TLE COOKERY
Module 2: PREPARE A VARIETY OF SALADS AND DRESSINGS
Quarter 2: Week 2
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(SUPPORT MATERIAL FOR INDEPENDENT LEARNING ENGAGEMENT)
A Joint Project of
SCHOOLS DIVISION OF DIPOLLOG CITY
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TLE – Grade 9
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Quarter 2 – Module 2: PREPARE A VARIETY OF SALADS AND DRESSINGS
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Department of Education – Region IX – Dipolog City Schools Division

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What I Need to Know

At the end of the lesson, you are expected to:

1. Identify the components of salad, factors to consider in salad preparation, and different kinds of salad dressing and their ingredients;
2. Select and use correct equipment in preparing salad and dressing;
3. Prepare a variety of salad and salad dressing; and
4. Follow workplace safety procedures.

What I Know

Lesson 2

PREPARE A VARIETY OF SALADS AND DRESSINGS

What’s In

As a review of your exploratory Cookery lesson, list down five (5) kitchen tools and equipment. Write your answer on a separate sheet of paper.

1.
2.
What’s New

Directions: Think of the common tools and equipment you have at home or in the kitchen. Choose one cookery tool/equipment which can be found in your home and provide the steps on how to use it. Write your answer on a separate sheet of paper.

What is It

INGREDIENTS FOR SALAD MAKING

Freshness and variety of ingredients are essential for high quality salads.

1. Salad Greens – Iceberg lettuce, Romain Lettuce, Boston Lettuce, Biff or limestone lettuce, Chinese cabbage, Spinach, Sprouts
2. Vegetables (Raw) - avocado, bean sprouts, broccoli, cabbage, carrots, cauliflower, celery, cucumber, mushrooms, onions, peppers, radish, tomatoes.

2. Vegetables (Cooked, pickled and canned) – asparagus, beets, carrots, cauliflower, corn, pimientos, olives, peppers, cucumber
4. Starches – dried beans, potatoes, macaroni products, grains, bread (croutons)

5. Fruits (Fresh, Cooked, Canned or frozen) – Apple, banana, berries, coconut, melons, oranges, papaya, peaches, pears, mangoes.

6. Protein foods – meat (beef, ham), poultry, fish and shellfish, salami, luncheon meat, bacon, eggs (hard cooked), cheese, cottage cheese (aged or cured types).
Guidelines for Making Salads

1. Vegetables, Legumes, Grains and Pasta Salads
   - Neat, accurate cutting of ingredients is important because the shapes of the vegetables add to eye appeal.
   - Cut vegetables as close as possible to serving time or they may dry or shrivel at the edges.
   - Cooked vegetables to a firm, crisp texture and good color.
   - After cooking, vegetables must be thoroughly drained and chilled before using.
   - Starches, pastas and legumes should be cooked until completely tender but not overcooked.
   - Vegetables are sometimes marinated or soaked in a seasoned liquid before being made into salad. The marinade is usually some form of oil and vinegar dressing that also serves as the dressing for the salad. Do not plate marinated salads too far ahead of time because the lettuce base will wilt.
   - Grains and pastas may also be marinated for a short time. If marinated too long, pasta absorb too much liquid and become very soft. Legumes should not be allowed to stand longer in a marinade because the acid toughen the proteins in the beans.

2. Bound Salads
   - Cooked ingredients must be thoroughly cooled before being mixed with mayonnaise and the completed salad mixture must be kept chilled at all times.
   - Leftover such as chicken meat or fish which have been handled according to the rules of good sanitation and food management can be used for making bound salads.
   - Potatoes for salads should be cooked whole before peeling and cut in order to preserve nutrients.
   - Crisp vegetables like celery, green peppers, carrots, chopped pickles, onions and water chestnuts are used.
   - Bland ingredients like potatoes and some foods maybe marinated in seasoned liquid such as vinaigrette before being mixed with mayonnaise and other ingredients.
   - Fold in thick dressings gently to avoid crushing or breaking the main ingredients.
   - Bound salads are portioned using scoop to give height and shape to the salad.
- For plated salads, serve on a base with greens and choose attractive, colorful garnishes when appropriate

3. Fruit Salads
- Fruit salads are often arranged, mixed or tossed of most fruits that are delicate and easily broken. An exception is the Waldorf salad, made of firm apples mixed with nuts, celery and mayonnaise based dressing.
- Broken or less attractive pieces of fruit should be placed on the bottom of the salad while more attractive pieces arranged on top.
- Some fruit discolor when cut and should be dipped into an acid such as tart or fruit juice.
- If both vegetables and fruits salads are being prepared, vegetables salad should be prepared first.
- Drained canned fruits well before mixing them in the salad.
- Dressings for fruit salad are usually sweet, but fruit juices are used to add tartness.

4. Composed Salads
- Prepare and season each ingredients separately and evaluate the flavor and quality.
- Arrangements maybe plated ahead of time and add delicate ingredients just before serving.
- Flavors and textures of all ingredients should provide pleasing contrast.
- Observe general concepts of plating and presentations of output.

5. Gelatin Salads
- Observe the correct proportion of gelatin and liquid. Too much gelatin makes a stiff, rubbery product while too little makes a soft product that will not form the desired shape.
- To dissolve unflavored gelatin, stir it in cold liquid to avoid lumping and let it stand for 5 minutes to absorb water. Then heat it until dissolves, or add hot liquid and stir until dissolved.
- To dissolve sweetened, flavored gelatin, stir it into boiling water. It will not lump because the gelatin granules are held apart by sugar granules.
- For quick setting, dissolve the gelatin to half of the volume of liquid and the other half is cold water to lower the temperature. For even faster setting, add crushed ice in an equal volume of cold water, stir until the ice is melted.
- Do not add raw pineapple and papaya to gelatin salads because these fruits contain enzymes which dissolves gelatin.
- Canned fruits and other juicy items must be well drained before adding because they will watered down the gelatin.

-To unmold gelatin if it is firm
- Loosen it by dipping a small pointed knife in warm water and running the tip of it around the top edge of the molded gelatin.
- Dip the mold into hot water for 1 – 2 seconds
- Quickly moisten tips of the fingers and gently pull gelatin away from edge
- Refrigerate gelatin salads.
Procedure for Quantity Salad Production
1. Prepare all ingredients. Wash and cut greens, fruits, vegetables, and garnishes. Prepare cooked vegetables and mix bound and marinated salads. Have all ingredients chilled.
2. Arrange salad plates on worktables. Line them up on trays for easy transfer to refrigerator.
3. Place bases on all plates.
4. Arrange body of salad on all plates.
5. Garnish all salads.
6. Refrigerate until serving.
7. Do not add dressing to green salads until serving.

Important Factors to consider in Salad Preparation
1. Quality of ingredients. Salad is as good as the quality of its ingredients, so you have to use ingredients that are fresh, ripe and in season.
2. Eye Appeal. It should be attractive, appetizing, creatively presented.
5. Contrast and Harmony of colors. Contrast in color for your garnishing can accentuate the appearance of the salad.
6. Proper Food combinations. Choose combination of ingredients carefully. Pineapples and coconut go well with chicken but not compatible with tuna.
7. Foods should be recognizable. Taste of the food that you are using as a base should be identifiable when you taste the salad. The dressing should dominates the taste.
8. Keep foods properly chilled but not ice-cold.
9. Serve hot foods while hot and cold foods cold.
10. Keep it clean and crispy. This is done by washing greens in large quantity of water and drain well and removing the green from the water to allow the dirt to settle to the bottom of the container.
11. Flavorful. Tempting and stimulating if prepared and presented properly.
12. Drain all the ingredients well. Water or excess juices will weaken dressings and will make your salad look messy.
13. Do not overcook food. Food and ingredients when overcooked eliminates the color and its vitamins and minerals as well.

Ingredients of Salad Dressing

Salad dressings are liquid or semi liquids used to flavor salads. The flavors of most salad dressings are not modified by cooking. The quality depends directly on the quality of the ingredients used.
Most salad dressings are made primarily of an oil and an acid with other ingredients added to modify the flavor or texture.

1. Oils – should have mild, sweet flavor. Strongly flavored oil can make excellent salad dressing but not appropriate with every food.
   Examples: corn oil, soybean oil, canola oil, peanut oil, olive oil, walnut oil
2. Vinegar – should have a good, clean sharp flavor. Most salad vinegar are about 5% acidity, but some range as 7-8%.

3. Lemon Juice – fresh lemon juice maybe used in place of or in addition to vinegar in some preparation.

4. Egg yolks – as essential ingredient in mayonnaise and other emulsifier dressings. For safety, pasteurized eggs should be used.

5. Seasoning and flavorings – fresh herbs are preferable to dried herbs. Other flavorings include mustard, ketchup, Worcestershire sauce and various kinds of cheeses.

### TYPES OF SALAD DRESSINGS

1. Oil and Vinegar dressings – Basic vinaigrette is a simple mixture of oil, vinegar and seasonings which is an example of temporary emulsions. The ratio of oil to vinegar is 3 parts oil to 1 part vinegar. However, it can be changed to taste. Less oil makes the dressing more tart, while more oil makes it taste milder and oilier.

2. Emulsified Dressings – Mayonnaise is an emulsified dressing. It is more often serves as the base for wide variety of other dressings. Mayonnaise based dressings are generally thick and creamy.

3. Other Dressings – cooked salad dressing is similar with appearance to mayonnaise, but it has a tarter flavor, while mayonnaise is richer and milder. Cooked dressing is made with little or no oil and with a starch thickener.
There are variety of dressings based on neither mayonnaise nor oil and vinegar. They include dressings on sour cream and on fruit juice and yogurt and low calorie dressings. The important thing is that these dressings should have well balanced flavor with a pleasant tartness and should harmonize and complement the salad which they are served.

**Emulsions in Salad Dressings**

The uniform mixture of two unmixable liquids, oil and vinegar is called emulsion.

1. Temporary Emulsions – a simple oil and vinegar dressing is called temporary emulsion because the two liquids always separate after being shaken. The harder the mixture is beaten or shaken, the longer it takes for it to separate.

2. Permanent Emulsions – mayonnaise is also a mixture of oil and vinegar, but the two liquids do not separate because it contains egg yolk which is a strong emulsifier. The egg yolk forms a layer around each of the tiny droplets and holds them in suspension. All emulsions form more easily at room temperature.

Other stabilizers are used in some preparations. Cooked dressing uses starch in addition to eggs. Commercially made dressings may use such emulsifiers as gums, starches and gelatin.

**What’s More**

Direction: Fill in the blanks with the word/s to make the sentence correct and complete.

1. Canned fruits and other juicy items must be well ________ before being added or they will dilute the gelatin and weaken it.
2. Flavors and textures of all components should be ________ or provide pleasing contrast.
3. Some fruit discolor when cut and should be dipped into an _____ such as tart fruit juice.
4. Cooked ingredients must be thoroughly _______ before being mixed with mayonnaise and the completed salad mixture must be kept chilled at all times.
5. Neat, accurate cutting of ingredients is important because the shapes of the vegetables add to _________.
6. Cooked vegetables should have a firm, _______ texture and good color.
7. Potatoes for salads should be cooked whole, then peeled and cut in order to preserve _________.
8. Broken or less attractive pieces of fruit should be placed on the _________ of the salad, with the more attractive pieces arranged on top.
9. Arrangements maybe _________ ahead of time only if the components will hold well. Add delicate items just before serving.
10. To dissolve sweetened, flavored gelatin, stir it into boiling water. It will not ____________ because the gelatin granules are held apart by sugar granules.

What I Have Learned

Direction: Choose only the letter of the best answer then write it on a separate sheet of paper.

1. It is used to drain salad ingredients
2. It is a kitchen tool consisting of a slotted metal blade attached to a handle that is used to remove the outer skin or peel of certain vegetables?
3. Used to grate foods into fine pieces. It is also called shredder.
   a. Mixing Bowl          b. Peeler             c. Tongs           d. Grater
4. Hold just washed salad leaf in a slotted basket that is made to spin by hand and thus fling all the water off the leaves into the outer container.
5. Used to mix dressings, marinate ingredients, hold separate elements if a salad before assembling and used to toss and mix all the ingredients together.
**What I Can Do**

Identify the different kitchen tools and utensils in preparing salad.

Write your answer on a separate sheet of paper.

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<td><img src="image1" alt="Knife" /></td>
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<td><img src="image5" alt="Lettuce Spinner" /></td>
<td><img src="image6" alt="Griddle" /></td>
<td><img src="image7" alt="Concentric Circles" /></td>
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Assessment

A. Directions: Read the statement carefully then choose the best answer from the given options.

1. A salad tool used to remove excess water from the salad greens.
   A. Mixing bowl           C. salad spinner
   B. C. salad server       D. cutting boards
2. Used to hold salad ingredients for mixing, or for tossing.
   A. Knives                C. mixing bowls
   B. Cutting boards        D. salad server
3. Salads that can be served as a full meal because it contains substantial portion of meat, poultry, seafood’s, fruits and vegetables.
   A. Appetizer salad       C. main course salad
   C. Accompaniment salad   D. dessert salad
4. Salads made of mixtures of ingredients that are held together usually with a thick dressing like mayonnaise.
   A. Green salads          C. composed salads
   B. Vegetable salads      D. bound salads
5. Salad ingredients are arranged on plate rather than being mixed together
   A. Fruit salad           C. bound salad
   B. composed salad        D. vegetable salad
6. Small salad used as a first course
   A. Separate course salad C. appetizer salad
   B. dessert salad         D. Main dish Salad
7. This salad must be light without filling
   A. Separate course salad B. appetizer salad
   C. dessert salad         D. Main dish Salad
8. This type of salad must be clean, crisp and cold and well drained
   A. Green salads          B. pasta salad
   C. Vegetable salads      D. bound salads
9. The main ingredients of this salad are starchy items.
   A. Green salads          B. pasta salad
   C. Vegetable salads      D. bound salads
10. Which of the following salad contain items such gelatin, nuts and cream?
    A. separate course salad C. appetizer salad
    B. dessert salad         D. Main dish Salad
Additional Activities

Direction: Roam around your kitchen and list down as many tools and equipment you can see that you can possibly use in preparing salads and dressings. Write your answers on a separate sheet of paper.

1.
2.
3.
4.
5.

References

https://www.slideshare.net/grinsoda/lm-cookery-g10-49655339.
Images
https://www.ebay.com/p/1900215288