



Hospitality and Catering

Producing cold starters and salads

Lesson 6

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





Food safety

In large kitchens starter and salad preparation have separate areas. In small kitchen you should at least have a separate bench and refrigerator. Ideally a separate wash area for a salad, away from main wash area.





Be aware

HACCP – Hazard analysis of critical control points.

Ensure all the critical points where food safety hazards occurs are controlled.

e.g. Delivery points, storing food, food preparation area



Healthier dressings

Replace vegetable oils with olive or rapeseed oils. These have healthier fats called polyunsaturated fats which are better for the heart.





Healthier dairy based dressings

Replace all dairy with low fat options.

Utilise crème fraiche and yoghurt instead of cream.





Antioxidants

The more colour and varied the vegetables in a dish the more antioxidants it will have.

Antioxidants protect the body from cancer causing elements in our diet and environment.





Eat more salad and vegetables

Eating more salad and vegetables in a diet is good for your health:

- Improves heart and blood health.
- Improve digestions and gut health.





Eat more salad and vegetables

- Good diet improves mental health
- Live longer





Revision Activity 6

List two benefits to health from eating more salads and vegetables?