



Hospitality and Catering

Producing cold starters and salads

Lesson 4

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





Using the right ingredients

If you are serving traditional dishes you must use the right ingredients.

If you use radicchio leaves instead of Romaine leaves in a 'Caesar salad' it is no longer a 'Caesar salad'.





Follow the recipe

Traditional recipes have been created over many years. If you stick to the ingredients but change the quantities, it will ruin the balance of the dish.

A Caesar salad uses parmesan as the main flavour but not as the main ingredient. The Romaine leaves are the main ingredient.





Salad temperature

All salad ingredients should be stored in the refrigerator below 8°C but ideally below 5°C.

This prevents the multiplication of bacteria and risk of food poisoning.





Refrigeration

Keeps produce fresh, crisp and lasts longer, saving money. Careful checking of refrigerator temperature and storage conditions will comply with the law and protect people. A refrigerator should be below 8°C but ideally below 5°C.





Cold meat storage

If salamis and Hams are stored whole, they are usually hung. If they come pre sliced they will be in sealed packs.





Cooking products for salad

All cooked products need to be chilled rapidly to prevent bacteria multiplication. This is done in a blast chiller and the product must be brought down to or below 5°C within 1.5 hours.





Deliveries

Careful checking of all salad products is required to check for foreign bodies and insects that hide and eat leaves.

Ideally salad leaves are washed immediately after delivery before they go into the refrigerator.





Deliveries

Check the temperature of any cold meats and the temperature of the delivery van. Cold meats should be between 0 to 5°C.

Check for bruised and limp salad products.





Deliveries

Weigh your order and match it to the delivery sheet.

Return any unsuitable products with the delivery driver.





Ask for help

If you are unsure if a product is acceptable or not, talk to a more experienced member of the team or a supervisor.

If you are on your own, ask yourself
“Would I eat this?”





Waste Disposal

Disposing of any waste food must be done safely. Never place it with other recycling products. Use general or specific food bins and bin bags.

Remove all waste from the kitchen area to an outside storage point.





Clean hands

Between every task – such as deliveries, storage, preparation, service.





Clean and sanitise

Wash surfaces with hot soapy water after every task and then spray with sanitiser to remove any dirt and bacteria.

Salad products can contain soil and insects.





Revision Activity 4

Name two activities when you must wash your hands?