



Hospitality and Catering

Producing cold starters and salads

Lesson 1

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





Learning Objectives

- Define what is a cold starter
- List the different types of salads
- Describe the quality attributes of cold starters and salads
- Identify foods and ingredients used in cold starters and salads
- Explain how to make cold dressings for cold starters and salads





Learning Objectives

- Summarise temperature control of chilled products
- State the checks performed on deliveries of products
- Recognise the importance of good hygiene when handling products
- Describe the key pieces of equipment used for producing cold starters and salads
- Understand how to produce healthy cold starters and salad options





What is a cold starter ?

This is a dish which is served before a main meal. It is designed to be light and to activate the palette with lots of flavours.





What is a cold starter ?

Cold items include pre cooked meat, fish and vegetables.

e.g. Prawn Cocktail, Pate, Antipasto.





What is a salad?

A salad is a cold dish of vegetables, pre-cooked meats or fish served on the side or as a main course.



Types of salad

- Green – green leaves and herbs only
- Fruit
- Rice and pasta
- Bound – mixed ingredients bound together
- Dinner – main course salads





Green salad

Mixed green salad leaves with different textures and flavours.

Usually with a dressing to compliment the flavours.



Fruit salads

Comprised of peel and prepared mixed fruit.

Typically contains: melon, pineapple, grapes, strawberries and orange.





Rice and pasta salads

Cooked and cooled rice or pasta which are then mixed with cooked and cooled vegetables, meats and fish.





Rice and pasta salads

Pasta salads can be bound with mayonnaise or oil dressings.

Rice salads do not have dressings, but will have herbs and spices.



Bound salad

Usually bound with mayonnaise to hold all the ingredients together. Sometimes used as sandwich fillings because they are easy to spread.

e.g. Russian salad, Egg salad.





Main course salad

Typically this is any type of salad which is of main course size but will include a portion of protein.

e.g. Chicken Caesar salad, tuna niçoise salad





Revision Activity 1

Name 3 types of salad?