

MEAT/MEAT ALTERNATES

Salads

Graphics are included for some recipes as a guide for presentation. These salads were prepared and served in Mississippi schools.

To insure peak of quality of fresh produce items, inspect and refrigerate produce immediately upon delivery. Inspect produce for quality prior to service. Serve pre-cut products prior to expiration date.

Many smoked ham and turkey ham products have water added. This increases the amount of raw weight needed to yield a serving of cooked lean meat. Refer to the Food Buying Guide for Child Nutrition Programs, USDA-FNS, Revised November 2001, for the specific cut of meat used.

Ounces and pounds in recipes refer to the weight of an ingredient or a serving. Volume measures are indicated in fluid ounces or cups, pints, quarts, gallons, or packages. Do not confuse a weight measure for a fluid measure.

An additional resource for preparing quality fruits and vegetables is *Fruits and Vegetables Galore*, 2004, USDA – FNS.

Review *Culinary Techniques for Healthy School Meals* for food preparation techniques about food items.

Use the Quality Score Cards from *Culinary Techniques for Healthy School Meals* to evaluate the food item.

Culinary Pointers from *Culinary Techniques for Healthy School Meals*

“Preparing Pre-plated Salads” from *Culinary Techniques* has been included in this section as an additional resource.

Culinary TECHNIQUE

Preparing Pre-Plated Salads

Pre-plated salads are salads that are placed on a separate plate or small bowl and arranged in four parts: a base or underliner of a salad green, the body of the salad, the salad dressing, and the garnish.

STORE FRESH PRODUCE AT THE RIGHT TEMPERATURE.

- 1 Refer to “Keep Fresh Produce Flavorful” in the lesson on *Preparing Fruits* to learn how to store different kinds of fruits and vegetables.

PREPARE THE BASE OR UNDERLINER TO FRAME THE SALAD.

- 2 A salad green is placed on a plate as the underliner for the main ingredient of the salad. Be sure the green is well-drained.

PREPARE THE BODY OR MAIN INGREDIENT OF THE SALAD.

- 3 The main ingredient(s) should be drained and chilled. Follow the recipe for a quality product. When arranging the main ingredient(s) on the underliner, consider the shapes, sizes, and textures. Vary the shapes and heights of the ingredients for visual appeal.

PREPARE THE SALAD DRESSING.

- 4 Some recipes include salad dressing. However, if the pre-plated salad can be served with the salad dressing “on the side,” that is the best way. This keeps the salad fresher and allows the customer to add the amount of dressing desired.

ADD THE GARNISH.

- 5 The garnish is often described as part of the recipe. A garnish should add both visual appeal and taste appeal. All garnishes should be edible.

Try These USDA Recipes That Include This Culinary Technique

All of the Mixed Salads can be served as pre-plated salads.

