

Salad



The salad you make must contain a wide range of ingredients and you need to have **at least one ingredient from each section**. The product you make will be cold, it will be a single portion and it must offer a range of nutritional qualities. **You need to demonstrate your cutting skills in the lesson so please do not prepare / cut all the ingredients at home.**

Please bring a container to carry your starch based salad home in.

Ingredients:

Starch	Binder / Sauce (Fat)	Protein	Dairy	Fruit & Vegetables	Other
50 - 75g Pasta, Rice, Cooked Potatoes, Couscous	50 - 100g Mayonnaise, Salad Cream, French Dressing, Vinaigrette, Own Choice	50 - 75g Cooked Ham, Cooked Chicken, Hard Boiled Egg, Tuna, Salmon, Prawns	50g Cheese: Cheddar, Red Leicester, Brie, Stilton Cottage Cheese Yoghurt	50 - 75g Salad Vegetables, Onion (Red / White, Spring, Chives), Fresh / Tinned / Dried Fruits	Nuts Fresh / Dried Herbs Dried Fruit Spices Seeds

Method:

- Bring a small saucepan of water to the boil and then add the pasta / rice. Simmer for about 10-12 minutes (check the packet instructions).
- While the pasta is cooking, prepare the other ingredients:
 - Prepare your vegetables and fruits
 - Prepare your protein food
 - Prepare your dairy food
 - Prepare your binder (sauce)
 - Prepare any other ingredients
- Once the pasta / rice is cooked, drain the boiling hot water away from the pasta / rice into a colander in the sink. Cool the pasta by rinsing it under the cold tap for a few moments. Drain well.
- Place the pasta in the serving dish and add your other ingredients.
- Lastly, add your binder (sauce).
- Store the finished salad in the fridge.

