



Hospitality and Catering

Producing cold starters and salads

Lesson 5

This course will enable you to understand how to create cold starters and salads in the hospitality and catering industry.





Equipment

For safe handling, good hygiene and a high standard finished product you will need some basic items and know how to use them.





Chopping board

- Green for salad products
- Brown for vegetable products
- Yellow for cooked meats
- Blue for fish



Knives

- Vegetable knives – small preparation
- Cooks knives – chopping
- Fish knife – slicing smoked salmon
- Carving knife – slicing hams and salami





Graters

Not just for cheese but for
grating vegetables too.





Colanders

Salad leaves are usually washed and drained several times before they are ready for use. Ensure all the dirt and insects are gone.





Blender and food processors

Used for making dressing and also for quicker vegetable preparation methods like grating and slicing.





Serving dishes

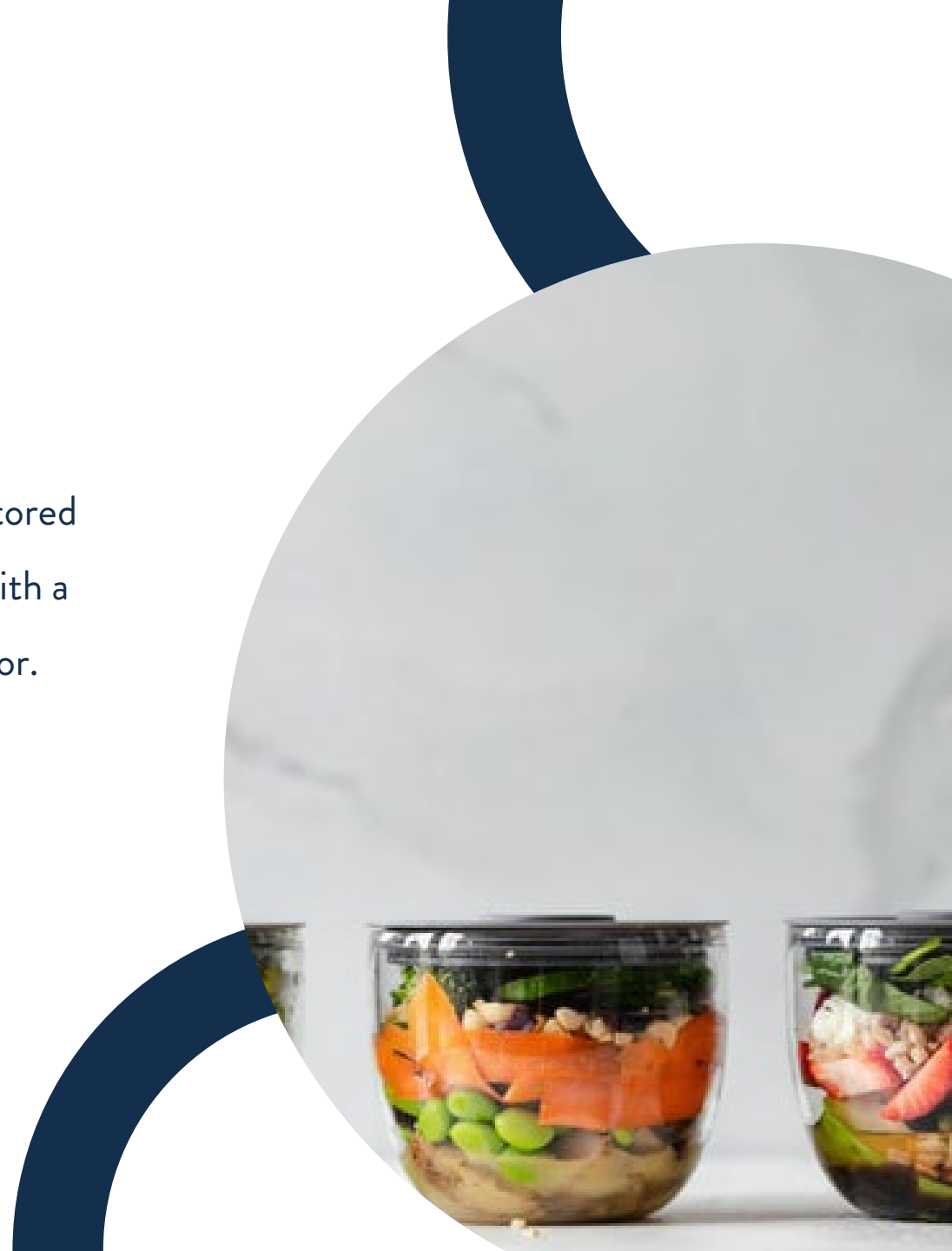
It is important to use the right size and shape to compliment the salad or cold starter. They must make it easy to serve the dish as well as keep the dish safe from spillages etc.





Storage

Unused salad product must be stored in suitable containers, covered with a lid and placed into the refrigerator. Labelled and dated.





Defrosting

Some ingredients will be frozen e.g. Prawns. Place frozen items on a tray and place in the refrigerator to defrost for 24 hours.





Defrosting

You may see people running cold water over frozen products to rush the process. This is dangerous and shows a lack of planning.





Dressing

This is a term used where all the ingredients are in a bowl and mixed with herbs and a dressing. This ensures that the whole dish has had contact with the dressing.

The salad has been ‘dressed’.





Revision Activity 5

Name two types of knives?