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**Salad**

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A salad platter.

**Salad**s are a category of [dishes](http://en.wikipedia.org/wiki/Dish_%28food%29) whose prototype is raw [vegetables](http://en.wikipedia.org/wiki/Vegetable) served with a [sauce](http://en.wikipedia.org/wiki/Sauce) or [dressing](http://en.wikipedia.org/wiki/Salad#Dressings) including oil and an acid as a light savory dish. Salads also include a variety of related dishes, including ones with cold cooked vegetables, including grains and pasta; ones which add cold meat or seafood; sweet dishes made of cut-up fruit; and even warm dishes. Though the prototypical salad is light, a dinner salad can constitute a complete meal.

Green salads include leaf [lettuce](http://en.wikipedia.org/wiki/Lettuce) and leafy vegetables with a sauce or dressing. Most salads are served cold, although some, such as south German [potato salad](http://en.wikipedia.org/wiki/Potato_salad), are served warm.

Salads are generally served with a dressing, as well as various [garnishes](http://en.wikipedia.org/wiki/Garnish_%28food%29) such as [nuts](http://en.wikipedia.org/wiki/Nut_%28fruit%29) or [croutons](http://en.wikipedia.org/wiki/Crouton), and sometimes with the addition of meat, [fish](http://en.wikipedia.org/wiki/Fish), [pasta](http://en.wikipedia.org/wiki/Pasta), [cheese](http://en.wikipedia.org/wiki/Cheese), [eggs](http://en.wikipedia.org/wiki/Egg_%28food%29), or [whole grains](http://en.wikipedia.org/wiki/Whole_grain).

Salads may be served at any point during a [meal](http://en.wikipedia.org/wiki/Meal), such as:

* [Appetizer](http://en.wikipedia.org/wiki/Appetizer) salads, light salads to stimulate the [appetite](http://en.wikipedia.org/wiki/Appetite) as the first course of the meal.
* Side salads, to accompany the main course as a [side dish](http://en.wikipedia.org/wiki/Side_dish).
* [Main course](http://en.wikipedia.org/wiki/Main_course) salads, usually containing a portion of [protein](http://en.wikipedia.org/wiki/Protein_%28nutrient%29), such as [chicken breast](http://en.wikipedia.org/wiki/Chicken_%28food%29) or slices of [beef](http://en.wikipedia.org/wiki/Beef).
* Palate-cleansing salads, to settle the stomach after the main course.
* [Dessert](http://en.wikipedia.org/wiki/Dessert) salads, sweet versions usually containing [gelatin](http://en.wikipedia.org/wiki/Gelatin) or [whipped cream](http://en.wikipedia.org/wiki/Whipped_cream).

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 **Etymology**





A [Crab Louie](http://en.wikipedia.org/wiki/Crab_Louie) with [peppers](http://en.wikipedia.org/wiki/Bell_pepper) on the side.

The word "salad" comes from the [French](http://en.wikipedia.org/wiki/French_language) salade of the same meaning, from the [Latin](http://en.wikipedia.org/wiki/Latin) salata (salty), from sal (salt). In English, the word first appears as "salad" or "sallet" in the 14th century.

Salt is associated with salad because vegetables were seasoned with [brine](http://en.wikipedia.org/wiki/Brine) or salty oil-and-vinegar dressings during [Roman](http://en.wikipedia.org/wiki/Ancient_Rome) times.[[1]](http://en.wikipedia.org/wiki/Salad#cite_note-etymonline-0)

The terminology "[salad days](http://en.wikipedia.org/wiki/Salad_days)", meaning a "time of youthful inexperience" (on notion of "green"), is first recorded by Shakespeare in 1606, while the use of [salad bar](http://en.wikipedia.org/wiki/Salad_bar) first appeared in American English in 1976.

The term "salad" is commonly mistaken as the term for prepared [lettuce](http://en.wikipedia.org/wiki/Lettuce).

 **History**

Food historians say the Romans and ancient Greeks ate mixed greens and dressing.[[2]](http://en.wikipedia.org/wiki/Salad#cite_note-1)[[3]](http://en.wikipedia.org/wiki/Salad#cite_note-2) In his 1699 book, Acetaria: A Discourse on Sallets, [John Evelyn](http://en.wikipedia.org/wiki/John_Evelyn) attempted with little success to encourage his fellow Britons to eat fresh salad greens.[[4]](http://en.wikipedia.org/wiki/Salad#cite_note-3) Royalty dabbled in salads: [Mary, Queen of Scots](http://en.wikipedia.org/wiki/Mary%2C_Queen_of_Scots), ate boiled [celery root](http://en.wikipedia.org/wiki/Celery_root) over salad covered with creamy mustard dressing, [truffles](http://en.wikipedia.org/wiki/Truffle_%28fungi%29), [chervil](http://en.wikipedia.org/wiki/Chervil), and slices of [hard-boiled eggs](http://en.wikipedia.org/wiki/Hard-boiled_egg).

The [United States](http://en.wikipedia.org/wiki/United_States) popularized salads in the late 19th century and other regions of the world adopted them throughout the second half of the 20th century. From [Europe](http://en.wikipedia.org/wiki/Europe) and the [Americas](http://en.wikipedia.org/wiki/Americas) to [China](http://en.wikipedia.org/wiki/China), [Japan](http://en.wikipedia.org/wiki/Japan), and [Australia](http://en.wikipedia.org/wiki/Australia), premade salads are sold in [supermarkets](http://en.wikipedia.org/wiki/Supermarket), at [restaurants](http://en.wikipedia.org/wiki/Restaurants) (restaurants will often have a "[Salad Bar](http://en.wikipedia.org/wiki/Salad_bar)" laid out with salad-making ingredients, which the customers will use to put together their salad) and at [fast food](http://en.wikipedia.org/wiki/Fast_food) chains. In the US market, fast food chains such as [McDonald's](http://en.wikipedia.org/wiki/McDonald%27s) and [KFC](http://en.wikipedia.org/wiki/KFC), that typically sold [hamburgers](http://en.wikipedia.org/wiki/Hamburgers), [fries](http://en.wikipedia.org/wiki/French_fries), and [fried chicken](http://en.wikipedia.org/wiki/Fried_chicken), now also sell packaged salads to appeal to the health-conscious customers.

 **Types of salads**

 **Green salad**





A Green Salad

The "green salad" or "[garden salad](http://en.wikipedia.org/wiki/Garden_salad)" is most often composed of [leafy vegetables](http://en.wikipedia.org/wiki/Leafy_vegetable) such as [lettuce](http://en.wikipedia.org/wiki/Lettuce) varieties, [spinach](http://en.wikipedia.org/wiki/Spinach), or [rocket (arugula)](http://en.wikipedia.org/wiki/Eruca_sativa). Due to their low caloric density, green salads are a common diet food. The salad leaves may be cut or torn into bite-sized fragments and tossed together (called a tossed salad), or may be placed in a predetermined arrangement (a composed salad).

 **Vegetable salad**

Vegetables other than greens may be used in a salad. Common vegetables used in a salad include [cucumbers](http://en.wikipedia.org/wiki/Cucumber), [peppers](http://en.wikipedia.org/wiki/Bell_pepper), [tomatoes](http://en.wikipedia.org/wiki/Tomato), [mushrooms](http://en.wikipedia.org/wiki/Mushroom), [onions](http://en.wikipedia.org/wiki/Onion), [spring onions](http://en.wikipedia.org/wiki/Scallion), [red onions](http://en.wikipedia.org/wiki/Red_onion), [avocado](http://en.wikipedia.org/wiki/Avocado), [carrots](http://en.wikipedia.org/wiki/Carrot), [celery](http://en.wikipedia.org/wiki/Celery), and [radishes](http://en.wikipedia.org/wiki/Radish). Other ingredients, such as [olives](http://en.wikipedia.org/wiki/Olive_%28fruit%29), [hard boiled egg](http://en.wikipedia.org/wiki/Boiled_egg), [artichoke hearts](http://en.wikipedia.org/wiki/Artichoke), [heart of palm](http://en.wikipedia.org/wiki/Heart_of_palm), [roasted red bell peppers](http://en.wikipedia.org/wiki/Bell_pepper), [green beans](http://en.wikipedia.org/wiki/Green_bean), [croutons](http://en.wikipedia.org/wiki/Crouton), [cheeses](http://en.wikipedia.org/wiki/Cheese), [meat](http://en.wikipedia.org/wiki/Meat) (e.g. [bacon](http://en.wikipedia.org/wiki/Bacon), [chicken](http://en.wikipedia.org/wiki/Chicken_%28food%29)), or [seafood](http://en.wikipedia.org/wiki/Seafood) (e.g. [tuna](http://en.wikipedia.org/wiki/Tuna), [shrimp](http://en.wikipedia.org/wiki/Shrimp)), are sometimes added to salads.

 **Bound salad**





American-style potato salad with egg and mayonnaise

A "bound" salad can be composed (arranged) or tossed (put in a bowl and mixed with a thick dressing). They are assembled with thick sauces such as [mayonnaise](http://en.wikipedia.org/wiki/Mayonnaise). One portion of a true bound salad will hold its shape when placed on a plate with an ice-cream scoop. Examples of bound salad include [tuna salad](http://en.wikipedia.org/wiki/Tuna_salad), [pasta salad](http://en.wikipedia.org/wiki/Pasta_salad), [chicken salad](http://en.wikipedia.org/wiki/Chicken_salad), [egg salad](http://en.wikipedia.org/wiki/Egg_salad), and [potato salad](http://en.wikipedia.org/wiki/Potato_salad).

Bound salads are often used as [sandwich](http://en.wikipedia.org/wiki/Sandwich) fillings. They are also popular at picnics and barbecues, because they can be made ahead of time and refrigerated.

 **Main course salads**

[Main course](http://en.wikipedia.org/wiki/Main_course) salads (also known as "dinner salads" and commonly known as "entrée salads" in North America) may contain grilled or fried chicken pieces, seafood such as grilled or fried shrimp or a fish steak such as [tuna](http://en.wikipedia.org/wiki/Tuna), [mahi-mahi](http://en.wikipedia.org/wiki/Mahi-mahi), or [salmon](http://en.wikipedia.org/wiki/Salmon). Sliced [steak](http://en.wikipedia.org/wiki/Steak), such as [sirloin](http://en.wikipedia.org/wiki/Sirloin) or skirt, can be placed upon the salad. [Caesar salad](http://en.wikipedia.org/wiki/Caesar_salad), [Chef salad](http://en.wikipedia.org/wiki/Chef_salad), [Cobb salad](http://en.wikipedia.org/wiki/Cobb_salad), [Greek salad](http://en.wikipedia.org/wiki/Greek_salad), and [Michigan salad](http://en.wikipedia.org/wiki/Michigan_salad) are types of dinner salad.

 **Fruit salads**

Fruit salads are made of fruit, and include the [fruit cocktail](http://en.wikipedia.org/wiki/Fruit_cocktail) that can be made fresh or from canned fruit.

 **Dessert salads**

Dessert salads rarely include leafy greens and are often sweet. Common variants are made with [gelatin](http://en.wikipedia.org/wiki/Gelatin) or [whipped cream](http://en.wikipedia.org/wiki/Whipped_cream); e.g. [jello salad](http://en.wikipedia.org/wiki/Jello_salad), [pistachio salad](http://en.wikipedia.org/wiki/Pistachio_salad), and [ambrosia](http://en.wikipedia.org/wiki/Ambrosia_%28fruit_salad%29). Other forms of dessert salads include [snickers salad](http://en.wikipedia.org/wiki/Snickers_salad), [glorified rice](http://en.wikipedia.org/wiki/Glorified_rice), and [cookie salad](http://en.wikipedia.org/wiki/Cookie_salad) popular in parts of the Midwestern United States.

**Examples of salads**



noodle salad



Fruit salad

 **World salads**

Main article: [List of salads](http://en.wikipedia.org/wiki/List_of_salads)

**Other salads**

The following is a list of additional salads:

* [Bean salad](http://en.wikipedia.org/wiki/Bean_salad)[Broccoli slaw](http://en.wikipedia.org/wiki/Broccoli_slaw)[Caesar salad](http://en.wikipedia.org/wiki/Caesar_salad)
* [Candle salad](http://en.wikipedia.org/wiki/Candle_salad)Caprese salad[Chef salad](http://en.wikipedia.org/wiki/Chef_salad)[Chicken salad](http://en.wikipedia.org/wiki/Chicken_salad)
* [Chinese chicken salad](http://en.wikipedia.org/wiki/Chinese_chicken_salad)[Coleslaw](http://en.wikipedia.org/wiki/Coleslaw)[Congealed salad](http://en.wikipedia.org/wiki/Congealed_salad)
* [Cookie salad](http://en.wikipedia.org/wiki/Cookie_salad)[Crab Louie salad](http://en.wikipedia.org/wiki/Crab_Louie)[Çoban Salatası](http://en.wikipedia.org/w/index.php?title=%C3%87oban_Salatas%C4%B1&action=edit&redlink=1) (Turkish Salad)[Egg salad](http://en.wikipedia.org/wiki/Egg_salad)
* [Eggplant salad](http://en.wikipedia.org/wiki/Eggplant_salad)[Fattoush](http://en.wikipedia.org/wiki/Fattoush)Fruit salad[Gado-gado](http://en.wikipedia.org/wiki/Gado-gado)[Gỏi ngó sen](http://en.wikipedia.org/wiki/Vietnamese_cuisine) - a Vietnamese salad
* [Greek salad](http://en.wikipedia.org/wiki/Greek_salad)[Ham salad](http://en.wikipedia.org/wiki/Ham_salad)[Israeli salad](http://en.wikipedia.org/wiki/Israeli_salad)Larb[Macaroni salad](http://en.wikipedia.org/wiki/Macaroni_salad)
* [Niçoise salad](http://en.wikipedia.org/wiki/Ni%C3%A7oise_salad)[Panzanella](http://en.wikipedia.org/wiki/Panzanella)[Pasta salad](http://en.wikipedia.org/wiki/Pasta_salad)[Potato salad](http://en.wikipedia.org/wiki/Potato_salad)Salad Olivier[Salmagundi](http://en.wikipedia.org/wiki/Salmagundi)[Seven-layer salad](http://en.wikipedia.org/wiki/Seven-layer_salad)[Shopska salad](http://en.wikipedia.org/wiki/Shopska_salad)[Somen salad](http://en.wikipedia.org/wiki/Somen_salad)[Som tam](http://en.wikipedia.org/wiki/Som_tam)[Tabouli](http://en.wikipedia.org/wiki/Tabouli)[Taco salad](http://en.wikipedia.org/wiki/Taco_salad)
* [Thai salads](http://en.wikipedia.org/wiki/Thai_salads)[Tuna salad](http://en.wikipedia.org/wiki/Tuna_salad)[Waldorf salad](http://en.wikipedia.org/wiki/Waldorf_salad)[Watergate salad](http://en.wikipedia.org/wiki/Watergate_salad)

**Dressings**



A dish of [American](http://en.wikipedia.org/wiki/Cuisine_of_the_United_States)-style [Italian dressing](http://en.wikipedia.org/wiki/Italian_dressing).



[Thousand Island dressing](http://en.wikipedia.org/wiki/Thousand_Island_dressing) on a salad

Sauces for salads are often called "dressings". The concept of salad dressing varies across cultures.

In Western culture, there are three basic types of salad dressing:

* [Vinaigrette](http://en.wikipedia.org/wiki/Vinaigrette)
* Creamy dressings, usually [mayonnaise](http://en.wikipedia.org/wiki/Mayonnaise)-based, but which may also contain [yogurt](http://en.wikipedia.org/wiki/Yogurt), [sour cream](http://en.wikipedia.org/wiki/Sour_cream), [buttermilk](http://en.wikipedia.org/wiki/Buttermilk), [milk](http://en.wikipedia.org/wiki/Milk), or [crème fraiche](http://en.wikipedia.org/wiki/Cr%C3%A8me_fraiche)
* Cooked dressings, which resemble creamy dressings, but are usually thickened by adding [egg yolks](http://en.wikipedia.org/wiki/Egg_yolk) and gently heating.

Vinaigrette [/](http://en.wikipedia.org/wiki/Wikipedia%3AIPA_for_English)[vɪnəˈɡrɛt](http://en.wikipedia.org/wiki/Wikipedia%3AIPA_for_English#Key)[/](http://en.wikipedia.org/wiki/Wikipedia%3AIPA_for_English) is a mixture ([emulsion](http://en.wikipedia.org/wiki/Emulsion)) of [salad oil](http://en.wikipedia.org/wiki/Salad_oil) and [vinegar](http://en.wikipedia.org/wiki/Vinegar), often flavored with [herbs](http://en.wikipedia.org/wiki/Herb), [spices](http://en.wikipedia.org/wiki/Spice), salt, pepper, sugar, and other ingredients. It is used most commonly as a [salad dressing](http://en.wikipedia.org/wiki/Salad#Dressings), but also as a sauce or marinade.

In North America, mayonnaise-based [Ranch dressing](http://en.wikipedia.org/wiki/Ranch_dressing) is most popular, with vinaigrettes and Caesar-style dressing following close behind.[[7]](http://en.wikipedia.org/wiki/Salad#cite_note-6) Traditional dressings in France are [vinaigrettes](http://en.wikipedia.org/wiki/Vinaigrette), typically mustard-based, while [mayonnaise](http://en.wikipedia.org/wiki/Mayonnaise) is predominant in [eastern European countries](http://en.wikipedia.org/wiki/Eastern_Europe) and [Russia](http://en.wikipedia.org/wiki/Russia). In [Denmark](http://en.wikipedia.org/wiki/Denmark), dressings are often based on [crème fraîche](http://en.wikipedia.org/wiki/Cr%C3%A8me_fra%C3%AEche). In southern Europe, salad is generally dressed by the diner with oil and vinegar.

In [Asia](http://en.wikipedia.org/wiki/Asia), it is common to add [sesame oil](http://en.wikipedia.org/wiki/Sesame_oil), [fish sauce](http://en.wikipedia.org/wiki/Fish_sauce), [citrus](http://en.wikipedia.org/wiki/Citrus) juice, or [soy sauce](http://en.wikipedia.org/wiki/Soy_sauce) to salad dressings.[

The following are examples of common salad dressings:

* [Blue cheese dressing](http://en.wikipedia.org/wiki/Blue_cheese_dressing)
* [Caesar dressing](http://en.wikipedia.org/wiki/Caesar_salad)
* [Extra virgin olive oil](http://en.wikipedia.org/wiki/Extra_virgin_olive_oil)
* [French dressing](http://en.wikipedia.org/wiki/French_dressing)
* [Ginger dressing](http://en.wikipedia.org/wiki/Ginger_dressing)
* [Honey Dijon](http://en.wikipedia.org/wiki/Honey_mustard)
* [Hummus](http://en.wikipedia.org/wiki/Hummus)
* [Italian dressing](http://en.wikipedia.org/wiki/Italian_dressing)
* [Louis dressing](http://en.wikipedia.org/wiki/Louis_dressing)
* [Ranch dressing](http://en.wikipedia.org/wiki/Ranch_dressing)
* [Russian dressing](http://en.wikipedia.org/wiki/Russian_dressing)
* [Tahini](http://en.wikipedia.org/wiki/Tahini)
* [Thousand Island dressing](http://en.wikipedia.org/wiki/Thousand_Island_dressing)
* [Vinaigrette](http://en.wikipedia.org/wiki/Vinaigrette)
* [Wafu dressing](http://en.wikipedia.org/wiki/Wafu_dressing)

 **Toppings and garnishes**

Popular salad garnishes are nuts, croutons, [anchovies](http://en.wikipedia.org/wiki/Anchovy), [bacon bits](http://en.wikipedia.org/wiki/Bacon) (real or imitation), [garden beet](http://en.wikipedia.org/wiki/Garden_beet), [bell peppers](http://en.wikipedia.org/wiki/Bell_peppers), shredded [carrots](http://en.wikipedia.org/wiki/Carrot), diced [celery](http://en.wikipedia.org/wiki/Celery), [watercress](http://en.wikipedia.org/wiki/Watercress), sliced [cucumber](http://en.wikipedia.org/wiki/Cucumber), [parsley](http://en.wikipedia.org/wiki/Parsley), sliced [mushrooms](http://en.wikipedia.org/wiki/Mushroom), sliced red [onion](http://en.wikipedia.org/wiki/Onion), [radish](http://en.wikipedia.org/wiki/Radish), [french fries](http://en.wikipedia.org/wiki/French_fries), [sunflower](http://en.wikipedia.org/wiki/Sunflower) seeds (shelled), real or artificial crab meat ([surimi](http://en.wikipedia.org/wiki/Surimi)) and cherry [tomatoes](http://en.wikipedia.org/wiki/Tomato). Various cheeses, berries, seeds and other ingredients can also be added to green salads. Cheeses, in the form of cubes, crumbles, or grated, are often used, including [blue cheese](http://en.wikipedia.org/wiki/Blue_cheese), [Parmesan cheese](http://en.wikipedia.org/wiki/Parmesan_cheese), and [feta cheese](http://en.wikipedia.org/wiki/Feta_cheese). Color considerations are sometimes addressed by using edible flowers, red radishes, carrots, various colors of peppers, and other colorful ingredients.

 **Salad records**



Largest lettuce salad in the world.

The [moshav](http://en.wikipedia.org/wiki/Moshav) (agricultural village) of [Sde Warburg](http://en.wikipedia.org/wiki/Sde_Warburg), [Israel](http://en.wikipedia.org/wiki/Israel), holds the [Guinness World Record](http://en.wikipedia.org/wiki/Guinness_World_Record) for the largest lettuce salad, weighing 10,260 kg. The event, held on 10 November 2007, was part of the 70th anniversary celebration of the founding of the moshav. The salad was sold to participants and onlookers alike for 10 [NIS](http://en.wikipedia.org/wiki/Israeli_new_sheqel) per bowl, raising 100,000 NIS (over $25,000) to benefit [Aleh Negev](http://en.wikipedia.org/wiki/Aleh_Negev), a rehabilitative village for young adults suffering from severe physical and cognitive disabilities. Major General (Res.) [Doron Almog](http://en.wikipedia.org/wiki/Doron_Almog), Chairman of Aleh Negev was present to accept the donation and commended the residents, who had grown the lettuce and prepared the salad on the moshav. The volunteer effort to prepare the salad itself took all day and most of the residents, ranging from many of the original founders of the moshav to young children, participated

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