used or an assortment made using several different salad greens (p. 465).
- Horseradish Caper Sauce (p. 575) may be ladled over salmon fillet in place of Vinaigrette Dressing.

CRAB SALAD

Yield: 50 portions or 6 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Eggs, hard-cooked (p. 271)	30	Peel and chop eggs coarsely.
Crabmeat, flaked	5 lb	Add eggs and other ingredients to crabmeat.
Almonds, blanched, slivered (optional)	1 lb	Mix lightly. Chill quickly to below 41°F. Serve with No. 10 dipper.
Black olives, sliced	1 lb	
Lemon juice	⅓ cup	
Mayonnaise	1 qt	

Approximate nutritive values per portion **Calories** 281

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**37%**	**Cholest.** 183 mg	**61%**	**Total Carb.** 4 g	**1%**	**Vitamin A**	**7%**	**Calcium**	**7%**
Sat. Fat 4 g	**19%**	**Sodium** 445 mg	**19%**	Fiber 1 g	**4%**	**Vitamin C**	**0%**	**Iron**	**8%**
Protein 14 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- Olives may be deleted and 1 lb diced cucumbers added.
- If desired, omit mayonnaise and marinate with French Dressing (p. 520–521).

Variation

- **Lobster Salad.** Substitute lobster for crab.

PASTA AND CRAB SALAD

Yield: 50 portions *Portion:* 2½ oz

Ingredient	*Amount*	*Procedure*
Radiatore Water Salt	1 lb 8 oz 1½ gal 1 oz (1½ Tbsp)	Cook pasta according to directions on p. 369. Drain. Yield should be 3 lb cooked radiatore.
Lemon Basil Dressing (p. 524)	3¾ cups	Add dressing. Toss to coat pasta. Chill to below 41°F.
Onions, green, finely chopped Snow peas, thawed, uncooked	2 oz 1 lb 4 oz	Add onions and snow peas. Toss.
Crabmeat, diced	2 lb	Add crabmeat. Toss. Keep chilled below 41° F.

Approximate nutritive values per portion **Calories** 139

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 18 mg	**6%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 2 g	**9%**	**Sodium** 416 mg	**17%**	Fiber 0.3 g	**1%**	**Vitamin C**	**12%**	**Iron**	**5%**
Protein 5 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- Cooked shrimp, cooked scallops, or lobster may be substituted for crabmeat.

SHRIMP SALAD

Yield: 50 portions or 6¼ qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Cooked shrimp (see Notes)	6 lb	Cut shrimp into ½-inch pieces. Place in bowl.
Celery, diced	2 lb	Add vegetables to shrimp.
Cucumber, diced	1 lb	
Lettuce, chopped (optional)	1 head	
Mayonnaise	1 qt	Combine mayonnaise and seasonings.
Lemon juice	2 Tbsp	Add to shrimp mixture. Mix lightly. Chill quickly to below 41°F.
Salt	2 tsp	Serve with No. 10 dipper.
Paprika	1 tsp	
Prepared mustard	2 tsp	

Approximate nutritive values per portion **Calories** 187

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**23%**	**Cholest.** 117 mg	**39%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**6%**	**Calcium**	**3%**
Sat. Fat 2 g	**11%**	**Sodium** 327 mg	**14%**	Fiber 0.4 g	**2%**	**Vitamin C**	**5%**	**Iron**	**10%**
Protein 12 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially harzardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 12 lb raw shrimp in shell or 10 lb raw, peeled, and deveined shrimp will yield the 6 lb cooked shrimp needed. Cook according to directions on p. 292.
- 1 dozen hard-cooked eggs (p. 271), coarsely chopped, may be added. Reduce shrimp to 5 lb.
- Salad may be garnished with tomato wedges or served in a tomato cup.

SHRIMP RICE SALAD

Yield: 50 portions *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Rice, converted	1 lb	Cook rice according to direction on p. 399.
Water	1¼ qt	Chill.
Salt	1 Tbsp	
Margarine or vegetable oil	1 Tbsp	
Celery	1 lb 8 oz	Cut celery in thin slices crosswise.
Green peppers	1 lb	Slice green peppers in thin strips.
Cooked shrimp, chilled	5 lb	Combine shrimp, rice, and vegetables.
Vinegar, cider	1 cup	Combine and pour over shrimp-rice mixture.
Salad oil	½ cup	Marinate in refrigerator at least 3 hours.
Worcestershire sauce	2 Tbsp	
Sugar, granulated	2 Tbsp	
Salt	1 Tbsp	
Curry powder	2 tsp	
Ginger, ground	¾ tsp	
Pepper, black	½ tsp	
Pineapple chunks, canned or frozen, drained	3 lb	Just before serving, add pineapple. Serve with No. 8 dipper.

Approximate nutritive values per portion **Calories** 122

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 89 mg	30%	**Total Carb.** 13 g	4%	**Vitamin A**	3%	**Calcium**	3%
Sat. Fat 1 g	4%	**Sodium** 377 mg	16%	Fiber 1 g	3%	**Vitamin C**	22%	**Iron**	11%
Protein 10 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens time the product is in the temperature danger zone (above 41°F).

TUNA PASTA SALAD PLATE

Yield: 50 portions *Portion:* 3½ oz salad mixture

Ingredient	*Amount*	*Procedure*
Shell macaroni	2 lb (AP) (6 lb cooked)	Cook macaroni according to directions on p. 369. Drain. Place in bowl.
Water, boiling	2 gal	
Salt	2 oz	
Vegetable oil	2 Tbsp	
Italian Dressing (p. 521)	1 qt	Pour dressing over cooked macaroni. Stir to coat evenly. Cover and refrigerate 6–8 hours.
Canned tuna	2 lb	Drain tuna. Carefully fold into macaroni.
Green peppers	1 lb 6 oz	Cut peppers into strips approximately 1 inch long. Add to macaroni mixture.
Stuffed green olives, chopped	4 oz	Add chopped olives to macaroni mixture.
Lettuce leaves	1 lb 8 oz	Place 1 lettuce leaf off center on dinner plate. Place 3½ oz (¾ cup) salad on lettuce.
Eggs, hard-cooked (p. 271)	25	Place half an egg on one side of macaroni salad.
Fresh tomatoes	6 lb	Cut each tomato into 8 wedges. Place 2 wedges on other side of salad. Place one hard roll on plate shortly before serving.
Hard rolls	50	

Approximate nutritive values per portion **Calories** 402

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	23%	**Cholest.** 112 mg	37%	**Total Carb.** 50 g	17%	**Vitamin A**	11%	**Calcium**	9%
Sat. Fat 3 g	13%	**Sodium** 651 mg	27%	Fiber 1 g	5%	**Vitamin C**	39%	**Iron**	20%
Protein 17 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens time product is in the temperature danger zone (above 41°F).

TUNA SALAD

Yield: 50 portions or 6¼ qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Eggs, hard-cooked (p. 271)	12	Peel and dice eggs.
Tuna, flaked Celery, chopped Cucumber, diced Onion, minced Pickle relish, drained	7 lb 1 lb 1 lb 2 oz 8 oz	Add vegetables, relish, and eggs to tuna. Mix lightly.
Mayonnaise	1 qt	Add mayonnaise to tuna mixture. Mix lightly to blend. Chill quickly to below 41° F. Serve with No. 8 dipper.

Approximate nutritive values per portion **Calories** 228

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**24%**	**Cholest.** 80 mg	**27%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**4%**	**Calcium**	**2%**
Sat. Fat 3 g	**13%**	**Sodium** 374 mg	**16%**	Fiber 0.2 g	**1%**	**Vitamin C**	**2%**	**Iron**	**7%**
Protein 18 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens time product is in the temperature danger zone (above 41°F).

Variations

- **Salmon Salad.** Substitute salmon for tuna.
- **Tuna Apple Salad.** Substitute tart, diced apples for cucumbers. Omit pickle relish.
- **Tuna Pea Salad.** Delete eggs and minced onion. Substitute 5 cups sour cream mixed with ½ cup lemon juice for the mayonnaise. Add 2 lb frozen green peas, thawed, 8 oz green pepper, and 8 oz sliced green onions.

STUFFED TOMATO SALAD

Yield: 50 portions *Portion:* 1 tomato

Ingredient	*Amount*	*Procedure*
Tomatoes, medium size	50	Place tomatoes in a wire basket and dip in boiling water. Let stand for 1 minute. Dip in cold water. Remove skins.
Chicken, crab, shrimp, tuna, or egg salad (chilled)	10 lb	Turn tomato stem end down. Cut, not quite through, into fourths. Fill with No. 12 dipper of salad.

Approximate nutritive values per portion **Calories** 248

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**25%**	**Cholest.** 30 mg	**10%**	**Total Carb.** 13 g	**4%**	**Vitamin A**	**8%**	**Calcium**	**6%**
Sat. Fat 2 g	**10%**	**Sodium** 628 mg	**26%**	Fiber 3 g	**10%**	**Vitamin C**	**40%**	**Iron**	**12%**
Protein 13 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- 50 medium-size tomatoes will weigh approximately 12 lb.

Variations

- **Tomato Cabbage Salad.** Combine 1 lb cabbage and 1 lb. celery, finely chopped, 1 Tbsp salt, and 1 cup mayonnaise for salad mixture. Fill tomato cup, using No. 40 dipper.
- **Tomato Cottage Cheese Salad.** Substitute 6 lb cottage cheese for salad mixture. Fill tomato cups, using No. 20 dipper.

COTTAGE CHEESE SALAD

Yield: 50 portions or 6 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Tomatoes, fresh, peeled and diced	3 lb	Prepare vegetables.
Green peppers, chopped	4 oz	
Celery, diced	1 lb	
Cucumber, diced	1 lb	
Radishes, sliced	8 oz	
Cottage cheese, dry curd (see Notes)	6 lb	Just before serving, add vegetables and mix all ingredients gently.
Salt	1 oz (1½ Tbsp)	
Mayonnaise	3 cups	

Approximate nutritive values per portion **Calories** 150

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	17%	**Cholest.** 11 mg	4%	**Total Carb.** 3 g	1%	**Vitamin A**	3%	**Calcium**	3%
Sat. Fat 2 g	9%	**Sodium** 328 mg	14%	Fiber 0.4 g	2%	**Vitamin C**	13%	**Iron**	2%
Protein 10 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens time product is in the temperature danger zone (above 41° F).
- If creamed cottage cheese is used, reduce mayonnaise to 1 cup and omit salt.

DELI PLATE

Yield: 50 portions *Portion:* 2½ oz salad + 2 oz meat and cheese

Ingredient	*Amount*	*Procedure*
Pasta Salad (p. 484) or Potato Salad (p. 488) or Macaroni Salad (p. 485)	9 lb	Prepare salad.
Pastrami, corned beef, or other cold cuts	3 lb	Wafer slice meat.
Lettuce leaves Swiss cheese, sliced	1 lb 8 oz 3 lb	Place lettuce leaf on dinner plate. Place one 1-oz cheese slice on lettuce. Portion 1 oz pastrami on cheese. Place No. 16 dipper pasta, potato, or macaroni salad on plate.
Tomatoes, sliced Dill pickle spears, drained Black olives	6 lb 8 oz (EP) 1 lb 8 oz 6 oz	Arrange on plate: 2 tomato slices 1 dill pickle spear 1 black olive
Rye bread	100 slices	Place alongside meat on plates.

Note
- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.

Variation
- Ham rolls or slices, sliced turkey, deviled or hard-cooked egg, green pepper ring, green onion, cucumber slices, onion slices, cherry tomato, or marinated mushrooms may be used.

TURKEY CROISSANT SALAD PLATE

Yield: 50 portions *Portion:* 2½ oz turkey

Ingredient	*Amount*	*Procedure*
Spinach, fresh, raw Tomatoes, fresh sliced Oranges, navel, fresh, unpeeled, sliced Grapes, red seedless Alfalfa sprouts	2 lb (EP) 7 lb 3 lb 3 oz 6 lb 2 oz	Prepare vegetables and fruits.
Smoked turkey, wafer-sliced	8 lb	
Croissants	50 (2½-oz size)	Assemble plates according to directions given below.

To Assemble Turkey Croissant Plates:

1. Line three-fourths of plate with ¾ oz spinach.
2. Place 2 tomato slices on spinach leaves.
3. Cut orange slices in half. Place beside tomato slices.
4. Place 2½ oz turkey beside orange slices.
5. Place 1 Tbsp alfalfa sprouts beside turkey.
6. Place a 2-oz cluster of grapes beside sprouts.
7. Place 1 croissant on plate.

Approximate nutritive values per portion **Calories** 304

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	22%	**Cholest.** 88 mg	29%	**Total Carb.** 31 g	11%	**Vitamin A**	18%	**Calcium**	16%
Sat. Fat 6 g	28%	**Sodium** 885 mg	37%	Fiber 3 g	14%	**Vitamin C**	72%	**Iron**	17%
Protein 17 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Chicken salad, crab salad, shrimp salad, or other wafer-sliced deli meats may be substituted for smoked turkey. If substituting salad meat for solid meat, omit tomato slices and add another fruit (e.g., apples or plums).

FRUIT SALAD PLATE

Yield: 50 portions *Portion:* 6 oz fruit + 4 oz salad or sherbet

Ingredient	*Amount*	*Procedure*
Fruit in season (3–4 selections from fruits listed in Note)	20 lb (EP)	Prepare fruit.
Cottage cheese, Chicken Salad (p. 499), or sherbet	12 lb	Prepare salad according to recipe.
Nut bread sandwiches or muffins	50–100	
Lettuce	1 lb 8 oz	Prepare lettuce. Place lettuce leaf on dinner plate. Arrange fruit, salad, and bread on lettuce.

Note

- Choose a combination that offers contrast in shape, color, and flavor from the following lists:

Fruit suggestions

Apple wedges
Avocado wedges, slices, or halves
Bananas, cut in strips or chunks, rolled in chopped nuts
Cherries, sweet
Grape clusters, red or green
Grapefruit sections
Kiwi fruit
Mangoes
Melon: cantaloupe, honeydew, watermelon; cut in wedges, rings, or balls
Orange slices, half slices, sections
Papayas
Peach halves or slices: cream cheese filling, cranberry sauce, or cottage cheese in halves
Pear halves, filled, or slices
Pineapple chunks, spears, rings
Plums
Strawberries

Salad suggestions

Cheese strips or slices
Cottage cheese
Chicken salad
Sliced chicken or turkey
Ham roll

Bread suggestions

Hard roll
Muffin
Finger sandwich: chicken, tuna
Nut bread sandwich
Raisin bread–cream cheese sandwich

Garnishes (See p. 723 for additional garnish suggestions.)

Coconut
Lemon or lime wedge
Pomegranate seeds
Stuffed prune

RELISH RECIPES

BUTTERED APPLES

Yield: 50 portions or 7 qt *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Apples, fresh	13 lb (EP) (16 lb AP)	Wash apples and cut into sections. Remove cores. Arrange in pan.
Margarine, melted Water, hot Sugar, granulated Salt	8 oz 2 cups 1 lb 8 oz 1 Tbsp	Mix remaining ingredients and pour over apples. Cover and simmer until apples are tender, approximately 1 hour.

Approximate nutritive values per portion **Calories** 155

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 0 mg	0%	**Total Carb.** 32 g	11%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 1 g	4%	**Sodium** 171 mg	7%	Fiber 3 g	10%	**Vitamin C**	11%	**Iron**	1%
Protein 0 g				Sugars 29 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Select apples that will hold their shape when cooked, such as Jonathan, Rome Beauty, or Winesap.
- Apple sections may be arranged in a counter pan and steamed until tender. Sprinkle margarine and sugar over the top and bake for 15–20 minutes.
- Hot buttered apples often are served in place of a vegetable.
- Frozen or canned apples may be used.

Variations

- **Apple Rings.** Cut rings of unpared apples, steam until tender. Add sugar and margarine and bake 15 minutes.
- **Cinnamon Apples.** Cut pared apples into rings. Add cinnamon drops (red-hots) for flavor and color. Proceed as for Buttered Apples but reduce sugar to 12 oz.
- **Fried Apples** Melt 1 lb margarine or butter in frying pan. Add sliced apples. Add 8 oz brown sugar, 1 tsp salt, and 1 tsp cinnamon. Cook apples, turning occasionally, until apples are lightly browned and just tender. Frozen apple slices, thawed and drained, may be used.

CRANBERRY RELISH (RAW)

Yield: 50 portions or 5 qt *Portion:* ⅓ cup (3 oz)

Ingredient	*Amount*	*Procedure*
Oranges, unpeeled	3 (size 72)	Wash and quarter oranges and apples.
Apples, cored	5 lb	Sort and wash cranberries.
Cranberries, raw	3 lb	Put fruit through chopper or grinder.
Sugar, granulated	2 lb 4 oz	Add sugar to fruit and blend. Chill for 24 hours. Serve with No. 16 dipper as a relish or salad.

Approximate nutritive values per portion **Calories** 123

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 32 g	11%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 0 mg	0%	Fiber 2 g	9%	**Vitamin C**	17%	**Iron**	0%
Protein 0 g				Sugars 27 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Cranberry Orange Relish.** Delete apples. Increase oranges to 6 and sugar to 3 lb. Add ¼ cup lemon juice.

CRANBERRY SAUCE

Yield: 50 portions or 5 qt *Portion:* ⅓ cup

Ingredient	*Amount*	*Procedure*
Cranberries	4 lb (AP)	Wash cranberries. Discard soft berries.
Sugar, granulated	4 lb	Combine sugar and water. Bring to a boil.
Water	1 qt	Add cranberries and boil gently until skins burst. Do not overcook. Chill. Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 158

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 41 g	14%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 0 mg	0%	Fiber 2 g	6%	**Vitamin C**	8%	**Iron**	0%
Protein 0 g				Sugars 35 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Make sauce at least 24 hours before using.

Variations

- **Baked Cranberry Relish.** Wash and drain 4 lb cranberries. Stir in 2 lb 12 oz granulated sugar, ⅓ cup water, and 1 tsp cinnamon. Place berries in glass chafing dishes or other baking pan suitable for serving. Mix together 2½ cups chopped pecans, ½ cup grated fresh lemon rind, and 4 cups orange marmalade. Spread on top of berries. Bake at 350°F for 45 minutes. Serve warm.
- **Pureed Cranberry Sauce.** Add water to cranberries and cook until skins burst. Puree cranberries and add sugar. Cook until sugar is dissolved.
- **Royal Cranberry Sauce.** Make half of cranberry sauce recipe. When cool add 3 oranges, chopped; 1 lb apples, chopped; 1 lb white grapes, seeded; 1 lb pineapple, diced; and 4 oz coarsely chopped pecans. Serve with No. 24 dipper as a relish. Yield: 1 gal.

CORN RELISH

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Sugar, granulated	1 lb	Mix sugar, flour, and salt in steam-jacketed kettle or stockpot until well blended.
Flour, all-purpose	2 oz (½ cup)	
Salt	1 oz	
Water	1½ cups	Add to dry ingredients in kettle. Stir until smooth.
Vinegar, cider	1⅔ cups	Cook until thickened, stirring constantly.
Prepared mustard	6 Tbsp	
Corn, whole kernel, frozen, thawed	6 lb	Place corn and seasonings in baker's bowl. Pour hot dressing over corn and mix lightly.
Celery seed	1½ tsp	Serve chilled.
Pimiento, chopped, drained	3 oz	
Onions, fresh, finely chopped	2 oz	
Green peppers, chopped	3 oz	

Approximate nutritive values per portion **Calories** 84

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 21 g	7%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 247 mg	10%	Fiber 0 g	0%	**Vitamin C**	7%	**Iron**	2%
Protein 2 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation • **Black Bean and Corn Relish.** Substitute 2 lb cooked black beans for 2 lb corn.

SAUERKRAUT RELISH

Yield: 50 portions *Portion:* ⅓ cup (3 oz)

Ingredient	*Amount*	*Procedure*
Sauerkraut	1 No. 10 can	Combine all ingredients.
Carrots, shredded	1 lb	Refrigerate for at least 12 hours.
Celery, chopped	12 oz	
Onion, chopped	8 oz	
Green pepper, chopped	1 lb	
Sugar, granulated	1 lb 8 oz	

Approximate nutritive values per portion **Calories** 73

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 18 g	6%	**Vitamin A**	26%	**Calcium**	2%
Sat. Fat 0 g	0%	**Sodium** 399 mg	17%	Fiber 2 g	8%	**Vitamin C**	30%	**Iron**	5%
Protein 1 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Sauerkraut may be chopped before combining with other ingredients.

PICKLED BEETS

Yield: 50 portions or 2 gal *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Beets, canned, sliced or whole	2 No. 10 cans	Drain beets. Reserve 1 cup juice for next step.
Vinegar, cider	2 qt	Mix vinegar, sugars, spices, and liquid from beets.
Sugar, brown	1 lb	Heat to boiling point. Boil 5 minutes.
Sugar, granulated	8 oz	Pour hot mixture over beets.
Salt	1 tsp	Chill 24 hours before serving.
Pepper, black	½ tsp	
Cinnamon sticks	2	
Cloves, whole	1 tsp	
Allspice, whole	1 tsp	

Approximate nutritive values per portion **Calories** 74

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 21 g	7%	**Vitamin A**	0%	**Calcium**	2%
Sat. Fat 0 g	0%	**Sodium** 246 mg	10%	Fiber 1 g	5%	**Vitamin C**	5%	**Iron**	9%
Protein 1 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- If using fresh beets, cook 14 lb AP according to directions on p. 641. Peel and slice, then proceed as in the recipe. Substitute 1 cup water for beet juice.
- Sliced onions, separated into rings, may be added.
- Granulated sugar may be substituted for brown sugar.

MINTED TABOULI

Yield: 50 portions *Portion:* 2 oz

Ingredient	*Amount*	*Procedure*
Bulgur	8 oz	Combine bulgar and water in large mixing bowl. Let stand at least 2 hours.
Water	1¼ qt	Drain well.
Tomatoes, fresh, seeded and diced	1 lb	Add to bulgur.
Cucumbers, peeled and chopped	6 oz	
Red onions, finely chopped	6 oz	
Parsley, fresh, chopped	2 oz	
Mint leaves, coarsely chopped	½ oz	
Lemon juice, fresh	1¼ cups	Blend lemon juice, oil, and spices.
Olive oil	½ cup	Pour over bulgur mixture. Toss to blend. Cover.
Salt	2¼ tsp	Refrigerate for at least 12 hours before serving. Keeps well.
Pepper, black	1 tsp	
Sugar, granulated	1½ tsp	

Approximate nutritive values per portion **Calories** 41

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 5 g	2%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 1 g	2%	**Sodium** 100 mg	4%	Fiber 1 g	5%	**Vitamin C**	8%	**Iron**	1%
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Salad oil may be substituted for olive oil. Mint leaves may be omitted for plain Tabouli.

SALAD DRESSING RECIPES

MAYONNAISE

Yield: 1 gal

Ingredient	*Amount*	*Procedure*
Egg yolks (see Notes) Salt Paprika Dry mustard	8 (5 oz) 2 oz (3 Tbsp) 2 tsp 2 Tbsp	Place egg yolks and seasonings in mixer bowl. Mix thoroughly, using wire whip attachment.
Vinegar, cider	¼ cup	Add vinegar and blend.
Salad oil	2 qt	Add oil very slowly, beating steadily on high speed until an emulsion is formed. Oil may then be added, ½ cup at a time and later 1 cup at a time, beating well after each addition.
Vinegar, cider	¼ cup	Add vinegar. Beat well.
Salad oil	2 qt	Continue beating and adding oil until all oil has been added and emulsified.

Approximate nutritive values per portion **Calories** 246

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 28 g	**43%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**2%**	**Calcium**	**0%**
Sat. Fat 7 g	**36%**	**Sodium** 150 mg	**6%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- For safety reasons, the use of pasteurized frozen egg yolks is recommended.
- The addition of oil too rapidly or insufficient beating may cause the oil to separate from the other ingredients, resulting in a curdled appearance. Curdled or broken mayonnaise may be reformed by adding it (a small amount at a time) to 2 well-beaten egg yolks or eggs and beating well after each addition. It also may be reformed by adding it to a small portion of uncurdled mayonnaise.

Variations **To make approximately 2 qt dressing:**

- **Buttermilk Dressing.** To 1 qt mayonnaise, add 1 qt buttermilk, 2 tsp basil, ½ tsp oregano, 1 Tbsp finely chopped fresh parsley, 1 clove garlic, minced, 2 tsp black pepper, 2 oz chopped onion, and 1 tsp tarragon.
- **Campus Dressing.** To 2 qt mayonnaise, add ⅓ cup fresh parsley, ¼ cup chopped green pepper, and ½ cup finely chopped celery.
- **Chantilly Dressing.** To 1½ qt mayonnaise, fold in 1½ cups cream, whipped.
- **Creamy Blue Cheese Dressing.** To 1 qt mayonnaise, add 2 cups (1 lb) sour cream, ¼ cup lemon juice, 1 Tbsp grated onion, 1 tsp salt, and 8 oz finely crumbled blue cheese.
- **Dilly Dressing.** To 1½ qt mayonnaise, add 2 cups evaporated milk or buttermilk, 1 Tbsp seasoned salt, 1 tsp garlic powder, and ¼ cup chopped dill weed.
- **Egg and Green Pepper Dressing.** To 1¾ qt mayonnaise, add 12 chopped hard-cooked eggs, ¼ cup finely chopped green pepper, 2 Tbsp onion juice, and a few grains cayenne pepper.

(continues)

- **Garden Dressing.** Combine 3 cups mayonnaise and 1½ qt (3 lb) sour cream. Add 3 oz granulated sugar, 2 tsp salt, and 1 tsp black pepper. Fold in 12 oz thinly sliced green onions, 8 oz thinly sliced radishes, 8 oz chopped cucumbers, and 8 oz minced green pepper. This may be used for a vegetable dip also.
- **Green Peppercorn Cream Dressing.** To 1 cup mayonnaise, add 1¼ qt (2 lb 8 oz) sour cream, 1 cup Dijon-style mustard, ⅓ cup finely crushed and drained green peppercorns, ¼ cup white wine vinegar, and ⅔ cup chopped parsley (optional).
- **Honey Cream Dressing.** Blend together 4 oz cream cheese, 1⅓ cups honey, 1 cup lemon or pineapple juice, and ¼ tsp salt; then fold into 1½ qt mayonnaise.
- **Honey Yogurt Dressing.** To 1 cup mayonnaise, add 1½ qt unflavored yogurt, ⅓ cup honey, ¼ cup raspberry vinegar, 2 Tbsp lemon juice, and 1 Tbsp grated fresh orange peel.
- **Horseradish Cream Dressing.** To 1 cup mayonnaise, add 1½ qt (3 lb) sour cream, 2 Tbsp lemon juice, 2 tsp curry powder, 5 oz horseradish, 1 tsp salt, and 1 tsp paprika.
- **Roquefort Dressing.** To 1½ qt mayonnaise, add 2 cups French dressing, 8 oz crumbled Roquefort cheese, and 2 tsp Worcestershire sauce.
- **Russian Dressing.** To 2 qt mayonnaise, add 2 cups chili sauce, 2 Tbsp Worcestershire sauce, 2 tsp onion juice, and a few grains of cayenne.
- **Sour Cream Basil Dressing.** To 1 cup mayonnaise, add ¾ cup vinegar, 1½ qt (3 lb) sour cream, 1 oz granulated sugar, 1½ oz salt, 1½ Tbsp celery seed, and 2 Tbsp basil leaves.
- **Thousand Island Dressing.** To 1½ qt mayonnaise, add 1½ oz minced onion, 3 oz chopped pimiento, 1 cup chili sauce, 8 chopped hard-cooked eggs, 1 tsp salt, ¼ cup pickle relish, and a few grains of cayenne.

COOKED SALAD DRESSING

Yield: 3 gal

Ingredient	*Amount*	*Procedure*
Sugar, granulated Flour, all-purpose Salt Dry mustard	3 lb 1 lb 8 oz 6 oz 3 oz	Combine dry ingredients in a steam-jacketed kettle or stockpot.
Water, cold	1 qt	Add water to dry ingredients and stir with wire whip until a smooth paste is formed.
Milk, hot Water, hot	1 gal 2 qt	Add hot milk and water, stirring continuously while adding. Cook 20 minutes, or until thickened.
Margarine Vinegar, cider, hot	1 lb 3 qt	Stir in margarine and vinegar.
Egg yolks, beaten (see Notes)	50 (2 lb)	Add cooked mixture slowly to egg yolks, stirring briskly. Cook 7–10 minutes. Remove from heat and cool quickly to below 41° F.

Approximate nutritive values per ounce **Calories** 44

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 32 mg	11%	**Total Carb.** 6 g	2%	**Vitamin A**	5%	**Calcium**	1%
Sat. Fat 1 g	3%	**Sodium** 189 mg	8%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	1%
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- 25 whole eggs may be substituted for egg yolks, and hot water for hot milk.

Variation
- **Combination Dressing.** Combine 1 qt Cooked Salad Dressing and 1 qt mayonnaise.

CHILEAN DRESSING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Salad oil	2 cups	Combine all ingredients.
Vinegar, cider	1 cup	Beat on low speed until well blended.
Sugar, granulated	4 oz	Store in covered container.
Salt	2 tsp	Shake or beat well before serving.
Onion, finely chopped	2 oz	
Chili sauce	2 cups	
Catsup	1 cup	

Approximate nutritive values per ounce **Calories** 106

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	14%	**Cholest.** 0 mg	0%	**Total Carb.** 7 g	2%	**Vitamin A**	2%	**Calcium**	0%
Sat. Fat 2 g	12%	**Sodium** 275 mg	11%	Fiber 0 g	0%	**Vitamin C**	3%	**Iron**	0%
Protein 0 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

BACON DRESSING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Bacon, sliced, cut into 1-inch pieces	12 oz	Fry bacon until crisp. Remove from fat.
Onions, finely chopped	4 oz	Sauté onions in bacon fat.
Sugar, granulated Vinegar, cider Water	8 oz ¼ cup 1½ cups	Add sugar, vinegar, and water to sautéed onions. Bring to boiling point. Cool.
Mayonnaise (p. 517)	3 cups	Place Mayonnaise in mixer bowl. Add cooled onion-vinegar mixture slowly, beating on low speed until smooth. Stir in bacon pieces. Serve with tossed green salad.

Approximate nutritive values per ounce **Calories** 97

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	14%	**Cholest.** 7 mg	2%	**Total Carb.** 4 g	1%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	7%	**Sodium** 83 mg	3%	Fiber 0 g	0%	**Vitamin C**	1%	**Iron**	0%
Protein 1 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Potentially hazardous food. Store for service at an internal temperature below 41° F.

SOUR CREAM DRESSING

Yield: 3 qt

Ingredient	*Amount*	*Procedure*
Eggs, beaten Sour cream	16 (1 lb 12 oz) 1 qt	Mix eggs and sour cream.
Sugar, granulated Flour, all-purpose Water, cold	2 lb 1½ oz 1 cup	Combine sugar and flour. Add water and mix only until smooth. Add to the cream and egg mixture.
Vinegar, cider	2 cups	Add vinegar and cook until thick. Stir as necessary. Chill quickly to below 41°F.

Approximate nutritive values per ounce **Calories** 107

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	7%	**Cholest.** 59 mg	20%	**Total Carb.** 16 g	5%	**Vitamin A**	5%	**Calcium**	2%
Sat. Fat 2 g	11%	**Sodium** 24 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	1%
Protein 2 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- 2 cups cream, whipped, may be added before serving.

FRENCH DRESSING (THICK)

Yield: 2 qts

Ingredient	*Amount*	*Procedure*
Sugar, granulated Paprika Dry mustard Salt Onion juice	2 lb 2 Tbsp 4 tsp 2 Tbsp 1½ tsp	Combine sugar and seasonings in mixer bowl, using wire whip attachment.
Vinegar, cider	1½ cups	Add vinegar. Mix well.
Salad oil	1 qt	Add oil gradually in small amounts. Beat well after each addition.

Approximate nutritive values per ounce **Calories** 235

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	28%	**Cholest.** 0 mg	0%	**Total Carb.** 20 g	7%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 5 g	24%	**Sodium** 267 mg	11%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 0 g				Sugars 18 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- If a French Dressing of usual consistency is desired, use only 8 oz of sugar.

Variations
- **Celery Seed Dressing.** Add 2 oz celery seed.
- **Poppy Seed Dressing.** Add 1 oz poppy seed.

FRENCH DRESSING

Yield: 3 qt

Ingredient	*Amount*	*Procedure*
Salt	2 oz (3 Tbsp)	Combine dry ingredients in mixer bowl.
Dry mustard	2 Tbsp	
Paprika	2 Tbsp	
Pepper, black	1 Tbsp	
Vinegar, cider	1 qt	Add vinegar and onion juice to dry ingredients.
Onion juice	4 tsp	Add salad oil slowly. Beat on high speed until thick and blended.
Salad oil	2 qt	This is a temporary emulsion that separates rapidly. Beat well or pour into a jar and shake vigorously just before serving.

Approximate nutritive values per ounce **Calories** 161

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 5 g	**24%**	**Sodium** 204 mg	**9%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations Prepare by adding the following to 3 qt (1 recipe) French Dressing:

- **Chiffonade Dressing.** Add ⅓ cup chopped fresh parsley, 4 oz chopped onion, 6 oz chopped green pepper, 4 oz chopped red pepper or pimiento, and 16 chopped hard-cooked eggs.
- **Italian Dressing.** Delete paprika. Add 2 tsp oregano, ¼ tsp garlic powder, and 1 Tbsp basil.
- **Mexican Dressing.** Add 3 cups chili sauce, 10 oz chopped green pepper, 2 oz chopped onion, and 1 Tbsp cilantro.
- **Oil and Vinegar.** Delete mustard, paprika, and onion juice.
- **Roquefort Cheese Dressing.** Add French Dressing slowly, while whipping, to 1 lb finely crumbled Roquefort cheese. 1 qt cream may be mixed with cheese before it is added to the dressing.
- **Sesame Seed Dressing.** Delete salt, paprika, pepper, and onion juice. Increase mustard to ¼ cup and vinegar to 5½ cups. Add 3½ cups granulated sugar, 1¼ cups soy sauce, and ½ cup toasted sesame seeds.
- **Tarragon Dressing.** Use tarragon vinegar in place of cider vinegar.
- **Tomato Dressing.** Add 1 lb granulated sugar, 1½ qt tomato soup, and ¼ cup celery or poppy seeds. Increase onion juice to 2 Tbsp.

HONEY FRENCH DRESSING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Dry mustard	4 tsp	Mix mustard, salt, and celery seed in large mixing bowl.
Salt	1 tsp	
Celery seed or poppy seed	4 tsp	
Honey	2 cups	While mixing, add remaining ingredients in order listed.
Vinegar, cider	1¼ cups	
Lemon juice	¼ cup	
Onion, grated	1 Tbsp	
Salad oil	1 qt	

Approximate nutritive values per ounce **Calories** 155

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	21%	**Cholest.** 0 mg	0%	**Total Carb.** 9 g	3%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 4 g	18%	**Sodium** 34 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 0 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

HONEY LIME DRESSING

Yield: 3 qt

Ingredient	*Amount*	*Procedure*
Mayonnaise, low fat	1 qt	Measure all ingredients into mixer bowl. Blend together, using wire whip.
Yogurt, plain	1 qt	
Honey	2 cups	Cover and refrigerate. Store (below 41°F).
Lime juice, fresh	2 cups	
Celery seed	1 Tbsp	

Approximate nutritive values per ounce **Calories** 45

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0.8 g	1%	**Cholest.** .6 mg	0%	**Total Carb.** 10 g	3%	**Vitamin A**	7%	**Calcium**	2%
Sat. Fat 0.1 g	1%	**Sodium** 100 mg	4%	Fiber 0 g	0%	**Vitamin C**	2%	**Iron**	0%
Protein 0.6 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature below 41°F. Do not mix old product with new.

BASIL VINAIGRETTE DRESSING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Vinegar, cider	2 cups	Combine in mixer bowl, using wire whip.
Water	¾ cup	
Sugar, granulated	2 oz	
Garlic, fresh, minced	1½ Tbsp	
Salt	2 oz	
Basil, dried, crumbled	⅔ cup	
Salad oil	2 cups	Add oil very gradually while mixing.
Olive oil	½ cup	Store covered in the refrigerator.
		Stir before serving.

Approximate nutritive values per ounce **Calories** 108

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 3 g	**14%**	**Sodium** 468 mg	**20%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 0 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

VINAIGRETTE DRESSING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Vinegar, cider	2 cups	Combine in mixer bowl.
Salt	1½ oz	
Pepper, white	2 tsp	
Pepper, cayenne	¼ tsp	
Salad oil	2½ cups	Combine oils. Add very slowly to vinegar mixture, mixing on low speed until oil is blended in.
Olive oil	2¾ cups	
Parsley, fresh chopped	½ cup	Add to dressing. Mix. Store in refrigerator.
Garlic, minced	5 cloves	Stir or shake before serving.
Chives, frozen	½ cup	
Capers	4 oz	

Approximate nutritive values per ounce **Calories** 158

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**27%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 3 g	**17%**	**Sodium** 258 mg	**11%**	Fiber 0 g	**0%**	**Vitamin C**	**1%**	**Iron**	**0%**
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Dijon Mustard Vinaigrette.** Combine 2½ cups red wine vinegar, ¾ oz chopped chives, ¾ cup Dijon mustard, and 1 oz (1½ Tbsp) salt in mixer bowl. Slowly add 4¾ cups salad oil while mixing on medium speed, using wire whip. Mix until oil is blended in. Makes approximately 2 qt.
- **Lemon Basil Dressing.** Combine 2 cups cider vinegar, 1½ cups lemon juice, 6 oz granulated sugar, 2½ oz salt, and 4½ Tbsp dried basil leaves. Gradually add 3 cups salad oil.
- **Lime Salad Dressing.** Combine in mixer bowl 2½ cups frozen reconstituted lime juice, 1¼ cups sugar, 2 oz salt, 1 tsp white pepper, ¾ tsp red pepper, and 1½ tsp celery salt. Add 4½ cups salad oil very slowly, mixing on medium speed until oil is blended in. Makes approximately 2 qt dressing.
- **Pimiento Vinaigrette Dressing.** Substitute 4 oz diced pimiento for capers.

SWEET SESAME VINAIGRETTE DRESSING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Sugar, granulated	1 lb 10 oz	Combine in mixer bowl.
Sesame seeds	4 oz	
Poppy seeds	2 oz	
Paprika	1½ tsp	
Onion, minced	3 Tbsp	
Worcestershire sauce	1½ tsp	
Salad oil	3 cups	Using a whip attachment to mix, add vinegar and oil in a slow stream.
Vinegar, cider	1⅔ cups	Whip for at least 1 minute and make sure sugar is dissolved.

Approximate nutritive values per ounce — **Calories** 113

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	13%	**Cholest.** 0 mg	0%	**Total Carb.** 10 g	3%	**Vitamin A**	0%	**Calcium**	2%
Sat. Fat 2 g	11%	**Sodium** 0 mg	0%	Fiber 0.3 g	1%	**Vitamin C**	0%	**Iron**	1%
Protein 0 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Serve over fresh greens and fruit.

CREAMY VINAIGRETTE

Yield: 3 qt

Ingredient	*Amount*	*Procedure*
Rice wine vinegar	1 qt	Blend in mixer bowl, using flat beater.
Red wine	3 cups	
Plain yogurt	3 cups	
Whole grain mustard	1 cup	
Dijon mustard	1 cup	
Garlic cloves, minced	1 oz (EP)	Mix garlic, onions, fresh basil, and spices into yogurt mixture.
Red onion, finely diced	6 oz (EP)	Store covered in refrigerator for up to 1 week.
Green onion, sliced into thin rings	8 oz (EP)	Shake before serving.
Basil, finely chopped	¼ cup	
Mustard seed, whole	2 tsp	
Tarragon, dried	1 tsp	
Oregano, whole, dried	2 tsp	
Pepper, black	2 tsp	

Approximate nutritive values per ounce — **Calories** 25

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0.5 g	1%	**Cholest.** 0.5 mg	0%	**Total Carb.** 4 g	1%	**Vitamin A**	3%	**Calcium**	2%
Sat. Fat 0 g	0%	**Sodium** 148 mg	6%	Fiber 0.2 g	1%	**Vitamin C**	1%	**Iron**	1%
Protein 0.8 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature below 41°F. Do not mix old product with new.

Variation
- **Creamy Raspberry Vinaigrette.** Delete oregano. Add 8 oz pureed fresh raspberries.

HOT VINAIGRETTE (FOR SALAD GREENS)

Yield: 50 portions (1¾ qt) *Portion:* 2 Tbsp (1 oz)

Ingredient	*Amount*	*Procedure*
Balsamic vinegar	1½ qt	Combine vinegar, honey, and mustard in a steam-jacketed kettle or saucepan. Using a wire whip, mix until blended.
Honey	½ cup	
Dijon mustard	¼ cup	
Green onions, sliced into thin rings	2 oz (EP)	Add onions, garlic, and spices to vinegar mixture. Heat over medium heat to 200°F.
Garlic cloves, minced	1 oz (EP)	
Tarragon, dried whole	2 Tbsp	
Pepper, coarse ground black	1 tsp	
Salt	½ tsp	
		Spoon 2 Tbsp over single servings of bitter greens or fresh spinach leaves.

Approximate nutritive values per ounce **Calories** 55

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 12 g	4%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 36 mg	2%	Fiber 0 g	0%	**Vitamin C**	1%	**Iron**	1%
Protein 0 g				Sugars 11 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

APPLE CIDER DRESSING

Yield: 1 qt

Ingredient	*Amount*	*Procedure*
Apple cider	1 gal	In steam-jacketed kettle, slowly boil apple cider with cinnamon sticks and cloves until reduced by ¾ and slightly thickened. Discard cinnamon sticks and cloves.
Cinnamon stick	4 sticks	
Cloves, whole	1 tsp	
Mustard, stone ground	⅓ cup	Using a wire whip, mix mustard, oil, pepper, and poppy seed. Serve at room temperature. Shake or mix before serving.
Olive oil	½ cup	
Pepper, coarse ground black	¼ tsp	
Poppy seed	1 tsp	

Approximate nutritive values per ounce **Calories** 95

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 0 mg	0%	**Total Carb.** 17 g	6%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 0.5 g	2%	**Sodium** 38 mg	2%	Fiber 0.2 g	1%	**Vitamin C**	2%	**Iron**	4%
Protein 0.3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CELERY SEED FRUIT DRESSING

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Sugar, granulated Cornstarch Dry mustard Salt Paprika	1 lb 8 oz ⅓ cup 2 Tbsp 2 Tbsp 2 Tbsp	Mix dry ingredients in kettle.
Vinegar, cider	2 cups	Add vinegar to dry ingredients. Stir and cook until thickened and clear.
Onion juice	1 tsp	Add onion juice. Cool to room temperature.
Salad oil	1 qt	Add oil slowly to cooked mixture while beating on high speed.
Celery seed	2 Tbsp	Add celery seed. Serve with any fruit salad combination.

Approximate nutritive values per ounce **Calories** 167

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	21%	**Cholest.** 0 mg	0%	**Total Carb.** 12 g	4%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 4 g	18%	**Sodium** 201 mg	8%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	1%
Protein 0 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations
- **Golden Fruit Dressing.** Add 1½–2 Tbsp prepared mustard after mixture has cooked.
- **Poppy Seed Fruit Dressing.** Add poppy seed in place of celery seed.

FRUIT SALAD DRESSING

Yield: 4 qt

Ingredient	*Amount*	*Procedure*
Pineapple juice Orange juice Lemon juice	1 qt 3 cups 2 cups	Combine juices. Heat to boiling point.
Sugar, granulated Cornstarch	2 lb 5 oz	Mix sugar and cornstarch. Add to hot mixture while stirring with a wire whip.
Eggs, beaten	16 (1 lb 12 oz)	Add eggs to hot mixture while stirring. Cook until thickened. Chill quickly (within 4 hours) to below 41°F.
Cream, whipping	2 cups	Whip cream and fold into dressing just before serving. Serve with fruit salads.

Approximate nutritive values per ounce **Calories** 53

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	2%	**Cholest.** 27 mg	9%	**Total Carb.** 9 g	3%	**Vitamin A**	2%	**Calcium**	0%
Sat. Fat 1 g	4%	**Sodium** 9 mg	1%	Fiber 0 g	0%	**Vitamin C**	5%	**Iron**	0%
Protein 1 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Potentially hazardous food. Store for service at an internal temperature below 41°F.

YOGURT HERB DRESSING

Yield: 3½ qt

Ingredient	*Amount*	*Procedure*
Yogurt, plain	6 lb	Blend in mixer bowl, using flat beater.
Salad dressing	1 lb	
Prepared horseradish	4 oz	
Basil, dried, crumbled	1 Tbsp	Add seasonings. Blend well. Store in refrigerator in covered containers.
Tarragon, dried, crumbled	1 Tbsp	
Thyme, ground	½ tsp	
Celery seed	1 Tbsp	
Pepper, black, cracked	1 Tbsp	

Approximate nutritive values per ounce — **Calories** 30

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 4 mg	1%	**Total Carb.** 2 g	1%	**Vitamin A**	1%	**Calcium**	3%
Sat. Fat 1 g	3%	**Sodium** 49 mg	2%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- May be used as a dip for fresh vegetables.

YOGURT ORANGE DRESSING

Yield: 3½ qt

Ingredient	*Amount*	*Procedure*
Yogurt, plain	6 lb	Measure all ingredients into mixer bowl. Blend together, using wire whip.
Honey	1¼ cups	
Orange juice concentrate, thawed	6 oz	Refrigerate covered until chilled. Serve over fruit.
Cinnamon, ground	1½ tsp	
Nutmeg, ground	1 tsp	

Approximate nutritive values per ounce — **Calories** 29

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	1%	**Cholest.** 3 mg	1%	**Total Carb.** 5 g	2%	**Vitamin A**	0%	**Calcium**	3%
Sat. Fat 1 g	3%	**Sodium** 11 mg	1%	Fiber 0 g	0%	**Vitamin C**	3%	**Iron**	0%
Protein 1 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- May be used as a dip for fresh fruit.

CUCUMBER YOGURT DRESSING

Yield: 2½ qt

Ingredient	*Amount*	*Procedure*
Salad dressing	2 cups	Combine in mixer bowl.
Sour cream	12 oz	
Garlic, fresh, minced	1 Tbsp	
Chives, frozen	½ cup	
Salt	1½ tsp	
Pepper, black	⅛ tsp	
Cucumbers, fresh	1 lb 8 oz (AP)	Peel and seed cucumbers. Chop finely. Add to sour cream mixture.
Yogurt, plain	3½ cups	Fold in. Chill.

Approximate nutritive values per ounce **Calories** 39

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 5 mg	2%	**Total Carb.** 2 g	1%	**Vitamin A**	2%	**Calcium**	1%
Sat. Fat 1 g	5%	**Sodium** 88 mg	4%	Fiber 0 g	0%	**Vitamin C**	1%	**Iron**	0%
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Potentially hazardous food. Store for service at an internal temperature below 41°F.

GARLIC HERB DRESSING

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Nonfat cream cheese, softened	1 lb 12 oz	Beat cream cheese until smooth and creamy. Add milk and vinegar, beating until smooth.
Skim milk	1¼ cups	
Tarragon vinegar	¼ cup	
Garlic, minced	6 cloves	Stir in garlic, onion and spices. Chill quickly (within 4 hours) to below 41°F.
Onion, minced	6 oz	
Tarragon, dried	1 tsp	
Parsley flakes, dried	1 Tbsp	
Celery seed	½ tsp	
Pepper, black	¾ tsp	
Salt	¾ tsp	

Approximate nutritive values per ounce **Calories** 19

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 1 g	1%	**Vitamin A**	5%	**Calcium**	6%
Sat. Fat 0 g	0%	**Sodium** 136 mg	6%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- Potentially hazardous food. Hold for service at a temperature below 41°F.
- Serve as a dip for vegetables or dressing for salad greens.