Preparing Sandwiches, Appetizers and Salads

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Introduction

This program deals with the skills and knowledge required to prepare and present appetizers, salads and sandwiches in a commercial kitchen or catering operation. Salads may be classical or contemporary, varying in ethnic and cultural origins, served either cold, warm or hot, and may contain a variety of cooked and uncooked ingredients. Dressings and sauces may also be classical or contemporary, and vary in ethnic and cultural origins. Appetizers are foods which normally precede a meal, or may be served as an accompaniment to drinks. They include a range of hot and cold dishes which can be either classical or modern, and varying in ethnic and cultural origins.

Program Timeline

00:00:00  Introduction
00:01:19  Making and presenting salads
00:07:25  Making and Presenting Appetizers
00:12:55  Making and presenting Sandwiches
00:18:17  Storing produce
00:23:01  Conclusion
00:23:30  Credits
00:24:31  End program

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Student Worksheet:

Before Viewing the Program

1. Name two modern compound salads and their ingredients.

   Salad 1

   ______________________________
   ______________________________
   ______________________________
   ______________________________

   Salad 2

   ______________________________
   ______________________________
   ______________________________
   ______________________________

2. Find four modern appetizers that could be used for a finger food function.

   ______________________________
   ______________________________
   ______________________________
   ______________________________
While Viewing the Program

1. What are four main structures of composite salads?

2. What times of the day can salads be used?

3. Why is it important to have the correct ingredients for a named salad?

4. What are the main ingredients for a Greek salad?

5. Why is it important to wash salad greens well before serving?

6. Why is it important to drain and spin salad greens well before putting salads together?
Preparing Sandwiches, Appetizers and Salads

7. As chefs, what can we do to avoid wastage in the kitchen?

8. What are the basic proportions of oil and vinegar for a vinaigrette?

9. What are the properties that a dressing can add to a salad?

10. When are appetizers generally served?

11. Why is it not a good idea to serve spicy food as an appetizer?

12. What are the basic rules for an appetizer?

13. What things do you need to consider when making appetizers.

14. What is a garnish? When is it used?
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15. List at least five types of bread that can be used for sandwiches.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

16. What are the storage temperatures for three of the storage areas?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

17. What is FIFO? Explain.

________________________________________________________________________
________________________________________________________________________
Suggested Student Responses

While Viewing the Program

1. What are four main structures of composite salads?
   - Base salad greens (lettuce, cabbage, rocket)
   - Body or main ingredients (chicken, prosciutto)
   - Dressing (mayonnaise, vinaigrette)
   - Garnish (parsley, basil)

2. What times of the day can salads be used?
   - Breakfast, lunch, dinner, buffet, main course or an accompaniment to a main course

3. Why is it important to have the correct ingredients for a named salad?
   - Customers can be disappointed that it is not what it should be. The menu must state the correct ingredients.

4. What are the main ingredients for a Greek salad?
   - Red and green capsicum, onion, tomato, Lebanese cucumber, olives and Greek feta cheese, vinaigrette.

5. Why is it important to wash salad greens well before serving?
   - (The customer doesn’t want to have a sandy or gritty salad) This will definitely cause a complaint and will slow service up rectifying the problem. Very unprofessional.

6. Why is it important to drain and spin salad greens well before putting salads together?
   - The excess moisture on the salad greens makes the salad wet and less flavorful. This can also make the salad greens soggy and deteriorate much quicker.

7. As chefs what can we do to avoid wastage in the kitchen?
   - We can keep off-cuts for use in other dishes such as minestrone soup, appetizers, etc.

8. What are the basic proportions of oil and vinegar for a vinaigrette?
   - 2 parts fat such as a good quality oil to 1 part acid (vinegar, lemon juice etc).

9. What are the properties that a dressing can add to a salad?
   - Adds flavor, acts as a lubricant, binds ingredients, adds color, adds shine or gloss.

10. When are appetizers generally served?
    - Usually served before a meal to stimulate the appetite. Sometimes used as a part of a finger food menu.

11. Why is it not a good idea to serve spicy food as an appetizer?
    - Spicy food can affect the taste buds and affect the appetite.

12. What are the basic rules to an appetizer?
    - Appetizers must be able to be held in one hand and finished in 2 bites.

13. What things do you need to consider when making appetizers?
    - Colour, texture, shape tools needed and positioning of appetizers.

14. What is a garnish? When is it used?
    - The term garnish is a French word when directly translated means grace or provide. It is a decoration and should belong to the dish and must be edible.
15. List at least 5 types of bread that can be used for sandwiches.
   - White bread
   - Wholemeal sour dough
   - Focaccias
   - Pita bread
   - French sticks

16. What are the storage temperatures for 3 of the storage areas
   - Storage for non-perishables (dry goods) is between 10-20°C
   - Perishables such as freshly made appetizers, sandwiches and salads is between 2-4°C
   - Frozen goods should be stored at minus -18 to -20°C

17. What is FIFO?
   - First in first out
   - Goods that are first delivered should be used first to avoid waste.