

Garde Manger Basics

SECTIONS

- 18.1 What Is Garde Manger?
- 18.2 Salads and Salad Dressings
- 18.3 Cheese
- 18.4 Cold Platters

WRITING ACTIVITY

Revise Your Draft

The first draft of an essay usually needs improvements. Examine the first draft you wrote for Chapter 17 and revise it for spelling and grammar. Add details you may have forgotten.

Writing Tips

- 1 Clarify your sentences.
- 2 Ask a friend to look for errors.
- 3 Review your paper a final time.

EXPLORE THE PHOTO

The garde manger chef plans, prepares, and plates cold foods. *What foods might a garde manger chef prepare?*



What Is Garde Manger?

The garde manger chef is a vital part of the kitchen brigade.

Reading Guide

Before You Read

Get Your Rest The more well rested and alert you are when you sit down to study, the more likely you will be to remember the information later. Studying in the same state of mind as when you are likely to take a test (fully rested and mentally sharp) will help to ensure your best performance.

Read to Learn

Key Concepts

- **Identify** the duties of the garde manger work station.

Main Idea

The garde manger chef is responsible for preparing cold foods, such as salads, salad dressings, cold hors d'oeuvres, fancy sandwiches, canapés, and cold platters.

Graphic Organizer

In this section, you will learn about different garnishing tools. Use a chart like this one to match the nine garnishing tools with the ingredients for which they are suited.

Garnishing Tool	Ingredients

 **Graphic Organizer** Go to this book's Online Learning Center at glencoe.com for a printable graphic organizer.

Content Vocabulary

- canapé
- forcemeat
- dry cure
- wet cure
- garde manger brigade
- charcuterie
- quenelle
- score
- tournée

Academic Vocabulary

- artistic
- appropriate

ACADEMIC STANDARDS

English Language Arts

NCTE 12 Use language to accomplish individual purposes.

Mathematics

NCTM Measurement Apply appropriate techniques, tools, and formulas to determine measurements.

Science

NSES F Develop an understanding of science and technology in local, national, and global challenges.

Social Studies

NCSS II D Time, Continuity, and Change Systematically employ processes of critical historical inquiry to reconstruct and reinterpret the past, such as using a variety of sources and checking their credibility.

NCTE National Council of Teachers of English

NCTM National Council of Teachers of Mathematics

NSES National Science Education Standards

NCSS National Council for the Social Studies

Garde Manger Basics

The garde manger chef, also known as the pantry chef, is the person who plans, prepares, and presents **artistic**, or creative, cold foods. These foods include salads and salad dressings, cold hors d'oeuvres, fancy sandwiches, canapés ('ka-nə-ˌpās), and cold platters. A **canapé** is an appetizer that is served on a small piece of bread or toast.

The garde manger chef plans dishes using many fresh ingredients, including vegetables, fruits, prepared meats, fish, seafood, breads, and cheeses. Simple ingredients are used to create and artistically present hors d'oeuvres, salads, canapés, fancy sandwiches, garnishes for all types of dishes, and fruit, cheese, meat, relish, and combination trays. In addition, he or she may also prepare cold sauces, some hot hors d'oeuvres and hot appetizers, and artistic garnishes and ice sculptures.

Garde manger chefs also make forcemeats as part of their work. **Forcemeat** is a mixture of ground, raw meat or seafood that is emulsified with fat. The mixture can be ground fine or coarse. Forcemeats are used in

many different items from charcuterie, such as sausages and pâtés. Pork fatback is often used as the fat for a forcemeat because it has a neutral flavor that will not interfere with other flavorings or seasonings.

There are four main types of forcemeats that are made at a garde manger workstation:

- **Straight forcemeats** usually have equal parts of pork, pork fat and another type of meat. The meats are cubed and then seasoned or cured, and ground.
- **Country-style forcemeats** are coarse in texture. They contain a combination of pork, pork fat, and liver and garnish ingredients.
- **Gratin forcemeats** have the main ingredient sautéed before being ground. The French word gratin means browned.
- **Mousseline forcemeats** have a light texture. Cream is added to light meats such as veal, poultry, fish, or shellfish.

Cured meats are also a specialty of the garde manger. Cured meat has a different flavor and texture from cooked meat, and is an interesting addition to many foods.



◀ **Hors d'Oeuvres Variety** The garde manger brigade is in charge of making cold hors d'oeuvres. *What occasions might call for an hors d'oeuvres tray like this one?*



◀ **Great Garnishes** The garde manger chef creates garnishes for all types of dishes. *Why are garnishes important on a plate?*

There are two ways to cure foods. In a **dry cure**, the food is coated in salt, sweeteners, and flavorings, and then wrapped in paper or cheesecloth. Once it is cured, the meat is washed to remove the coating. Then, it is cooked, smoked, dried, or aged. Prosciutto, an Italian ham, is made by dry curing with salt. A **wet cure** is also called a brine. Food is submerged in a mixture of sea salt, some form of sweetener, spices, and herbs that are dissolved in water. Once it is cured, it is removed from the brine and rinsed. Then, the food is dried, smoked, aged, or cooked. Bacon, tongue, brisket, corned beef, and pastrami are all wet-cured meats.

Some large restaurants or hotels may ask the garde manger chef to create table arrangements and edible centerpieces for buffets. These centerpieces may be made from materials such as ice, cheese, butter, fruit, or salt dough.

The garde manger chef manages the garde-manger department in restaurants, large hotels, and many catering operations. He or she manages a team of people called a **garde manger brigade**. Each member of the garde

manger brigade specializes in a particular type of cold food preparation. Although it is called a brigade, the garde manger brigade has a much looser structure than the traditional kitchen brigade. Some of the kitchen brigade positions that are under the management of the garde manger chef include:

- The Boucher, who butchers all meats and poultry.
- The Poissonnier, who cleans, prepares, and stores fish and shellfish.
- The Buffetier (bə-fe-'tyēr), who maintains the buffet.
- The Hors d'Oeuvrier, who makes all hors d'oeuvres.
- The Charcutier, who makes sausage and smoked items, such as meats, cheeses, and nuts.
- The Commis, an apprentice of the garde manger chef.

In planning this kind of food, the garde manger brigade considers:

- The cost of ingredients and the time required to prepare dishes.
- The use of many different food items so that the menu is interesting.

- The use of different colors and textures throughout the meal.
- The appeal of the food and the ability of the brigade.

Garde Manger History

The term garde manger means keeping to eat. Wealthy families in France in the 1700s had a household steward who would keep foods in the family's cold store room. This person was very important because much of the food kept in the cold room was butchered, pickled, salted, cured, or smoked during the fall season and stored for months. The steward had to keep the food safe and portion it out to last for the winter season.

During the Middle Ages, many of the food preparation techniques that were done by the garde manger chefs were performed and taught by guilds. **Charcuterie** was the name of a guild that prepared and sold cooked items made from pigs. When the guild system was abolished during the French Revolution, garde manger chefs performed the tasks of the charcutières and went to work in restaurants.

Butchers originally worked under the garde manger station. But as the need for cuts of meat increased, more space was needed for butchering. Eventually, the butcher worked out of a separate butchery shop.

The work of the garde manger chef requires a high level of skill and artistry. However, in some modern restaurants, the term garde manger is used to identify the salad station, and the position is often filled by an entry-level cook.

Garde Manger Equipment

The garde manger chef uses many different tools to do his or her job. This means that the garde manger chef needs a well-planned and well-equipped work area. Usually, the garde manger work station will include:

- Walk-in and reach-in refrigerators and freezers.
- Several ranges to cook foods, such as roast beef and turkey, before they are served cold.
- A smoker.
- Ice-cube makers.
- A food slicer or mandoline.
- A food processor.



Garnish Making Garnishes can be made with everyday tools, as well as with specialized garnishing tools. *Can you guess how some of these garnishes were made by looking at the tools?*

FIGURE 18.1 Common Garnishes

Vegetable Garnishes A variety of vegetables make up common garnishes to complement food. *Are all of these garnishes made by the garde manger brigade?*

Garnish	Pronunciation	Ingredients
Clamart	(kla-'mär)	Peas
Crécy	(krā-'sē)	Carrots
Doria	('dō-rē-ä)	Cucumbers cooked in butter
Dubarry	(,dü-bə-'rē)	Cauliflower
Fermière	(fer-'myer)	Carrots, turnips, onions, and celery
Florentine	('flôr-ən-,tēn)	Spinach
Judie	(jü-'dē)	Braised lettuce
Lyonnaise	(,lī-ə-'nāz)	Onions
Niçoise	(nē-'swāz)	Tomatoes cooked with garlic and black olives
Parmentier	(,pär-mən-'tyā)	Potatoes
Princesse	(prän-'ses)	Asparagus
Provençale	(,prō-,vān-'säl)	Tomatoes, garlic, parsley, and mushrooms or olives
Vichy	('vi-shē)	Carrots cooked and glazed
Bouquetière	(,bü-kə-'tyēr)	Bouquet of vegetables
Jardinière	(,jār-də-'nyēr)	Garden vegetables
Primeurs	(pre-'myür)	First spring vegetables
Printanière	(,prin-tə-'nyēr)	Spring vegetables

- Individual molds, pastry bags, a garnishing set that includes a variety of garnishing knives, offset spatulas, an egg wedger and slicer, and large cutters

Because the garde manger brigade will prepare a wide variety of foods, it is important that the garde manger work station be kept clean and well organized at all times.

Garnish Preparation

Many garnishes are created in the garde manger work station. The word garnish comes from the French word garnir, meaning to decorate or furnish. In the culinary world, it means to use food as an attractive decoration.

It is something that should add real value to the dish by increasing its nutritional value and visual appeal. A simple garnish, such as an asparagus tip or a wedge of fruit, can be used to add eye appeal in the form of color and balance.

Although many garnishes are made by the garde manger chef, some are not. Hot garnishes are made by chefs at other work stations and transferred to the plate. However, garnishing is still a traditional garde manger duty.

A garnish should complement the flavors and textures of the meal. Mushrooms, cucumbers, scallions, pickles, radishes, and lemons are good examples of garnishes. A **quenelle** (kə-nel), or a purée of chopped food formed into shapes, can also be used. (See **Figure 18.1**.)

Garnishing Tools

Vegetable Peeler Although this tool is used mainly to shave the skin from fruits and vegetables, it is also an important garnishing tool. Use it to make decorative carrot curls and chocolate curls.



Butter Curler This tool has a curved, hook-like blade that can be used to make curls to grooves to marble-size balls. For best results, use ice-cold butter and a butter curler with a blade that has been warmed in hot water.

Zester To add eye appeal and flavor to your dish, use the zester to remove small strips of the colored part of citrus peels. You can also use this tool to shave pieces from colorful vegetables, such as carrots and radishes.



Decorating Spatula This spatula has a flat blade that is used to create attractive designs on soft foods, such as cream cheese, butter, and frosting.



Paring Knife The paring knife has a sharp, V-shaped blade. You can use this tool to carve fruits and vegetables.



Channel Knife This odd-shaped knife can be used to pare strips of peel from citrus fruits and thin grooves from carrots and cucumbers.



Melon Baller A melon baller or a Parisienne (pə-,rē-zē-'en) scoop can be used to scoop out balls of cheese, potatoes, butter, and melons.

Tournée Knife You can use this small knife with a curved blade to make tournéed vegetables that have an oblong shape with seven equal sides and blunt ends.



Fluting Knife Because this knife is small and very sharp, you can use it to do detail work that requires a lot of control. A fluting knife has a triangular blade that is about 2 inches long.



Having the **appropriate**, or correct, tools will allow you to create all sorts of garnishes. You can make some garnishes with everyday tools, such as forks, spoons, and paring knives. For example, use a fork to **score**, or make ridges in a diamond-shaped pattern, on pies and meats. Or use a tournée knife to **tournée** (tōr-'nə), or turn, vegetables. You can make quenelles by using two spoons to shape a purée. Fruits and vegetables can be cut into decorative shapes with a paring knife.

There are many tools that are commonly found at the garde manger station. These tools include:

- Vegetable peelers
- Butter curlers

- Zesters
- Melon ballers
- Tournée knives
- Fluting knives
- Decorating spatulas
- Paring knives
- Channel knives

Garde manger chefs may also be creative in their tool choices. Some garde manger chefs may use cookie cutters to create interesting garnishes, or graters to create new textures in food. Using unusual tools can create garnishes with a special appeal.

 **Reading Check** **Define** What is a garnish?

SECTION 18.1 After You Read

Review Key Concepts

1. **Identify** the factors the garde manger chef considers when planning dishes.

Practice Culinary Academics



Science

2. **Procedure** Garde manger chefs often work with preserved foods. Take apples, potatoes, or carrots, and slice them as thin as possible. Arrange them on a rack and quickly place them in a freezer. Keep them there for a week, observing the slices each day.

Analysis Research freeze-drying during the week. Predict what will happen to the food. Write a paragraph of your prediction. Include your observations, and turn in the paragraph to your teacher.

NSES F Develop an understanding of science and technology in local, national, and global challenges.



English Language Arts

3. Create a chart that names, describes, and illustrates the types of garnishes that a garde manger chef might prepare. Include pictures or drawings of each item as well as a short description next to its name.

NCTE 12 Use language to accomplish individual purposes.



Social Studies

4. Research the title of garde manger chef. What does the title mean? What are its origins? What was the task of the earliest garde manger chefs? Write a two-page report, and include your sources.

NCSS II D Time, Continuity, and Change Systematically employ processes of critical historical inquiry to reconstruct and reinterpret the past, such as using a variety of sources and checking their credibility.



Mathematics

5. At the garde manger station, Clancy uses a $\frac{3}{4}$ -inch melon baller to form butter into spheres. If each table receives a plate with 4 butter spheres, how many tablespoons of butter does each table receive?

Math Concept Spherical Volume The volume (V) of a sphere (or ball) is calculated using the formula $V = \frac{4}{3} \pi r^3$, where r is the radius of the sphere. Use 3.14 for π .

Starting Hint Multiply the width of the melon baller by $\frac{1}{2}$ to find the radius (r), and plug that number into the volume formula. Multiply by 4 (since there are 4 spheres), and multiply again by 1.1 to convert to tablespoons.

NCTM Measurement Apply appropriate techniques, tools, and formulas to determine measurements.



Check your answers at this book's Online Learning Center at glencoe.com.

Salads and Salad Dressings

Reading Guide

Before You Read

Stay Engaged One way to stay engaged when reading is to turn each of the headings into a question, then read the section to find the answers. For example, “Edible Flowers” might be, “Which edible flowers are used in salads?”

Read to Learn

Key Concepts

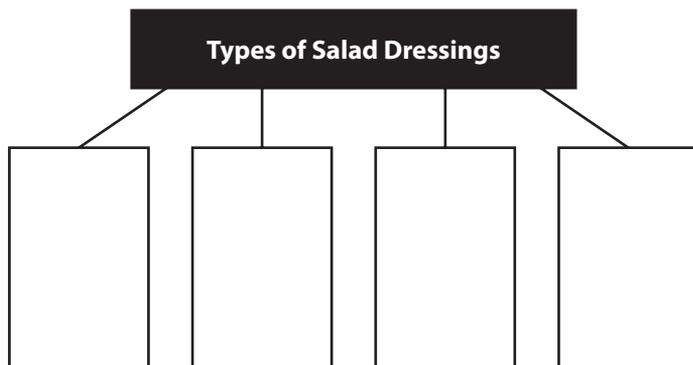
- **List** the main types of salads served during a meal.
- **Outline** the preparation techniques for salad greens.
- **Describe** the different types of salad dressings.

Main Idea

A salad is a mixture of ingredients with a dressing. In addition to greens and vegetables, salads can be made with meat, cheese, pasta, fruit, nuts, and grains.

Graphic Organizer

As you read, use a tree diagram like this one to list the four different types of salad dressings.



 **Graphic Organizer** Go to this book’s Online Learning Center at glencoe.com for a printable graphic organizer.

Salads are a popular side dish and entrée.

ACADEMIC STANDARDS

Mathematics

NCTM Number and Operations Understand numbers, ways of representing numbers, relationships among numbers, and number systems.

Science

NSES B Develop an understanding of the structure and properties of matter.

Social Studies

NCSS III H People, Places and Environments Examine, interpret, and analyze physical and cultural patterns and their interactions.

NCTE National Council of Teachers of English

NCTM National Council of Teachers of Mathematics

NSES National Science Education Standards

NCSS National Council for the Social Studies

Types of Salads

What do you think of when you hear the word salad? Do you think of a bowl of lettuce with a few carrots and tomatoes mixed in? These ingredients may make up a common salad, but they are just the beginning. A **salad** is a mixture of one or several ingredients with a dressing. Vegetables, leafy greens, meat, fish, cheese, pasta, fruits, nuts, and grains can all be used in salads.

There are five main types of salads: appetizer salads, accompaniment salads, main-course salads, separate-course salads, and dessert salads. Each is served at a different time during the meal. Usually, however, only one salad will be served with a meal.

- **Appetizer Salads** An attractively arranged salad served before the main course is designed to sharpen the appetite. Depending on the meal and setting, it might be quite simple, such as a salad of all greens, a garnish, and a vinaigrette (*vi-ni-'gret*) dressing. It might also be a more **elaborate**, or detailed, salad with poultry, fish, beans, or seafood as the main ingredient. Some restaurants charge extra for an appetizer salad, while others include it in the meal price.
- **Accompaniment Salads** An accompaniment salad is one that is served with, and complements, the main dish. If the main course is light, the accompaniment salad might be a heavier pasta, bean, or potato salad. If the main dish is heavy, a lighter tossed green salad is appropriate. The accompaniment salad should not include food items served with the main course.
- **Main-Course Salads** A main-course salad replaces the regular main course. This salad should function as a balanced meal, with a variety of vegetables and a protein serving, such as fish, chicken, beans, or a chicken or egg salad. Fruit can also be included. All ingredients should be attractively arranged.

- **Separate-Course Salads** A light salad served after the main course to refresh the appetite, a separate-course salad is served before dessert. This type of salad should be simple. For example, it may be a small portion of mixed greens with a light vinaigrette dressing, or a small salad of fresh citrus fruits or asparagus.
- **Dessert Salads** A dessert salad is made from fruits, nuts, or a combination of similar ingredients. These can be served with a sweetened dressing, or cooked and set into a gelatin mold. Sweetened dressings often have a whipped cream as their base.

Salad Structure and Arrangement

Salads can be served before, during, or after the main course. This means that salad-making can be a challenging, creative task. Salads must go well with the overall menu that has been planned, both in flavor and in ingredients used. To plan and prepare appealing salads that go with an overall menu, follow these guidelines:

- Combine colors, textures, and flavors that look and taste good together. Adding a garnish can add texture. **Croutons** (*'krü-tänz*), or small pieces of bread that have been grilled, toasted, or fried and sometimes seasoned, are a popular garnish.
- Do not repeat ingredients in salads that appear in other dishes. For example, if chicken is the main dish, do not plan chicken salad as an appetizer.
- Match the type of dressing used with the salad ingredients. Select salad ingredients that complement the rest of the meal. For example, if the main course is heavy, you might end the meal with a light salad of seasonal fruit.

 **Reading Check** **Explain** When is a separate-course salad served?

❖ Nutrition Notes ❖

Nutrients in Salad Greens

A mixture of darker-colored greens increases nutrients such as vitamins A and C, and minerals such as potassium. This will also increase the amount of folic acid in the salad.

CRITICAL THINKING *Why do darker greens increase nutrients more than lighter greens?*

Green Salads

Green salads use fresh greens as their base. These salads can be served as an appetizer, or as a main course. Green salads can include many different kinds of ingredients, from vegetables to meat. Chefs often add fresh herbs, nuts, or even edible flower petals. You can make a salad mild or spicy by using different leafy greens. When you mix different greens, you can make salads with interesting, unusual flavors and textures. Three main types of greens and leafy vegetables are used in tossed salads: traditional greens, flavor-adding greens, and herbs and other specialty items.

Traditional Greens

Greens are the traditional main ingredient in tossed salads. Because they have a mild flavor, they can be used by themselves or combined with other, more flavorful greens. The romaine and butterhead lettuces add flavor and texture. Iceberg lettuce has less flavor, but it stays crisp longer than other greens.

There are many different types of traditional greens that can be used:

- **Baby** lettuce consists of many types of lettuces, including baby green bibb, red sails, and baby red oak, that have a delicate flavor. They have wrinkled or wavy leaves.
- **Butterhead** lettuce has a soft texture. Its leaves form a loose rosette shape. It has a buttery, mild flavor.

- **Iceberg** lettuce has dense leaves that are a pale green color. Iceberg lettuce leaves stay crisp for a long time, but they are not as flavorful as other lettuce leaves.
- **Loose-Leaf** lettuce consists of red, green, and oak leaf lettuces. They have leaves that curl along the edges.
- **Mâche** has dark-green, delicate leaves that have a slightly nutty flavor.
- **Romaine** lettuce heads are not rounded. Instead, they form a cylinder shape. The leaves are ruffled and loosely packed.

Spinach is not a lettuce. This dark-green, leafy vegetable is full of calcium and adds color and flavor to salads. Try to select small, young leaves for a delicate, distinctive flavor and texture. Spinach must be thoroughly washed and have its stems removed before serving.



- ▲ **Healthful Greens** Different salad greens not only add flavor, they can also add nutrition. *Why do you think darker greens add nutritional value to salads?*



◀ **Salad Greens** Lettuce varieties add a wide range of textures and flavors to salads. *How does spinach differ from traditional salad greens?*

Flavor-Adding Greens

In recent years, many flavor-adding greens have been used in green salads. Some of these greens are spicy, some bitter, and some have a distinct yet delicate flavor. These greens include arugula (ə-ˈrū-gə-lə), mizuna (mi-ˈzū-nə), and chicory (ˈchi-k(ə)-rē). They are classified as greens, although they may be red, yellow, brown, or white. They add interesting new flavors, textures, and colors.

There are many different types of flavor-adding greens:

- **Arugula** has a spicy, peppery flavor. Arugula leaves look like dandelion leaves.
- **Curly Endive** leaves are curly and sharp, and have a bitter flavor. They are pale yellow-green or sometimes white in color.
- **Dandelion** leaves are long and narrow. Although we know dandelions as weeds that grow in a lawn, the leaves add a complex, bitter flavor to salads.
- **Endive** has short creamy white or pale yellow leaves. Endive leaves have a bitter flavor.
- **Escarole** leaves have a nutty, but bitter, flavor.

- **Frisée** leaves are very curly. They are also compact and delicate. They have a slightly bitter, but nutty, flavor.
- **Mizuna** leaves are long and spiky. Their flavor is slightly peppery.
- **Tat-Soi** leaves are spoon shaped and dark green. They add a spicy and sweet flavor to salads.
- **Radicchio** (ra-ˈdi-kē-ō) has bitter-tasting, crisp leaves. The leaves are compacted tightly together on the head.
- **Sorrel** leaves are small and green. Although they look like spinach leaves, they have a slightly lemony taste.
- **Watercress** leaves grow in running streams. The leaves are small and green, with a slightly bitter, peppery flavor.

As salads have become popular dishes for people wanting healthful foods, many other types of greens are being added to salads. Other greens that are more familiar as cooked vegetables are also being added to salads as raw leafy greens to give more flavor. These greens include **kale**, a cabbage with curly green or multicolored leaves, and Chinese cabbage.

Herbs and Other Specialty Items

Sprigs of fresh herbs, such as oregano and basil, can be included in green salads to add flavor and complement other dishes. Parsley, dill, mint, sage, chives, and cilantro all make flavorful additions. Only a small amount of an herb is needed. Too much of any herb will overpower the other flavors and ruin the salad. Herbs should be as fresh as possible, since they will be eaten raw. Leaves can be either torn or chopped.

Science à la Carte

Emulsions

An emulsion is a mixture of two liquids that typically do not blend with each other. In food, an emulsion is a liquid fat and a water-based liquid that are held together. Vinaigrette, which is made from oil and vinegar, is an example of a short-lived emulsion. When first shaken together, they will emulsify. However, after a short time surface tension will make the oil pull away from the vinegar. This separates the two ingredients.

An emulsifier helps liquids, such as vinegar and oil, combine uniformly and remain combined without separating. Egg yolk is a natural emulsifier.

Procedure

For this experiment, you will need $\frac{1}{3}$ cup vinegar; $\frac{2}{3}$ cup cooking oil; 1 pasteurized egg yolk; and a small bowl or bottle with a lid. Record your findings at each step.

- Place the vinegar and oil into the bowl. Place the lid on the bowl and shake it for 10 seconds. Let the bowl sit for 10 minutes.
- Add the pasteurized egg yolk to the bowl. Replace the lid and shake the bowl again. Let the mixture sit for a few minutes.

Analysis

Review your recorded observations at each step of the procedure. Make a table with two columns. In the left column, record the action you took. In the right column, describe the appearance of the mixture, and whether it was a short-lived emulsion or a permanent emulsion.

NSES B Develop an understanding of the structure and properties of matter.

Small Bites

Using Edible Flowers When you add flower petals to a salad, be sure to clean them well. Dirt and insects can hide deep down in the petals and slip unnoticed into the salad.

There are two specialty items to consider when you make tossed salads. **Radicchio** is a cabbagelike plant with a slightly bitter, red leaf. In small quantities, radicchio adds color and flavor to fresh salads. **Mesclun** ($^{\prime}$ mes-klən) is a popular mix of baby leaves of lettuces and other more flavorful greens, such as arugula. The benefits of using mesclun are its tender texture and **subtle**, or understated, flavors.

Edible Flowers

It should not come as a surprise that some flowers are tailor-made for salads. They add unusual flavors, dashes of bright color, and interesting textures. Edible flowers should be purchased from a grower that does not use pesticides.

Nasturtiums ($n\grave{a}$ - $^{\prime}$ stər-shəmz), with their tangy blossoms, are one of the more popular floral additions. Pansy, primrose, rose, and violet petals are also popular. Flowering herbs, such as oregano, rosemary, chives, and thyme, can be used as well.

Green Salad Preparation Techniques

Selecting good, healthful greens for salads can make the difference between a flavorful salad with a lot of texture, and a limp, tasteless dish. Here are some things to keep in mind when you work with salad greens.

Choose Quality Greens

Whenever possible, purchase salad greens daily, and select ones that appear fresh and undamaged. Slightly wilted greens can be revived if they are submerged in ice water for

Build a Salad

- 1 Build the foundation, or base, of the salad. This is the part upon which the rest of the salad is built. The foundation may be a bed of lettuce leaves or another type of vegetable or fruit.



- 2 Add the body of the salad, which features the salad's main ingredients. These ingredients might include lettuce, vegetables, pasta, meat, poultry, or fish. Some salads may have the body ingredients already mixed with a dressing.



- 3 Add the garnish. The salad garnish, like other garnishes, is a colorful element that adds eye appeal to the plate. Although a garnish such as an herb or a lemon wedge may be used, the garnish might also be hard-cooked egg wedges or black olives. Other common salad garnishes include fruit, cheese, and nuts.



- 4 If the salad requires a dressing to be added after composition, ladle the dressing over the salad.

30 to 60 minutes. Remove the greens from their packing cartons and wash them just before you prepare the salad.

Prepare Greens

Leafy greens, which grow close to the ground and easily pick up dirt, dust, insects, and sand, need to be thoroughly cleaned before preparation. To ensure proper cleaning of salad greens, separate the leaves and submerge them in cold water several times to rinse off all dirt and grit. Never clean greens under running water. You will bruise the greens. Change the water several times if

necessary. Lift the greens carefully out of the water. Do not drain the water from the bottom of the sink below the greens. Be sure to dry the leaves thoroughly with paper towels or use a salad spinner.

Once the greens have been well cleaned, cut or tear them into bite-size pieces. Many culinary experts believe greens are damaged less by tearing than by cutting. However, in a large foodservice setting, it may not be practical to tear all of the greens. Cutting is faster, and if done quickly with a well-sharpened blade, cutting will produce perfectly acceptable salad greens.

Make a Vinaigrette Dressing

- 1 Combine the vinegar and herbs or spices in a bowl. Select an appropriate vinegar and add complementary herbs, spices, or mustard.
- 2 Slowly add the oil to the vinegar with a whisk. Blend well. Generally, the ratio of oil to vinegar is three to one.
- 3 If pasteurized eggs are added, whisk them thoroughly until the dressing is well-blended.



Store Greens

It is best to use up greens every day. Be sure to keep them in their original packaging. Store them three to four degrees above freezing and away from ripening fruits, such as tomatoes and apples.



Reading Check

Describe What categories of leafy greens are used in tossed green salads?

Salad Dressings

A **dressing** is a sauce that is added to salads to give them flavor and to help hold the ingredients together. When you plan dressings, pick ones that go well with the flavors in the salad but do not overwhelm them. Check the greens to make sure they are dry.

Vinaigrette Dressings

Vinaigrette is a mixture of vinegar and oil. Most vinaigrette salad dressings have a ratio of three parts oil to one part vinegar. For interesting flavors, try different vinegars, such as balsamic or herbed, and different oils.

Olive oil and nut oils are especially flavorful. Also, you might add chopped fresh herbs if they complement the greens or other dishes in the menu. Pasteurized eggs can be added to any vinaigrette. When the eggs are well beaten with the other ingredients, the vinaigrette does not separate and clings well to the greens.

Make Vinaigrette Dressings

Vinaigrette dressings are easy to prepare. They should sit at room temperature for several hours before they are served. They also need to be stirred well right before use. Vinaigrette dressings made with pasteurized eggs should be kept refrigerated.

Fatty Dressings

Dressings made from mayonnaise or other dairy products can be used on green salads, fruit salads, and potato or pasta salads. Fatty dressings can also be used to bind together ingredients in chicken, tuna, and egg salad. As the name suggests, however, these fatty dressings have a high fat content and should be used in moderation. Some of the most common are creamy French, Thousand Island, Russian, ranch, bleu cheese, and creamy Italian.

Make Fatty Dressings

Mayonnaise is often the key ingredient in a fatty dressing. Use these steps to make a fatty dressing:

1. Whisk together dairy products to make the base of the dressing. Mayonnaise and dairy products such as buttermilk provide a good dressing base.
2. Blend lemon juice into the creamy base.
3. Add herbs, spices, condiments, and chopped eggs or vegetables for variety.

Cooked Dressings

These dressings have a cooked ingredient as well as a thickening agent, such as cornstarch. Some cooked dressings use vinaigrette as a base. Others use little or no oil.

Make Cooked Dressings

Cooked dressings may be savory or sweet. Sweet cooked dressings may include fruit or fruit juice.

To prepare a cooked dressing:

1. Mix the sugar, starch, and flavorings in a stainless steel bowl.
2. Add the eggs as directed by the recipe and beat until smooth.
3. Place the milk or fruit juice in a saucepan and bring it to a simmer. Be careful not to scorch the milk. To **scorch** means to burn with too intense of a heat.
4. Gradually beat the milk or fruit juice into the egg mixture.
5. Cook the mixture until no starch flavor remains. Stir constantly.

Fruit Dressings

Fruit dressings may be sweet, tart, or spicy. They may be made with puréed fruit or fruit juice. They make an interesting accompaniment to green salads, and even with other fruits.

 **Reading Check** **Explain** How are fatty dressings made?

SECTION 18.2 After You Read

Review Key Concepts

1. **List** the components of a salad arrangement.
2. **Outline** how to store salad greens.
3. **Describe** fruit dressing.

Practice Culinary Academics



Social Studies

4. Rice vinegar is made from fermented rice or rice wine in China, Korea, and Japan. It comes in dark and light varieties. Find a recipe for a salad dressing that calls for rice vinegar. From where does the recipe originate? Write down the recipe and your research on its origins. As a class, discuss the recipes and their points of origin.

NCSS III H People, Places, and Environments Examine, interpret, and analyze physical and cultural patterns and their interactions.



Mathematics

5. You observe that 40% of your first 50 customers ordered bleu cheese dressing, while 30% selected the vinaigrette and 30% selected the Thousand Island. If the next 10 customers choose the vinaigrette, what are the new percentages for each dressing?

Math Concept Finding the Percent of a Number

To find a percent of a given number, change the percent to a decimal by removing the percent sign and moving the decimal point two places to the left. Multiply this decimal by the number.

Starting Hint Multiply each percent by 50 to determine the number of customers who ordered each dressing. Add 10 to the vinaigrette total, then divide each total by 60 to find the new percentages.

NCTM Number and Operations Understand numbers, ways of representing numbers, relationships among numbers, and number systems.



Check your answers at this book's Online Learning Center at glencoe.com.

Cheese

Reading Guide

Before You Read

Two-Column Notes Two-column notes are a useful way to study and organize what you have read. Divide a piece of paper into two columns. In the left column, write down main ideas. In the right column, list supporting details.

Read to Learn

Key Concepts

- **Explain** how to identify and store cheeses.

Main Idea

There are many kinds of cheeses that each have their own unique flavor and texture. Cheese can be eaten as part of a main dish or on its own as part of a cheese plate.

Graphic Organizer

Before you read, use a KWL chart like this one to write down five things that you already know about cheese, and what you would like to learn about cheese. Use the last column to take notes about new information as you read.

Cheese		
What I Know	What I Would Like to Know	What I Have Learned

 **Graphic Organizer** Go to this book's Online Learning Center at glencoe.com for a printable graphic organizer.

Content Vocabulary

- cheddaring
- whey
- ripening
- veined cheese
- rind
- fresh cheese
- processed cheese
- emulsifier
- cold-pack cheese

Academic Vocabulary

- varied
- beneficial

How many different ways can you use cheese?

ACADEMIC STANDARDS

English Language Arts

NCTE 4 Use written language to communicate effectively.

Mathematics

NCTM Problem Solving Apply and adapt a variety of appropriate strategies to solve problems.

Science

NSES A Develop abilities necessary to do scientific inquiry.

Social Studies

NCSS I B Culture Predict how data and experiences may be interpreted by people from diverse cultural perspectives and frames of reference.

NCSS I E Culture

Demonstrate the value of cultural diversity, as well as cohesion, within and across groups

NCTE National Council of Teachers of English

NCTM National Council of Teachers of Mathematics

NSES National Science Education Standards

NCSS National Council for the Social Studies

Types of Cheese

Cheese is one of the most **varied**, or available in different kinds, of foods available today. There are hard cheeses, such as Cheddar and Colby ('kōl-bē) Jack, that can be sliced for sandwiches or grated and baked in hot dishes. There are soft cheeses that can be spread on bread and crackers. Crumbly cheeses taste great in salads. Cheese is also a popular addition to a cold platter tray or buffet platter.

Each type of cheese has its own distinct color, flavor and texture. Cheeses may be made from many different types of milk, such as cow's milk, goat's milk, and sheep's milk. Cheese is also nutritious, with plenty of protein and calcium.

Because there are so many different types of cheese, you can always find one that will go well with other foods that you serve. To select cheeses that will go well with the menu, it helps to be able to identify the different types of cheese.

Hard Cheeses

The hard cheeses include Cheddar and Colby. Some of these cheeses are made by a process called cheddaring. During **cheddaring**, slabs of cheese are stacked and turned. This

process squeezes out the whey and gives the hard cheeses their special texture. **Whey** is the liquid portion of coagulated milk. Whey is also pressed out of the cheese during cheddaring.

Cheeses that have holes in them, including Gruyère (grü-'yer), Jarlsberg ('yārlz-bərg), and Swiss, are also hard cheeses. The holes in these cheeses come from helpful bacteria that grow inside the cheese. These bacteria release gases during the ripening process. Hard cheeses are excellent for cheese trays, fancy open-face sandwiches, or with fruits or desserts.

Ripening Cheese

The texture and flavor of most cheeses are affected by a process called ripening. During **ripening**, helpful bacteria and mold are at work in the cheese, changing its texture and flavor. As cheeses are ripened, they are stored in a temperature- and humidity-controlled environment. Ripening can occur from the surface of the cheese to the inside. Or, it can occur from the inside of the cheese outward.

Hard cheeses have been carefully ripened for a long time. The extra aging enhances their flavor and makes them dry and hard. Parmesan and Romano (rə-'mä-(,)nō) are two other popular hard cheeses. Each has its own special flavor and is available in many market forms.



Hard Cheeses White Cheddar, Romano, and Swiss cheeses are hard cheeses. *How is Cheddar cheese made?*

Try adding Parmesan, with its deep, spicy flavor, to pasta salads for a buffet luncheon. Romano and Asiago (ä-zhē-ä-(,)gō) cheeses have a sharp flavor that goes well with many salads. Include small chunks in main-course salads to add flavor and to make them more filling. You can also sprinkle finely grated hard cheeses on one of the tossed green salads in a buffet line.

Firm Cheeses

Firm cheeses are not brittle, hard, or soft. Some are flaky and others are dense. Provolone ('prō-və-'lō-nē) is a firm cheese with a smooth texture and light ivory color. Provolone can have a very mild flavor, but aged versions can be quite sharp. Provolone is good on cold sandwiches as well as in cooked dishes, such as pizza and pasta.

When ripened for several months, Gouda ('gü-də), a Dutch cheese made from cow's milk, has a firm texture. It has a mild, nutty flavor that is popular for snacks and for dipping. Gouda is often sold in wheels of varying sizes that are covered with yellow or red wax. The wax is peeled off before the cheese is eaten.

Edam ('ē-dəm) is another Dutch cheese made from cow's milk that is firm when aged. It is light yellow and has a slightly salty taste.

Semisoft Cheeses

Semisoft cheeses are smooth and easy to slice. They come in two types. One type is

buttery cheeses that slice well. The other type includes softer, pungent cheeses. This type of semisoft cheese is often called a **veined cheese** because it has veins of mold running through it. The mold in these cheeses is put into the cheese during ripening. It is **beneficial**, or helpful, not harmful for people to eat. In fact, it is this mold that gives the cheese its unique flavor.

Buttery Semisoft Cheeses

The texture of the buttery semisoft cheeses comes from the way the rind is made. The **rind** is the outer surface of the cheese. These rinds vary in texture, color, and thickness. Cheeses such as Port du Salut ('pör-də-sə-'lü) and havarti (hə-'vär-tē) are sealed in wax before they are ripened. Other semisoft cheeses, including Bel Paese (bel-pä-'ā-ze), form their own rind as they ripen. All these cheeses are excellent for making canapés and serving on cheese trays. The king of pizza toppings, mozzarella cheese, is also a semisoft cheese.

Veined Semisoft Cheeses

The semisoft cheeses that have blue veins running through them have strong, distinctive flavors and aromas. Their intense flavor comes from the type of beneficial mold allowed to grow in each one. The aging process also affects the flavor. All of the veined semisoft cheeses are ripened in caves or in rooms that have the same moisture and temperature as caves.



Firm Cheeses Provolone, Edam, and Gouda cheeses are examples of firm cheeses. *What are the differences between hard cheeses and firm cheeses?*



▲ Semisoft Cheeses Havarti, mozzarella, and Roquefort cheeses are semisoft cheeses.
Is mold in cheese harmful?

Gorgonzola (ˌɡɔr-ɡən-ˈzō-lə), Roquefort (ˈrōk-fərt), and Stilton (ˈstil-tən) are some of the most popular veined cheeses. They are named after the places where they are made. They are excellent cheeses to spread on crackers for appetizers. They can also be crumbled and added to tossed salads and salad dressings.

Soft Cheeses

Soft cheeses have a thin skin and a creamy center. This category includes many different kinds of cheeses. Fresh, creamy ricotta (ri-ˈkă-tə) is a soft cheese. Runny, pungent Camembert (ˈka-məm-ˌbər) is also a soft cheese. Farmer's cheese is made from whole or partly skimmed cow's milk. It has a slightly tangy flavor and is milky white. Another soft cheese similar to cottage cheese is baker's cheese. It is used to make baked goods, such as pastries and cheesecakes.

The difference between these soft cheeses is that some have been ripened while others have not. During the ripening process, the bacteria and mold in an unripened cheese alter its flavor and texture. This gives ripened soft cheeses a distinctive flavor.

Fresh Soft Cheeses

Another word used to describe unripened soft cheese is fresh. A **fresh cheese** is not

ripened, or aged, after it is formed into a final shape. Cream cheese, cottage cheese, and mascarpone (ˌmas-kär-ˈpō-(ˌ)nā) are popular unripened soft cheeses. Ricotta and mascarpone both have a sweet flavor and are often used in baking desserts. Cream cheese is also used in baking desserts, such as cheesecake.

Feta (ˈfe-tə) is another popular unripened soft cheese. It is a sharp-flavored cheese made from sheep's or cow's milk. Feta can be crumbled and added to tossed salads and breads.

Ripened Soft Cheeses

Ripened soft cheeses have very different flavors and textures from unripened cheeses. High in butterfat, they have richer flavors and are runny and creamy when completely ripe. They are surrounded by a rind that bulges out when the cheese is ripe and ready to be cut. If a ripened cheese is cut before it is ripe, it will have very little flavor and a dry texture. This type of cheese will not continue to ripen once it has been cut.

To test ripened soft cheeses for ripeness, press firmly and gently in the cheese's middle before you cut it. If it is ripe, you will feel some softness in the middle. If it is overripe, you will smell an ammonia odor. Overripe cheese should be discarded.



Soft Cheeses Ricotta, brie, and cream cheeses are examples of soft cheeses. *Are there differences between soft cheeses?*

Camembert and brie (brē) are the most well-known ripened soft cheeses. Served ripe and at room temperature, they make excellent appetizers or dessert cheeses. They go well with fruit.

Specialty Cheeses

Specialty cheeses include pasteurized processed cheese and cold-pack cheese. **Processed cheese** is a combination of ripened and unripened cheese. These cheeses are pasteurized with flavorings and emulsifiers and poured into molds. An **emulsifier** is an additive, such as egg yolk, that allows unmixable liquids, such as oil and water, to combine uniformly. Once the cheeses have gone through this process, they do not continue to ripen. Their flavor and texture remain the same for a long time.

Cold-pack cheese is made from one or more varieties of cheese, especially Cheddar or Roquefort cheeses. The cheese is finely ground and mixed until it is spreadable. No heat is used to make cold-pack cheese.

Cook with Cheese

Cheese is a flavorful addition to most recipes. However, cheese must melt, not cook. Cheeses that are ripened or processed generally will melt well.

When you use cheese in a recipe, you must heat it at low temperatures for only a short time. Otherwise the cheese may burn. Generally, add cheese to sauces toward the end of the cooking process. Add cheese as a topping to a baked product at the end of the baking time.

A TASTE OF HISTORY

1903

J.L. Kraft opens a wholesale cheese business in Chicago, Illinois

1908

Henry Ford introduces his Model T automobile

The Big Cheese

Cheese has had a long history as a highly nutritious food enjoyed by people around the world. Most authorities believe that the first cheesemakers were in the Middle East more than 4,000 years ago. During the Middle Ages, monks perfected their cheesemaking skills. It is to them that we owe many of the classic varieties of cheese that are marketed today. The first American cheese factory opened in 1851. It produced Cheddar cheese.

History Application

Cheese preserves milk's nutrients and can be found in most parts of the world. Create a chart that compares three different cheeses from three different countries. List the country of origin, the source, and the characteristics of each.

NCSS I E Culture Demonstrate the value of cultural diversity, as well as cohesion, within and across groups.

Serve and Store Cheese

All ripened cheeses should be served at room temperature. To bring out their full flavor, take them out of the refrigerator 30 to 60 minutes before serving. Unripened, fresh cheeses should always be refrigerated until just before they are served. If you prepare cheese boards or trays:

- Select cheeses with contrasting shapes and colors so that the tray will look appealing.
- Choose cheeses that are easy to cut.
- Include a different knife with each type of cheese.

- Do not pre-slice the cheese. This will cause it to dry out.
- Provide bread rounds, crackers, or sliced fruit.

Cheese needs special care. It should be well wrapped and stored in the refrigerator. Cheeses that are not properly wrapped will dry out and pick up flavors of other foods in the refrigerator. Loosely wrap soft cheeses with greaseproof or waxed paper.

 **Reading Check** **Explain** How does aging affect cheese?

SECTION 18.3 After You Read

Review Key Concepts

1. **Explain** how to identify soft cheeses.

Practice Culinary Academics



Science

2. **Procedure** Wrap standard amounts of four different types of cheese in wax paper and store them in the refrigerator. Monitor the cheese for mold growth each day for one or two weeks.

Analysis Create a hypothesis about which cheese will show signs of mold first, and why. Record your observations along with your hypothesis.

NSES A Develop abilities necessary to do scientific inquiry.



English Language Arts

3. Pair up at the direction of your teacher and write a script for a radio show about cheese. One partner should play the host, and the other should play a caller asking a question about cheese. Perform your script for the class.

NCTE 4 Use written language to communicate effectively.



Social Studies

4. Cheese is made in many different ways around the world, and from many different dairy sources.

Choose one cheese processing source, and research how the cheese is made, and what dairy source it uses. Create a visual presentation using images of the cheesemaking process.

NCSSEB Culture Predict how data and experiences may be interpreted by people from diverse cultural perspectives and frames of reference.



Mathematics

5. An aged Cheddar costs \$7.50 per pound; Stilton costs \$8.99 per pound; and a French brie costs \$13.99 per pound. If you serve a cheese plate with 4 ounces of Cheddar, 3 ounces of Stilton, and 2 ounces of brie, what is the total food cost?

Math Concept Equivalent Weights There are 16 ounces in 1 pound. Divide ounces by 16 to convert to pounds. Divide per-pound rates by 16 to convert to per-ounce rates.

Starting Hint Since each price is per pound, divide each price by 16 to find the per-ounce price. Multiply each per-ounce price by the number of ounces served, and add the amounts.

NCTM Problem Solving Apply and adapt a variety of appropriate strategies to solve problems.



Check your answers at this book's Online Learning Center at glencoe.com.

Cold Platters

Create cold platters for banquets and special events.

Reading Guide

Before You Read

Take Guilt-Free Days of Rest The reason for resting is to refresh oneself. However, if you feel guilty about resting (“I really should be reading”), then your precious rest period will only create more stress. The brain has a hard time absorbing new data when it is stressed. Your reading skills will be much more effective if you are relaxed and ready to learn.

Read to Learn

Key Concepts

- **Demonstrate** how to make canapés and rolled fancy sandwiches.
- **Summarize** the steps to make different types of cold platters.

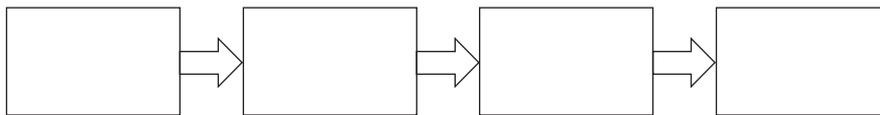
Main Idea

Cold platters can be served in a variety of settings. They allow you to offer guests a variety of foods in small amounts.

Graphic Organizer

There are four steps to making canapés. As you read, use a sequence chart like the one below to list these steps.

Making Canapés



 **Graphic Organizer** Go to this book's Online Learning Center at glencoe.com for a printable graphic organizer.

ACADEMIC STANDARDS

English Language Arts

NCTE 12 Use language to accomplish individual purposes.

Mathematics

NCTM Geometry Use visualization, spatial reasoning, and geometric modeling to solve problems.

Social Studies

NCSS I A Culture Analyze and explain the ways groups, societies, and cultures address human needs and concerns.

NCTE National Council of Teachers of English

NCTM National Council of Teachers of Mathematics

NSES National Science Education Standards

NCSS National Council for the Social Studies

Cold Hors d'Oeuvres

Cold platters are an ideal way to offer guests many different kinds of interesting foods. They also work well in a variety of settings. Cold platters are very convenient at informal gatherings where people will come and go during the event. In more formal settings, a cold platter can bring people together and **whet**, or increase, the appetite before the meal is served.

An hors d'oeuvre is a bite-size, tasty food that is served before the meal. Hors d'oeuvres can be very simple. They might be a simple tray of olives, sliced vegetables, and dips. Or, they might be quite fancy, such as a tray of small seafood tarts.

There are three main types of hors d'oeuvres:

- **Single-Food Hors d'Oeuvre** Consisting of one item, a **single-food hors d'oeuvre** might be a jumbo shrimp.
- **Hors d'Oeuvre Varies** A combination of plated items with enough hors d'oeuvres for one person is called an **hors d'oeuvre variés**. This might include about 10 small food items.
- **Finger Foods** An hors d'oeuvre that is presented on a platter from which each guest serves him- or herself is called a **finger food**. Stuffed mushrooms, sliced vegetables, small tarts, and canapés are examples of common finger foods.

In recent years, exactly when and how hors d'oeuvres are served has changed. People have loosened up a bit and are looking for creative ways to make their meals and receptions interesting. Food magazines and television shows have introduced fancy hors d'oeuvres to a wider audience. They want interesting hors d'oeuvres, and eye-catching ways that they are presented.

There are many different kinds of cold hors d'oeuvres that are made by the garde manger chef. This section will focus on canapés and fancy sandwiches. (See Chapter 19 for information on hot hors d'oeuvres.)

Small Bites

Hors d'Oeuvres Guidelines Whether you prepare and serve hors d'oeuvres as a traditional pre-meal food or as a complete meal, keep these guidelines in mind:

- Keep each food item small, at one to two bites.
- Prepare flavorful items that go well with the other foods being served.
- Make items attractive to the eye. That is, they should look good alone as well as with the other foods being served.

Canapés

Have you ever eaten tiny, open-face sandwiches at a party or reception? This type of flavorful, little sandwich is called a **canapé**. From the French word for sofa, a canapé appetizer consists of a platform, or base, and a cushion, or topping.

- **Base** The base can be a cracker, toasted crustless bread, a thin slice of fried or fresh bread, sliced vegetables, or small pastry shells.
- **Topping** The topping, sometimes called the nourishing element, can be anything from sliced meat, shrimp, and cheese to vegetable spreads. You can experiment with many different flavors for canapé toppings.
- **Spread** A spread, such as a flavored butter, mustard, cream cheese, or mayonnaise, adds flavor to a canapé and keeps the base from getting soggy. In addition to the base, topping, and spread, a canapé might also have:
 - A **liner**, or an ingredient that adds visual interest and texture, such as a small lettuce leaf.
 - A garnish, such as an olive, a pimiento (pə-'men-(,)tō), a sweet red pepper, an onion slice, peas, or a parsley sprig, to add visual interest and flavor.

Creativity and canapés go together. All kinds of meats, seafood, cheeses, and vegetable spreads can be used alone or in combination.

When you select spreads, do not forget other options such as **hummus** ('hə-məs), a Middle-Eastern dish made from mashed chickpeas, lemon juice, garlic, and tahini (tə-'hē-nē), a sesame seed paste. Hummus can make an interesting spread for a canapé.

Do not believe that you must stick with traditional breads, such as white, rye, and wheat, to use as a canapé base. Although these breads can be used to make tasty canapés, try using less common herb breads and specialty breads that have chopped nuts or olives kneaded into the dough before they were baked.

If you use vegetables as the base for canapés, try tomatoes, sliced cucumbers, mushroom caps, sliced zucchini, small Romaine lettuce leaves from the heart, and endive leaves. These all make sturdy bases for toppings. Vegetable spreads make excellent toppings for these vegetable bases.

Make Canapés

Follow these steps to make canapés:

1. Cut bread into basic geometric shapes and toast lightly. Let it cool.
2. Cover each piece of bread with a spread, if desired, to prevent the bread from becoming soggy. Add a liner, such as a lettuce leaf.
3. Add toppings, from simple slices of meat to decorative vegetable spreads.
4. Add garnishes for flavor and visual interest.

Fancy Sandwiches

The garde manger brigade may be asked to prepare fancy sandwiches for many different occasions. These occasions may be as casual as a picnic or as formal as a reception. To prepare fancy sandwiches for more formal events, the garde manger brigade must consider not just the breads and fillings, but also the way the sandwiches are cut and presented to the guests.

One of the most visually appealing types of fancy sandwiches is a rolled sandwich.

Rollled sandwiches are filled with a spread and vegetables or cheese, and then rolled and cut to create a dramatic presentation.

Make Rolled Fancy Sandwiches

To prepare rolled fancy sandwiches, use these five steps:

1. Cut several day-old loaves of bread into slices lengthwise. White, wheat, rye, and herb breads work well. Breads that contain nuts are not a good choice because they will not flatten well. You will need to use a slicing machine for this step.
2. Cut the crust from all of the slices using a serrated bread knife, and roll each piece flat with a rolling pin. The bread should be less than 1/8-inch thick when you have finished rolling it.
3. Cover each piece of bread with a thin layer of a flavorful spread. Good fancy sandwich spreads include flavored butters, flavored and plain cream cheese, and vegetable or even fruit spreads. You may also use softened blue-veined cheeses. If the main spread does not have a lot of fat, spread the bread with soft butter before you add the flavored spread. This will keep the bread from getting soggy. All butters and spreads should be very soft to avoid tearing the bread.
4. Place the interior items at one end of the bread, and roll it up tightly. These items should be both tasty and colorful, such as cheese sticks, pimientos, green or black olives, pickles, or other pickled vegetables. Wrap the roll in plastic wrap and refrigerate it for several hours.
5. When the roll is quite cold, unwrap it and cut the log into 1/2-inch slices with a slicer. Arrange the slices artistically onto a serving platter and serve. Add garnishes to the platter that relate to the ingredients in the sandwiches.



Identify What is an hors d'oeuvre?



◀ **Rolled Treat** A rolled fancy sandwich is an eye-catching way to combine interesting spreads and vegetables. *How do you think this rolled sandwich was made?*

Cold Platter Preparation

Cold platters are a common product of the garde manger work station. Cold platters can be very simple or very complex. Here are some examples of typical foods that might be served on cold platters as part of a buffet, at a reception, or before a formal dinner:

- Platters of raw sliced vegetables served with dips. **Crudité** (*krü-di-'tā*) is the French word for raw, or in this case, raw vegetables.
- Platters of specially prepared food items, such as canapés, salads on croutons, pinwheel sandwiches, or melon slices and prosciutto (*prō-'shü-(,)tō*). **Prosciutto**, the Italian word for “ham,” is dry-cured, uncooked ham that is usually served in thin slices.
- Platters of cheese, meat, fruit, or a combination of all three can be served with different types of dips, breads, sliced fruit, and crackers. Items can be combined to fit individual tastes.

Cold platters are a convenient way to offer guests tasty, nutritious foods in an informal way. Guests are able to make their own individual choices from the tray. In addition, cheese and meat trays provide high-quality protein. The breads and crackers that accompany them are full of energy-producing carbohydrates. When whole-grain breads are included, fiber, minerals, and other nutrients are also present. Fruits, as a base for cheese or served alone, add vitamins and minerals.

Cold Platter Buffets

Cold platter buffets give culinary professionals the chance to use their creative culinary talents. A cold platter buffet has three main elements:

- **Centerpiece** This could be an uncut part of the main dish. The centerpiece for a cold meat platter, for example, may be a roast. It also could be a large, attractive bowl with a sauce or condiment. Not all centerpieces are meant to be eaten. They should, however, be made of food-based materials. For example, the centerpiece

for a fruit platter could be a hollowed-out watermelon bowl filled with cantaloupe, honeydew, and watermelon balls.

- **Serving Portions** These portions come from the main dish, such as slices of meat from a roast or sliced cheese. Portion sizes for meats should average about 3 ounces. For cheeses, portion sizes should average about 1 ounce. Display these servings artistically on the platter.
- **Garnish** This item should add both appeal and nutritive value. A garnish for a meat platter, for example, might be flower-shaped vegetables cut in sizes that are in proportion to the meat and cheese slices that are on the platter.

Visual Appeal

Here are some other tips that you can use to prepare a visually appealing cold platter buffet:

- Be sure that the individual food items are easy to pick up. Guests should be able to take individual servings without ruining the overall presentation of the buffet.
- Keep it simple. No-frills displays hold up better over time than overdone ones. Displays should look just as good at the end of a buffet as they do at the beginning.
- Use attractive, durable platters that are suitable for the foods that you will be serving. Choices include mirrors, plastic, china, and silver or other metals. Because some metals discolor or leave a metallic taste in food, make sure they are covered with a liner or aspic ('as-pik) before foods are added to the platter. **Aspic** is a savory jelly made from meat or vegetable stock and gelatin.
- Do not remove a food item once you have placed it on a tray. If you rearrange items on silver or mirrored platters, the food will leave smudges. The food will also look less attractive the more you handle it. You must have a specific plan in mind before you begin arranging a platter. The best way to do this is to draw a plan on paper.

Safety Check

✓ Cold Platters

Because cold platters may sit out for several hours, it is important to keep them refrigerated until you serve them. Keep cold foods below the temperature danger zone lower limit of 41°F (5°C).

CRITICAL THINKING *What are the potential dangers if you do not refrigerate a cold platter?*

The plan should include shapes, sizes, color, number of items, and appropriate garnishes.

- The platter must complement the overall buffet display. It should also be visually appealing on its own.

Fruit and Cheese Trays

You may prepare fruit and cheese trays as a main course for a lunch buffet or as a dessert course for a dinner buffet. Fruit is often paired with cheese for two reasons. First, their flavors complement each other. Sweet, juicy fruits go well with earthy, rich cheeses. Second, cheese has more visual appeal when it is paired with fruit. The **muted**, or soft, colors of cheese are enhanced by the vibrant colors of fruits, such as grapes, melons, apples, and pears.

There are many ways to prepare fruit and cheese trays. These trays are not always arranged with individual portions the way that other buffet items are. Often, the trays are displayed with whole cheeses or large pieces of cheese. Utensils are included, and guests are expected to cut their own slices. This arrangement is done partly because cheese dries out after it has been cut. Cheese is also more attractive as a whole. Fruits, too, are not always displayed as individual portions on trays. Many fruits become discolored after they have been cut.

Choose cheeses based on their color, texture, shape, and flavor. Cheeses of different colors and shapes make an attractive visual display, especially when they are combined with colorful fruits.

Combination Trays

Combination trays may include meat with fruit, meat with cheese, or meat with fruit and cheese. Combination trays are excellent for buffets or parties because they give guests a wide variety of nutritious, tasty foods. Some combination trays also include raw or marinated vegetables.

An example of a combination tray is antipasto (ˌan-tē-ˈpas-(i)tō). **Antipasto** is the Italian word for appetizer or before the meal. A typical antipasto tray includes cold meats, such as Genoa salami and various hams, assorted cheeses, olives, and marinated vegetables. Fruits, such as cantaloupe and other melons, may also appear on an antipasto tray.

Relish Trays

A **relish tray** is an attractive arrangement of raw, blanched, or marinated vegetables. Sometimes relishes are called crudités. The kinds of vegetables used and the way they are arranged is only as limited as the creativity of the chef.

You might arrange an assortment of carrots, cucumbers, mushrooms, radishes, zucchini, squash, peppers, jicama, cauliflower, broccoli, olives, cherry tomatoes, and endive with a special sauce for dipping. You can also use marinated vegetables. A **marinated vegetable** has been soaked in a liquid, typically made of vinegar, oil, herbs, and spices. Relish vegetables should be attractively cut and served on a platter.

Dips

Relish trays are usually served with a dip that complements the vegetables. Creamy dips, made from a base of mayonnaise, sour cream, or cream cheese, are an especially good choice. Dips can be flavored with herbs, spices, clams, garlic, or chopped hard-cooked eggs. Dips can be served inside hollowed-out vegetables or breads. This will give the relish tray visual appeal.

Cold Hors d'Oeuvre Platters

Mixed hors d'oeuvres or a single type of hors d'oeuvre can be served as a cold platter.



Vegetable Assortment
Relish trays can be nutritious, tasty, and attractive. *Do relish trays always have only fresh, raw vegetables?*

The arrangement should be artistic and it should also make it easy for people to pick up an individual hors d'oeuvre without having to touch or move others.

Here are some other important things to keep in mind when you prepare cold hors d'oeuvre platters:

- Season each hors d'oeuvre carefully. Because hors d'oeuvres are supposed to whet the appetite, seasonings and flavorings are especially important. Seasonings and flavorings should complement the hors d'oeuvre's flavor, not overpower it.
- Slice, shape, and portion the items carefully. The platter should offer a variety, but not an overwhelming number of choices that can confuse guests.

- Consider the overall color, shape, and look of the platter as well as the look of individual hors d'oeuvres. There should not be too much unused space, and the items should look good together. Garnishes should enhance the platter, not overwhelm it.
- Include the proper sauces and utensils with each type of hors d'oeuvres tray. Provide separate utensils for each item on a cold platter. For example, you would provide a spoon for a dip and small tongs for crudités. Change the utensils if they become dirty, or if the part of the utensil that touches food becomes compromised.

 **Reading Check** **Explain** What kinds of dips are usually served with relish trays?

SECTION 18.4

After You Read

Review Key Concepts

1. **Demonstrate** how to prepare the bread for a fancy sandwich.
2. **List** the typical items on an antipasto tray.

Practice Culinary Academics

English Language Arts

3. Create a proposal for an original cold platter for a catering event. Describe the items on the platter, how they would be prepared, and how they would be presented. Include a diagram of how each food item would be arranged on the platter. Write the proposal as if you were presenting it to an employer.

NCTE 12 Use language to accomplish individual purposes.

Social Studies

4. Cold platters are a good choice for serving at parties. Perform research to find cold dishes from other cultures that could be adapted for an American cold platter. How are these items served in their culture of origin? How would you adapt them for a cold platter? Create a drawing of your new cold platter, including a description of the new food.

NCSS I A Culture Analyze and explain the ways groups, societies, and cultures address human needs and concerns.

Mathematics

5. Armando works for a catering company that is preparing fancy sandwiches for a corporate event. Armando begins preparing fancy sandwiches by slicing herb bread into 2 ½-inch squares. He then cuts each square diagonally into two equal triangles. What is the area of each triangle?

Math Concept Calculating the Area of a

Triangle The area of a triangle equals $(\frac{1}{2})bh$, where b equals the base of a triangle, and h is the triangle's height. If b and h are in inches, area will be in square inches.

Starting Hint Draw a square and label each side as 2 ½ inches. Draw a diagonal line that divides the square in half. Look at one of the triangles you just created, and use the formula described above to determine its base and height.

NCTM Geometry Use visualization, spatial reasoning, and geometric modeling to solve problems.



Check your answers at this book's Online Learning Center at glencoe.com.

Chapter Summary

Garde manger chefs specialize in the preparation of cold foods. The garde manger chef must consider ingredient variety, color, texture, and cost to prepare and serve foods. Some dishes the garde manger brigade prepares include garnishes, salads, cheese plates, cold hors d'oeuvres, cold platters and relish trays.

A salad can be eaten before a meal, during a meal, or at the end of a meal. There are many varieties of cheese. Cold hors d'oeuvres include canapés and finger sandwiches. Cold platters feature cheese, meat, or fruit and may be simple or complex. Relish trays have vegetables and often a dip to enhance flavor.

Content and Academic Vocabulary Review

1. Create a fill-in-the-blank sentence for each term, with enough information to determine the missing word.

Content Vocabulary

- canapé (p. 456)
- forcemeat (p. 456)
- dry cure (p. 457)
- wet cure (p. 457)
- garde manger brigade (p. 457)
- charcuterie (p. 458)
- quenelle (p. 459)
- score (p. 461)
- tournée (p. 461)
- salad (p. 463)
- croutons (p. 463)
- spinach (p. 464)
- kale (p. 465)
- radicchio (p. 466)
- mesclun (p. 466)
- dressing (p. 468)
- vinaigrette (p. 468)
- scorch (p. 469)
- cheddaring (p. 471)
- whey (p. 471)
- ripening (p. 471)
- veined cheese (p. 472)
- rind (p. 472)
- fresh cheese (p. 473)
- processed cheese (p. 474)
- emulsifier (p. 474)
- cold-pack cheese (p. 474)
- single-food hors d'oeuvre (p. 477)
- hors d'oeuvre variés (p. 477)
- finger food (p. 477)
- liner (p. 477)
- hummus (p. 478)
- crudité (p. 479)
- prosciutto (p. 479)
- aspic (p. 480)
- antipasto (p. 481)
- relish tray (p. 481)
- marinated vegetable (p. 481)

Academic Vocabulary

- artistic (p. 456)
- appropriate (p. 461)
- elaborate (p. 463)
- subtle (p. 466)
- varied (p. 471)
- beneficial (p. 472)
- whet (p. 477)
- muted (p. 480)

Review Key Concepts

2. **Identify** the duties of the garde manger work station.
3. **List** the main types of salads served during a meal.
4. **Outline** the preparation techniques for salad greens.
5. **Describe** the different types of salad dressings.
6. **Explain** how to identify and store cheeses.
7. **Demonstrate** how to make canapés and rolled fancy sandwiches.
8. **Summarize** the steps to make different types of cold platters.

Critical Thinking

9. **Imagine** that you are preparing an hors d'oeuvre tray that will be served before a main meal. What factors will impact your hors d'oeuvres choice?
10. **Consider** accompaniment salads that go with a main course of baked fish. What type of salad would you prepare, and why?

Academic Skills

**English Language Arts**

- 11. Languages Across Cultures** Garde manger, hors d'oeuvre and canapé are examples of French words that are used in foodservice. What other French words can you think of that you might use as a garde manger chef? Create a vocabulary list, with definitions and a pronunciation guide.

NCTE 9 Develop an understanding of diversity in language use across cultures.

**Science**

- 12. Melting Point** Different cheeses have different melting points.

Procedure Cut pieces of three different types of cheese and place each on a cracker. Put them in a toaster oven at 300°F (149°C) and watch them closely until each piece melts, or until the cracker starts to burn. Remove each slice from the oven after it has melted.

Analysis Keep track of how long it takes each piece of cheese to melt. Why do you think some cheeses have higher melting points? Do some cheeses not melt at all?

NSES B Develop an understanding of the interactions of energy and matter

**Mathematics**

- 13. Work Rates** Robyn and Antonio work at the garde manger station at a large hotel kitchen. They have been asked to prepare a cheese platter for a banquet later in the day. It typically takes Robyn 15 minutes to cut four large blocks of cheese into cubes, while it usually takes Antonio 20 minutes to do the same. If they work together, how long will it take them to cut four blocks of cheese into cubes?

Math Concept Combining Rates of Work In work-related problems, determine the rate of work for each worker. Write an algebraic equation with a variable that represents the total time needed to complete the job by both Robyn and Antonio.

Starting Hint If it takes Robyn 15 minutes to cut all the cubes, she can complete $\frac{1}{15}$ of the job in 1 minute. Similarly, Antonio can finish $\frac{1}{20}$ of the job in 1 minute. If x represents the total minutes needed for the pair to complete the job together, then $1/x$ represents their combined effort per minute. You know that $\frac{1}{15} + \frac{1}{20} = 1/x$. Solve for x .

NCTM Problem Solving Solve problems that arise in mathematics and in other contexts.


Certification Prep

Directions Read the questions. Then, read the answer choices and choose the best possible answer for each.

- 14.** Which type of salad should have a protein served with it so it can function as a balanced meal?
- appetizer salad
 - accompaniment salad
 - main-course salad
 - separate-course salad
- 15.** What type of cheese is made by the cheddaring process?
- hard cheese
 - firm cheese
 - semisoft cheese
 - soft cheese

Sharpen your test-taking skills to improve your kitchen certification program score.

Test-Taking Tip

When you study for a test, write your vocabulary words on flash cards with the definition of each on the back of the card. Quiz yourself each day until you know them all.

Real-World Skills and Applications

Self-Management Skills

- 16. Design a Salad** Imagine that you are a menu planner for a restaurant. You decide to create a nutritious salad. Write down the factors you must consider. Describe your salad, and include an ingredient list. Explain what makes your salad nutritious. Describe the type of customers who might be interested in your salad.

Interpersonal and Collaborative Skills

- 17. Promote a Cheese** Follow your teacher's instructions to break into teams. Imagine that your team is part of an ad agency that is developing a print ad for a particular type of cheese. Describe the cheese, its qualities, its uses, and any nutritional benefits in your ad. Display your ad in the classroom.

Technology Applications

- 18. Recipe Search** Under your teacher's or parents' supervision, search the Internet for salad recipes. Locate one recipe for each main type of salad. Label each recipe with its type and the source. Bring your recipe to class. Compile the recipes to make a class recipe book, organized by salad type.

Financial Literacy

- 19. Purchase Cheese** Imagine that you buy a 1-pound brick of Cheddar for \$4.99 for your restaurant. You use $\frac{3}{4}$ of the cheese before it must be thrown away. The next time, you purchase a 16-ounce bag of shredded Cheddar for \$5.99 and use it all. Which was a more cost-effective choice?

Culinary Lab



Use the culinary skills you have learned in this chapter.

Create Garnishes

- 20. Use Tools to Create Garnishes** In this lab, you will practice using various tools to make different types of garnishes. Then, you and a partner will evaluate your work.
- A. Choose garnishing tools.** You will need to choose five tools that are listed in Section 18.1 to practice your garnish-making skills. You may use the food suggestions provided, or you may be creative about which foods you will use with which tool.
- B. Make garnishes.** Use the tools you chose as described in this chapter. If you use a tool on an ingredient that is not mentioned in Section 18.1, make sure that your choice makes sense.
- C. Practice with garnishes.** Practice each garnish a few times, and then choose your best effort to display for the class.
- D. Match the garnishes with food.** Determine the food item each garnish would best accompany and create a list to accompany your garnishes.

Create Your Evaluation

After you have finished making the garnishes and chosen your best examples, work with a partner at your teacher's direction to evaluate the garnishes. After reviewing all garnishes and discussing them with your partner, write a one-page evaluation. Evaluations should include:

- Things that might have been done differently.
- Other accompanying food possibilities that were not considered.
- Whether the right tool choices for each ingredient were made.