

Study Guide

Salads & Dressings

Directions: Read chapter 39, and answer the following questions. Later, you can use this study guide to review.

1. Describe salad and list its benefits.

2. Define a vegetable salad.

3. List the ingredients that comprise tabbouleh.

4. What is a chopped salad?

5. What ingredients go into a niçoise.

6. What is a molded salad?

7. Explain the physical changes that occur when gelatin dissolves in hot water and reunites when it chills.

Chapter 39 Study Guide (continued)

8. How would you create a layered look in a molded salad?

9. What quality characteristics should you look for when buying salad greens?

10. Explain how to wash and core iceberg lettuce.

11. Describe salad dressing and its function.

12. List the steps you must follow to make a simple vinaigrette.

13. How do you make mayonnaise? What can you do to ensure the safety of this product?

14. Name and describe three ways to serve salads.

Activity 1

Salads & Dressings

Tips from Tiffany

Directions: Tiffany’s salad-making skills are well-known in her hometown. She answers people’s questions about their salad problems in her weekly column, *Tips from Tiffany*. Tiffany is on vacation this week, and you are filling in for her. Answer each of the letters below.

1. Dear Tiffany,

My coleslaw always makes a big hit at my company’s annual picnic. In fact, friends in the office recently asked if I planned to bring it again this year. I’ve been reading, however, about all the health risks when you eat raw eggs—which are what I use in the dill mayonnaise dressing for the dish. I don’t want to let everyone down. Any ideas?

Harried Harriet

Dear Harried,

2. Dear Tiffany,

I had the most delicious creamy salad dressing at a restaurant recently. When I raved about it to the waiter, he came back with a copy of the recipe, courtesy of the chef. I’d like to make it, but it’s so rich and fattening. It’s made with mayonnaise, sour cream, mustard, and (the best part!) crushed black peppercorns. Do you know of a dressing like this one that isn’t so high in calories or fat?

Wishful Wanda

Dear Wishful,

Activity 2**Salads & Dressings**

Making Salad

Directions: You are planning to open a restaurant featuring wonderful fresh salads. You will feature a variety of salads, made in different ways. Look through cookbooks and magazines, and find recipes for these different kinds of salads: tossed salad, molded salad, vegetable salad, chopped salad, and grain salad. Select one from each category, and write down the name and the main ingredients in each salad.

1. Tossed Salad: _____

2. Molded Salad: _____

3. Vegetable Salad: _____

4. Chopped Salad: _____

5. Grain Salad: _____
