FOODSPHERE

Hospitality and Catering

Producing cold starters and salads

Lesson 2

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

Quality points

Cold starters and salads should celebrate fresh local and seasonal products. Prepared with minimum fuss.

Traditional dishes have many quality points taken into consideration.

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Appearance

Colours should be balanced and compliment each other. Even a green salad should have a variety of green colour.

Fresh and vibrant, not dull and old.

Textures

Textures should be varied within a salad or starter to add to the eating experience. They should be interesting to eat.

Croutons for crunch, capers for sour.

Flavours

Balanced flavours allow all the ingredients to be tasted separately. The flavours should also compliment each other.

Starters should not over power the taste buds.

Smells

Smells should be fragrant and light, not heavy and strong. The smell can lead you into a pleasant eating experience.

Consistency

This term usually applies to liquids and dressings. They should not be too thick or too thin. They should hold onto ingredients and not run off.

Revision Activity 2

Name two quality points taken into consideration when producing cold starters and salads?