

# **Section 11**

## **Salads, Dressings and Sandwiches**



After completing this section, you will be able to:



Assist in preparing and presenting a range of fresh and convenient salads, dressings and sandwiches.

Culinary Operations, 3N0549,  
Learning Outcome Number 11

## Salads, dressings and sandwiches

### Salads and dressings



The value of salads in our diet cannot be underestimated. They provide valuable nutrients such as vitamins and minerals, which are not lost or altered by cooking.

Most vegetables are more nourishing when they are eaten raw. A great way to serve them is in a crisp refreshing salad. By including many different foods, a salad can create a rich mixture of flavours and textures. Vegetables, fruit, meat, fish, eggs, cheese and rice can all be used in varying degrees in salads.

There are many varieties of salad including green salads, vegetable salads, salads of pasta, legumes, grains, mixed salads incorporating meat, poultry, seafood and fruit salads. They can include a mixture of cold or hot foods.

Salads can be served as a complete meal or they can accompany a main course, such as grilled chicken.

Vegetables often used in salads include:

- ✓ Lettuce
- ✓ Watercress
- ✓ Spring Onions (Scallions)
- ✓ Cucumber
- ✓ Tomatoes
- ✓ Radishes
- ✓ Cabbage
- ✓ Peppers
- ✓ Olives

## Advantages of salads



Salads have many advantages. They are:

- ✓ rich in vitamins, especially Vitamin C
- ✓ provide roughage which prevents constipation
- ✓ cool and refreshing providing a contrast in colour, flavour and texture to cooked dishes
- ✓ quick and easy to prepare
- ✓ ideal meals during the summer months when the weather is hot.

## Salad guidelines

- ✓ Use only the freshest ingredients.
- ✓ Vegetables should be young and in peak condition.
- ✓ Ensure all vegetables are washed thoroughly.
- ✓ Handle foods as little as possible to prevent bruising or contamination of the ingredients.
- ✓ When serving, arrange ingredients attractively using lots of coloured vegetables.
- ✓ Include herbs, nuts and dried fruits to improve food value and add interest to the dish.
- ✓ Use a salad dressing to improve the food value and flavour.
- ✓ To ensure salad remains crisp and fresh, prepare salads as close to serving time as possible.

## Preparing salads

Many vegetables have been sprayed with lots of chemicals to help them grow. To remove such chemicals, do the following:

1. Wash all salad vegetables gently but thoroughly under cold, running water.
2. Remove the toughest outside leaves, coarse stalks and roots. Wash each leaf individually, carefully removing any insects.
3. Shake or spin the leaves dry in a salad spinner.
4. Make sure any cooked vegetables are just tender: dice or slice them into the salad.

## Salad dressings

Salad dressings add flavour to salads. It is better not to toss salads in any dressing until the very last minute: the salad will go limp if the dressing is poured onto it too early or, if it is left sitting too long before eating. Dressings are best served in a separate container.

There are many salad dressing recipes that add great flavour to a salad. In this table fill in your own list of salad dressings and list the ingredients.

| Salad dressing | Ingredients |
|----------------|-------------|
|                |             |
|                |             |
|                |             |
|                |             |

## Sandwiches



A sandwich is an item of food consisting of two pieces of bread with meat, cheese or other fillings between them. It is eaten as a light meal. Many different types and styles of sandwiches have been developed over the years.

There are three parts to any sandwich:

1. Bread
  2. Spread (optional)
  3. Filling
1. **The Bread:** The bread must be fresh. Pan bread or ready-sliced bread is quick and neater than loaf bread. Use brown, white or wholemeal breads. Pittas, baguettes, ciabattas are other popular bread types used to make sandwiches. Experiment with different types, flavours and textures of bread.
  2. **Spread:** The spread acts as a waterproof layer and prevents most fillings from making the bread soggy. Soft spreads are easy to spread at fridge-temperature. Butter, in order to be soft and spreadable, must be at room-temperature. To enhance the flavour of a sandwich, season the spread with mustard powder or lemon zest.
  3. **Filling:** It is good to have soft and crispy textures in a sandwich. Fillings should be tasty and well-seasoned. A well-filled sandwich is a very appealing snack/meal. An overfilled sandwich can be very off-putting. Dry fillings such as meat should be moistened with a little mayonnaise or chutney.

This table lists some popular ideas for sandwich fillings.

| Filling category | Ideas  |
|------------------|--|
| Meat             | <p>Meat in sandwiches should be very thinly sliced. Meats taste well when combined with other foods.</p> <ul style="list-style-type: none"> <li>✓ Thinly sliced roast lamb and mint jelly</li> <li>✓ Thinly sliced roast beef, lettuce and onion rings.</li> <li>✓ Chicken and turkey with chopped apple, celery and mayonnaise</li> <li>✓ Ham, pickles and lettuce</li> <li>✓ Salami and lettuce</li> </ul> |
| Fish             | <ul style="list-style-type: none"> <li>✓ Tinned salmon with cucumber and mayonnaise</li> <li>✓ Sardines with lemon juice and mayonnaise</li> <li>✓ Tuna with chopped apple lemon juice and mayonnaise</li> </ul>   |
| Salad            | <ul style="list-style-type: none"> <li>✓ Combine lettuce, tomatoes, onion and mayonnaise</li> </ul>  |
| Cheese           | <ul style="list-style-type: none"> <li>✓ Creamed cheese with smoked salmon and capers</li> <li>✓ Cheddar cheese with chutney and pickles</li> </ul>  |
| Egg              | <ul style="list-style-type: none"> <li>✓ Hardboiled egg with chive and mayonnaise</li> </ul>   |



## Types of sandwich structures

The following are the main types of sandwich structures.

- **Single sandwich:** A single sandwich is a tasty or sweet filling between two slices of bread.
- **Double decker:** Three slices of bread are used with different yet complimentary fillings in each of the two layers (*chicken, lettuce, bacon and tomato*).
- **Club sandwich:** Four or more slices of bread are used with fillings in-between.
- **Rolls:** Crisp or soft bread rolls are filled with an array of different fillings.
- **Toasted sandwich:** Filled sandwiches are toasted either under a grill or in a sandwich toaster.
- **Pinwheels:** Thin slices of fresh bread are used. The bread crusts are removed and the bread is spread with smooth-filling pâté cream cheese. The sandwich is rolled up like a Swiss roll and chilled before cutting into approx. 1cm slices.
- **Open sandwich:** Open sandwiches are much more substantial than the other types and are eaten with a knife and fork. A generous amount of filling is arranged on a base of bread or crackers.

## Tips for making great sandwiches

1. Soften the butter.
2. Cut the bread into thin slices and lay out in pairs.
3. Butter one side of each slice right to the edge of the slice.
4. Prepare filling and season well.
5. Spread the filling generously on one slice of bread but don't overfill.
6. Place the second slice on top and press the sandwich firmly together.
7. Stack 4 or 5 sandwiches together for cutting.
8. Using a really sharp knife cut the sandwich into halves, either square or diagonally, then cut in half again.
9. Garnish savoury sandwiches with chopped herbs.
10. Serve at once.



## Salads, dressings and sandwiches

### Vocabulary

|              |               |               |               |
|--------------|---------------|---------------|---------------|
| nourishing   | refreshing    | nutrients     | legumes       |
| constipation | contamination | thoroughly    | container     |
| sandwich     | baquette      | ciabatta      | waterproof    |
| experiment   | chutney       | double decker | complimentary |
| array        | pinwheels     | watercress    | multigrain    |



## Salads, dressings and sandwiches

### Worksheets

These worksheets are based on:

Culinary Operations, 3N0549,  
Learning Outcome Number 11

- ✓ Assist in preparing and presenting a range of fresh and convenient salads, dressings and sandwiches.

## Salads, dressings and sandwiches

### Worksheet 1 -practical work

Complete the following writing exercises as part of your task.



Select, prepare and present **one** salad dressing from the following list (or any other of your choice):

- Basic vinaigrette
- Balsamic vinegar and olive oil dressing
- Homemade mayonnaise
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Name of salad dressing: \_\_\_\_\_

1. What ingredients will you need to make the dressing?

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2. List in the correct order the steps necessary to make your dressing.

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## Salads, dressings and sandwiches - Worksheet 2 - Sandwiches: practical work

Complete the following writing exercises as part of your task.

Select, prepare and present **one** sandwich from the following list (or any other of your choice):

- ✓ Basic salad sandwich
- ✓ Chicken wrap
- ✓ Toasted Panini



Name of sandwich: \_\_\_\_\_

1. What ingredients do you need to make the sandwich?

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2. Explain the process used to make the sandwich

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## Salads, dressings and sandwiches - Worksheet 3 - Salads: practical work

Complete the following writing exercises as part of your task



Prepare and present **one** salad side dish of your choice for serving as an accompaniment to the sandwich you have prepared.

Name of salad: \_\_\_\_\_

1. What ingredients did you use to make the salad?

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2. Describe how you made the salad?

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## Salads, dressings and sandwiches - Worksheet 4 - Fill in the gaps and Alphabetical order

Fill in the gaps in the following words.

|                 |              |                  |               |
|-----------------|--------------|------------------|---------------|
| _h_ _n_y        | n_tr_ _n_ _  | _e_r_s_ _ n_     | _e_u_e_       |
| _oub_ _-_e_k_ r | _ia_ _t_ _   | _ _nd_ _ c_      | _ou_ is_ _ ng |
| _at_ _c_ _s_    | p_ _w_ _-_ s | _on_a_in_ _-_ o_ | _on_ _ i_ _ r |

Put the following words into alphabetical order

|              |               |               |               |
|--------------|---------------|---------------|---------------|
| nourishing   | refreshing    | nutrients     | legumes       |
| constipation | contamination | thoroughly    | container     |
| sandwich     | baquette      | ciabatta      | waterproof    |
| experiment   | chutney       | double decker | complimentary |
| array        | pinwheels     | watercress    | multigrain    |