



Combination

Foods



Salads and Dressings

Salads

- **SALAD:**
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 - Usually made with fresh ingredients.

Protein Salads

- 2 common types
 - 1.
 - Examples: chicken, egg, ham, crab
 - 2.
 - Example: chef salad

Pasta Salads

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- May include meat, poultry, seafood or cheese
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- Gives flavors a chance to blend

Vegetable Salads

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- Meant to stimulate the appetite so they are small in size and are lite-tasting
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- Examples: coleslaw, tossed salad and 3 bean salad

Fruit Salads

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- Fruit salads include: canned, frozen or fresh fruits
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Salad Greens

- Treat carefully to preserve both texture and nutrients
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- A very small amount of water that clings to the leaves is okay, it helps keep the greens crisp
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- Store in the vegetable keeper

Gelatin Salads

Foods 2: Unit Notebook

- May contain fruits, vegetables, protein foods or pasta or a combination of all four

Making and Serving Salads

- **TOSSED SALADS:**
- **ARRANGED SALADS:**
- **LAYERED SALADS:**
- **BOUND SALADS:**

Salad Dressing

- **SALAD DRESSING:**
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 - Should complement the other flavors.
 - Making your own gives best flavor.
- **EMULSION:**
 - Example:
 - Permanent Emulsion (does not separate)
- **VINAIGRETTE:**
 - Basic recipe:
- **MAYONNAISE:**

- **COOKED DRESSING:**
 - Commercially prepared.
- **DAIRY DRESSING:**

Pizza

Pizza

- **Pizza:**
 - Can be square or round, shallow or deep, and modestly topped or piled high with ingredients.
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Pizza Crust

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- Punch down and let rest, then roll out onto a floured surface, work out using fingers to stretch to desired size.
- Convenience forms of dough:
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Pizza Toppings

- Most are topped with sauce and cheese.
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Deep Dish

- Deep dish needs a thick crust to support all of the filling.
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- Bake time is much longer to insure it is baked all the way.

Baking Pizza

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- Pizzerias use a *peel* (a long spatula shaped pizza-getter).
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Calzone

- **CALZONE:**
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- Bake in a preheated oven at 400* for 20-30 minutes or until golden brown. Cut in to wedges or eat a a pocket.

Foods 2: Unit Notebook

- Can be a personal or family size.

Sandwiches

Sandwiches

- **SANDWICH:**
 - Easy and simple.
 - Complex and ornate.
 - 1000s of varieties!

Basic Sandwiches

- **BASIC SANDWICH:**
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Steps in Making a Basic Sandwich

- **1. Choose bread-**
- **2. Add filling-**
- **3. Add spread-**
- **4. Cut-**
- **5. Add condiments-**

Club Sandwiches

- **CLUB SANDWICH:**
 - Classic club:
 - Can be customized to fit taste.
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Open Face Sandwiches

- **OPEN-FACE SANDWICH:**
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 - Use open-face concept when you want to use extra filling.

Heroes

- **HERO:**
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 - Other names the hero goes by: hoagies, subs, grinders, poor boys, muffelettas.
 - Meatballs are also common fillings.
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 - Wrap tightly and refrigerate for up to four hours to let flavors blend.
- Wraps

Foods 2: Unit Notebook

- **WRAP:**
- AKA roll-up
- Popular around the world
- Examples of flat bread: pita, lavash, tortilla, naan, etc.

Hot Sandwiches

- **HOT SANDWICH:**
 - Done by warming in an oven, sandwich maker, etc.
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 - Grilled sandwich is made by sautéing filled bread.
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 - Broiled sandwiches are broiled in the oven and are used to crisp up the bread or melt cheese over filling.

Tea Sandwiches

- **TEA SANDWICH:**
- Often served at parties or receptions.
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- Use soft spreadable fillings on firm bread.

Soups, Stews and Sauces: Base Liquids and Thickeners

Base Liquids

- Stews, sauces and soups have two base ingredients: a liquid and thickener.
 - **BROTH:**
 - **STOCK:**

Making Broth and Stock

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- Great use for food scraps (seafood shells, vegetable trimmings, and animal bones)
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Buying Broth and Stock

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- Ready to use.
- Several varieties. (reduced sodium, fat-free, vegetarian and organic)
- **BOUILLION:**
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Thickening Methods

- Soups, stews, and sauces are thickened to give a rich flavor and consistency.
- **THICKENING AGENT:**
- Two ways to thicken:
 - 1.
 - 2.

Thickening: Reductions

- **REDUCTION:**
 - Cook the liquid until it reaches a desired consistency and volume.
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Thickening: Grain Products

- Using starch found in grain products.
- Prepared Grain Products
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 - Contribute to texture and nutrition.
- Flour and Cornstarch

Foods 2: Unit Notebook

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- **CORNSTARCH:**
 - Often used to thicken desserts and stir-fries.
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Thickening Method 1:

- Unappetizing lumps form if you add flour or cornstarch directly to hot liquid.
- 1.
- 2.
- 3.
- **GELATINIZATION:**

Thickening Method 2:

- **ROUX:**
 - Butter, margarine, or fat drippings.
- 1. Measure out fat and flour.
- 2.
- 3.
- 4.
- 5.
- Once roux and liquid has been brought back to a full bubble, it is at its thickest point--add more liquid if necessary.

Using Flour and Cornstarch

| Degree of thickness | Cornstarch | Flour |
|---------------------|------------|-------|
| Thin | | |
| Medium | | |
| Thick | | |

Sauce Types and Cooking Methods

Sauces

- **SAUCES:**

- Simple and complex.

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Hollandaise Sauce

- **HOLLANDAISE:**

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Basic White Sauce

- **WHITE SAUCE:**

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Stock Based Sauce

- **STOCK BASED SAUCE:**

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- Poultry or Beef are common types.
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Tomato Based Sauce

- **TOMATO BASED SAUCE:**

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- Tomatoes have a rich flavor, soft flesh and high water content making an easy sauce.
- Simple tomato sauces
- Italian tomato sauces

Soup Types and Cooking Methods

Soups

- **SOUP:**

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- Highly nutritious, especially when they are filled with vegetables.
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Types of Soups

- Soup comes in five basic types:
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- Most soups except fruit soups, are savory.

Clear Soups

- **CONSUMME:**

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- Served warm, as an appetizer.

Cream Soups

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- Mixture is then pureed in a blender.
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- **BISQUE:**
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Chunky Soups

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- **CHOWDER:**
 - Some are thickened with a roux.
- **MINISTRONE:**

Fruit Soups

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- Rich fruit soups call for cream or sour cream.

Cold Soups

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Foods 2: Unit Notebook

Making Soup

1.

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2.

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4. **GARNISH:**

Storing Soup/Using Leftovers

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Stew Types and Cooking Methods

Stews

- **STEW:**
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 - Made with water, but broth and juices can be used.
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Stew Types

- Stews have many different names, but their meaning remains very close to the true meaning.
- **RAGOUT:**
- **FRICASSEE:**
- **GOULASH:**
 - Served with buttered noodles or **SPATZLE:** little dumplings.

Making Stew

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- 1. Prepare the meat.
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- 2. Prep and Sauté aromatic vegetables.
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- 3. Add water/liquid and simmer.
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 - Beef may need to simmer up to three hours.
 - Poultry needs just under a an hour.
 - Fish may need as little as 10 minutes.
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Storing Stew/Using Leftovers

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Casseroles

Casseroles

- **CASSEROLE:**
 - Economical and make a little go a long way.
 - Great to use up leftovers.
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- Opposite of stir-fries.
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Casserole Ingredients

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- Main dish casseroles often include meat or poultry.
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Vegetables

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- Onions, peppers, celery, garlic, etc.

Starch

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- Add flavor and nutrients.
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Binder

- **BINDER:**
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- Commonly used binders:

Seasonings

- Seasonings and spices any and all.
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- Some binders also add seasonings too.
 - Canned soups, pasta sauces, etc.

Toppings

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- Some common crunchy toppings include-cROUTONS, cracker crumbs, chow mien noodles.
- **AU GRATIN:**
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Foods 2: Unit Notebook

- Topping timing is necessary.

Baking Casseroles

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Stir Fries

Stir Fries

- **STIR-FRY:**

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- Uses little fat.
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- Usually feature a combo of vegetables and proteins.
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Preparing Ingredients

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- Rice is traditional.
- Choose a grain that is complementary to the sauce and flavors.
- Grain may have the longest cooking time.
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- Slice large vegetables into pieces 1/4" thick or less.
- Cut dense or fibrous veg on the diagonal.
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- Coarsely chop peppers and onions.
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- TIP: use slightly frozen meats.
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- Mix the **sauce**-brings all the flavors together.
 - Use a base of water, stock, juice and soy sauce with herbs and spices.
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 - Added last typically.

Arranging Ingredients

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- Use a small amount of fat on high heat.
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- Keep the food moving, sitting too long burns the food.
- Stir-fry ingredients should be organized and in this order:
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.

Foods 2: Unit Notebook

Cooking Stir Fry

- **WOK:**
 - Food near the bottom cooks hotter.
 - Foods near the sides cooks warm.

Stir Fry Technique

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.