Culinary Art

Level- I

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Module Title: Preparing Salad and Sandwiches

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Acknowledgement

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Introduction to the Module

In culinary art filed: Prepare Salads and Sandwiches help to prepare and present salad and Sandwiches in a commercial kitchen or catering operation. Sandwiches may be classical or modern, hot or cold, of varying cultural and ethnic origins and use a variety of fillings and types of bread

This module is designed to meet the industry requirement under the culinary art occupational standard, particularly for the unit of competency: - Prepare Salad and sandwiches

This Module covers the units:

- Preparing and Presenting a variety of Salads and Dressings
- Preparing and Presenting a Variety of Sandwich
- Storing Sandwiches and Salads

Learning objectives of the Module

- Prepare and Present a variety of Salads and Dressings
- Prepare and Present a Variety of Sandwiches
- Store Sandwiches and Salads

Module Learning Instructions:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described below.
3. Read the information written in the information Sheets
4. Accomplish the Self-checks
5. Perform Operation Sheets
6. Do the “LAP test”

Unit one: Preparing and Presenting a variety of Salads and Dressings

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- Tools and Equipment
- Hygiene practices
- Selection of suitable Ingredients
- Preparing Types of Salads
- Preparing salad Sauce and Dressings
- Portioning and Presenting Salads Attractively

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Identify tools and Equipment to prepare salad dishes
- Follow appropriate Practice Hygiene to avoid potential food born illness
- Select fresh and seasonal Ingredients of salad dishes
- Prepare Salad dishes
- Prepare Sauces and Dressings for salad dishes
- Portion and Present Salad dishes Attractively

1.1. Tools and equipment for salad dishes

Grater/Shredder- A grater (also known as a shredder) is a kitchen utensil used to grate foods into fine pieces.

Grill pan- Used for salad toppings to be broiled or grilled.

Peeler- is a kitchen tool consisting of a slotted metal blade attached to handle that is used to remove the outer skin or peel of certain vegetables, frequently potatoes and carrots, and fruits such as apples, pears.

Salad Spinner- used to hold just washed salad leave in a slotted basket that is made to spin by hand and thus fling all the water off the leaves in to the outer container.

Mixing bowls- used to mix dressings, marinate ingredients, hold separate elements of a salad before assembling and used to toss and mix all the ingredients together. Used bowls made of sturdy, heavy glass wares or ceramic, so as not to react with acidic ingredients.

Salad servers- "Salad sets" with big salad bowls, serving bowls and servers Select materials having enough surfaces to really grasp the ingredients of salad, no matter how slippery and thus making tossing easier.

Citrus zester- is approximately four inches long, with a handle and a curved metal end, the top of which is perforated with a row of round holes with sharpened rims. - To operate, the zester is pressed with moderate force against the fruit and drawn across its peel. The rims cut the zest from the pith under neath.

Knives- good quality knives with sharp, sturdy stainless steel blades and with handles that securely attached and that feel perfectly comfortable in your hand.

Cutting Board- is a durable board on which to place ingredients for cutting.

Hygiene practices

Hygiene is a practice of keeping oneself and their surrounding clean especially to prevent illness or the spread of disease. Hygiene procedures are required for all areas of the food preparation.

These procedures vary according to the tasks required and the business policy standards. Some examples of specific practices for specific areas include:

- **Kitchen/food preparation areas** – correct hand washing and food safety procedures should always be followed
- **Food service areas** – gloves should be used for handling food and for food preparation
- **Storage areas** – cooked and uncooked foods should be stored at the correct temperatures.
- **Garbage storage and disposal** – correct handling and hand-washing procedures should be observed when disposing of kitchen and accommodation garbage.
- All other kitchen areas

Selection of suitable Ingredients

Some of Suitable ingredients used to prepare salads are:

- Vegetables ingredients
- Fruit ingredients
- Farinaceous ingredients
- Meat and Fish ingredients
- Oils
- Vinegars
- Mustard
- Seasoning

1.1.1. vegetable ingredients

Any vegetable can be used in salads. Some root vegetables will need to be cooked before they are edible in a salad. Example: potato, pumpkin, sweet potato.

Vegetables are broken into 2 main categories:

Root Vegetables include vegetables derived from roots, bulbs and tubers of plants.

Green Vegetables Include vegetables derived from leaves, stems, flowers, fruits, legumes and seeds of plants

A. Root vegetables for salads

- Carrot: can be raw, shredded, sliced or cut to size, roasted to add extra flavour then chilled for salad

- Parsnip: For salad is best roasted then chilled
- Radish: Served raw, sliced or quartered
- Onion: Can be used raw, thinly sliced or roasted. Many varieties
- Potato: Needs to be cooked boiled or oven roasted
- Sweet Potato: Needs to be cooked boiled or oven roasted
- Beetroot: Can be shredded and eaten raw but is best served separate as it will stain everything. Normally boiled allowed to cool



Figure 1.1 Root Vegetable

B. Leaf vegetables for salads

- Cabbage: Can be raw, shredded, sliced or cut to size, addition of vinegars break down leaf structure
- Lettuce: Always a base with other vegetables to add interest: Refer salad greens previous pages
- Spinach: Served raw, baby spinach best for salads
- Witlof: Used raw thinly sliced or roasted.



Figure 1.2.Leafy vegetables

C. Stem Vegetables suitable for salads

- Asparagus: Can be blanched quickly then refreshed, grilled and then chilled
- Celery：Slice thinly
- Fennel: Shaved thinly
- Bamboo shoots
- Canned: thinly sliced

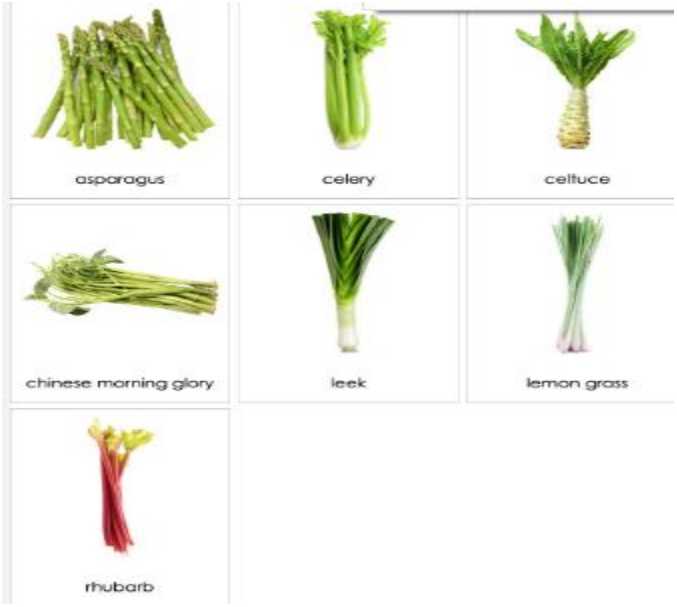


Figure1.3.Stem Vegetable

D. Flower Vegetables for salads

- Broccoli: Blanched then chilled
- Cauliflower: Blanched or roasted, then chilled

E. Fruit vegetables for salads

- Avocado Many varieties, diced and tossed with dressing
- Capsicum Many varieties, can be raw or roasted
- Cucumber Raw, sliced thinly or cubed
- Eggplant Thinly sliced then grilled, chilled
- Tomato Many varieties, sliced and chopped
- Zucchini Thinly sliced then grilled, chilled

F. Legumes for salads

- Beans, Green Blanched then chilled
- Chick peas Soaked then poach until tender, chilled
- Sweet corn Boiled then chilled
- Peas Blanched then chilled

A fruit can be defined as a food derived from botanical world that contains seed pods inside sweet flesh.

- Fruits are classified into the following groups:
  - ✓ Soft fruits
  - ✓ Stone fruits
  - ✓ Hard fruits
  - ✓ Citrus
  - ✓ Tropical
  - ✓ Miscellaneous



Figure.1.5.Fruit Vegetable

G. Farinaceous ingredients

Pasta, lentils, beans, cous, Salads have always been a good way of using left over pasta. Pasta does not have a flavour of its own. The texture of pasta or noodles is what is important. Give it a well-rounded sauce and it will bulk salad very well. Pasta needs to be cooked al dente, but some people like to cook it more when used in salad. Cold pasta is nutritionally very good for the human gut. Cooked lentils and beans are nutritious and are excellent additions to salads. They offer textural diversity.



Figure 1.6.Farinaceous

H. Meat and Fish for salads

Although a lot of people feel that a salad should purely consist of vegetables and fruit

Many people incorporate meat or fish to provide them with a complete meal. Some of the most famous salads people now eat such as Caesar's incorporate healthy amounts of lean meat or fish into them.

I. Oils

Edible oils group all fats which are liquid at room (or near room) temperature. They are used in salads for flavour, overall texture and balance.

The number of oils that can be used to make salads is only limited by imagination, practicality and availability. The following list highlights some of the more commonly used oils:

- ✓ Neutral flavour and aromas: Sunflower, Safflower, Grape seed, Canola
- ✓ **Strong or noticeable flavour and aromas:** Olive Virgin olive, Walnut, Hazelnut, Rose (strong and expensive), Chilli (very strong) Sesame



Figure1.7. Oil

J. Vinegars

Vinegar is an acidic liquid made by fermenting wine, cider, sherry, etc. Due to its acidity, it is used for preserving food, as an accompaniment, or as part of a dressing in a salad. The actual sourness of the vinegar accentuates the flavour of the ingredients used in salads.

Whilst there may be a wide range of flavoured vinegars available, i.e. herbed, and spiced, etc., most vinegar have been made from a wine, sherry or cider base. Some of the more common vinegars available for salad making include:

- ✓ White wine
- ✓ Red wine
- ✓ Cider
- ✓ Balsamic (unfermented white wine base)
- ✓ Malt
- ✓ White



Figure 1.8.Vinegar

K. Mustard

It¹s made from the select yellow mustard seed, blended with vinegar and spices. Fresh turmeric gives it the vibrant golden yellow. It's one of the world's most popular condiments.



Figure.1.9. Mustard

L. Seasoning: is used to mean what is used to add flavor to food, generally salt and pepper.



Figure.1.10. Pepper & Salt

Preparing types of Salads

Salad is a broadly used term to describe a dish (or series of dishes) which are prepared with one ingredient as the feature, or a combination of ingredients and flavours.

1.1.2. Classification of salads

The easiest way to establish where salads fit in the scheme of things is to classify them in the following ways:

A. Simple

A salad where one ingredient is the main feature: it is usually a vegetable or leafy green or tomato based and may have dressing added.

Examples include:

- ✓ Tomato salad
- ✓ Lettuce salad
- ✓ Cucumber salad.

B. Mixed/Compound Salad

A salad that has two or more main ingredients as well as dressing

Examples include:

- Coleslaw (shredded cabbage, onion, carrot and capsicum with mayonnaise or simple
- vinaigrette dressing)
- Tabouli salad: (parsley, onion, tomato and buckwheat)
- Greek salad. (Tomato, cucumber, onion, black olive, feta cheese, dressing, herbs)

C. Classical Salads

Based on French cuisine:

This term refers to all traditional salads which are based on French-influenced cuisine and tradition

Examples include:

- Salad Nicoise: (French beans, potatoes, tomatoes, anchovy, olives, capers and French dressing)
- Salad Waldorf: (Celery, apple, chopped walnuts, mayonnaise and cream).

D. Modern Salads

A term used to classify any contemporary developments in salads, which may use previously unavailable ingredients or adopted international cuisines, particularly Asian and Italian or Mediterranean.

Examples of 'modern' styles of salads include:

- **Thai Beef Salad**: (thin sliced strips of cooked beef, crushed peanuts, mint, coriander, bamboo shoots, vegetable strips such as, palm sugar, soy, ginger, garlic, chilli and lemon juice)
- **Mesclune**: (array of leafy greens, i.e. radicchio, rocket, mâche, mignonette, butter, endive, cos and oak leaf
- **Garden salads**
    - A tossed salad made with vegetables that are commonly grown in a garden (such as lettuce, tomato, and cucumber)
- **Warm Salads** – This salad contain a warm or cooked item as one of its ingredient. For example a salad containing cooked meat will be known as a warm salad. The presence of warm ingredients makes these salads desirable during winters.

- **Cold Salads**- Raw greens (such as lettuce) or uncooked ingredient often combined with other vegetables and toppings and served especially with dressing

1.1.3. Parts of Salad

The 4 components of a salad are the **base, body, dressing and garnish**. The base of a salad is the greens or leaves that line the bottom of the salad. The body is the meat, vegetables, or fruit. The dressing is what coats the salad. The garnish includes cheese, nuts, and herbs for the top of the salad.

A. Base or Under-liner

The base is a layer of leafy vegetables as an under liner of the salad such as Boston lettuce, Romaine, Iceberg, Radicchio, Endive, Red oak lettuce, Spinach, Arugula, Cabbage, etc.

Don't use the base for tossed Salad because they are piled in bowls.

B. Body

The most important part of the salads. The body of the salad is the main ingredient. It may include vegetables, fruits, meats, beans, eggs, pasta, or cheeses.

The ingredients used have a balance of flavor and testes.

This part gets the most attention and its appearance is enhanced by decorations.

The salad gets its name from the ingredients that are used for the body

C. Garnish

The garnish of the salad adds color and appeal, and sometimes flavor.

It must be edible, and may be as simple as a sprinkling of cheese crumbs, seeds, nuts or spice.

The main purpose of the garnish is to add an eye appeal to the finished product, but in some cases, it improves the taste and form.

D. Salad Dressing

The dressing is a liquid or semi-liquid used to flavor, moisten, or enrich the salad (palatability and appearance).

The dressing is usually served with all types of salads. It adds flavor, provides food value, helps digestion, and improves palatability and appearance.

THE STRUCTURE OF A SALAD

The four basic parts of a salad are base, body, garnish and dressings. Salads may or may not have all four parts.

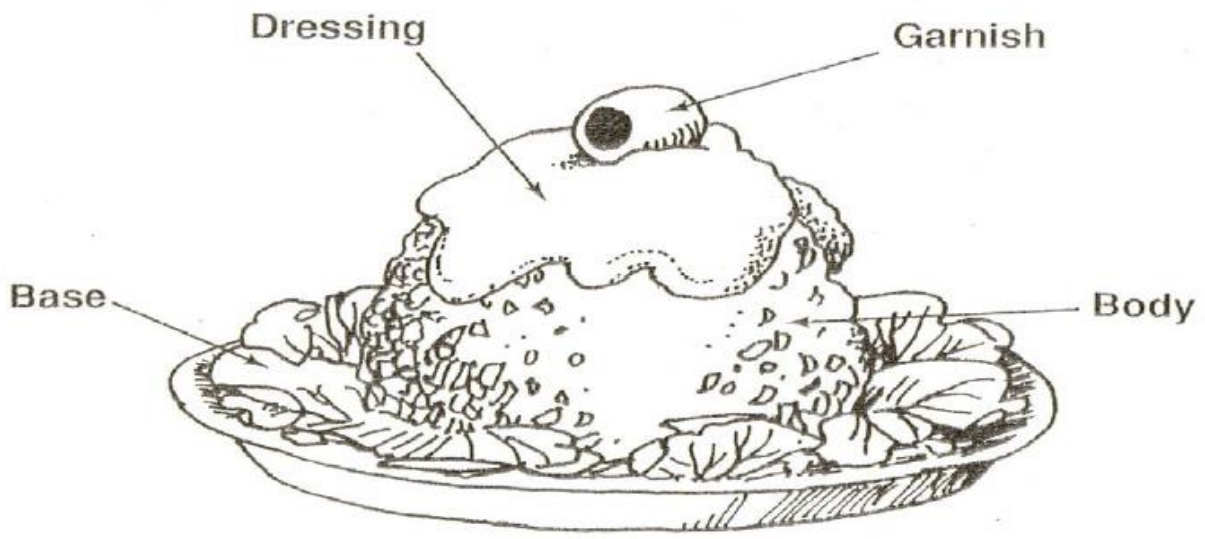


Figure.1.10. Parts of salad

1.1.4. Guide lines of preparing salads

- **Washing and drying:** All fresh fruit and vegetable salad ingredients should be washed, trimmed, and dried before use. Salad greens can be dried in a salad spinner or with clean, dry tea towels. All mise en places should be assembled and kept covered in a cool room until you are ready to put the salad together.
- **Cutting:** The cut and the size of ingredients should relate to the manner in which they will be eaten. Cutting of ingredients must be precise (except for larger leafed salad greens where they may be torn rather than cut); all items should be identifiable and neat. It is always a good idea to toss cut ingredients including fruits such as apples with lemon juice to prevent browning.
- **Color and texture:** There should be contrasts in color and texture to add interest to a salad. Crisp salad greens with creamy avocado provide a textural contrast; crisp salad greens with fresh, crisp red capsicum contrasts the color of the ingredients. In mixed salads always use a range of colors and textures and never add too much of one ingredient.

- **Flavors:** A balance of flavors in a salad is essential. Ingredients should complement each other. Blander ingredients may be contrasted with a sharper or more flavorsome dressing, whilst ingredients with more pronounced flavors might require a milder dressing. A poorly chosen or badly flavored dressing will ruin a salad.

Prepare salad Sauce and Dressing

Salad Sauce or dressings is a type of sauce which is generally poured on a salad or spread on the bread of a sandwich or usually seasoned mixture of liquids that is added to a salad.

Dressings are used to Lubricate, Flavour, Add food value, to bind together and Ads shine and gives pleasing appearance to salads

1.1.5. Salad Dressing

- Dressing heightens the flavour of the salad making it palatable and improves the appearance and hence, it is a very important part of the salad.
- Dressing is usually in a liquid or semi-liquid form.
- The dressing is made keeping in mind the ingredients used in the salad. The dressing improves the food value of the salad.
- The dressing should complement the ingredients being used.
- The modern concept of using flavoured oils and reducing the use of fruit juice and extracts in salads is a trend that is fast catching up.

1.1.6. Types of Salad Dressing

A. Oil-based Dressings:

These dressings are temporary emulsions consisting olive oil and vinegar, commonly called vinaigrette. The oil and vinegar emulsion is the most common of all dressings used in salads. It is important to whisk the dressing so as to prevent the emulsion from separating. It is very important to use a good quality of olive oil and vinegar, in order to get good vinaigrette. The dressing can be made in bulk and kept for later use.

Given below is a list of oil-based dressings, which are used in varying proportions:

- American – one part oil + one part vinegar
- English – one part oil + two part vinegar

- French – three parts oil + one part vinegar
- Italian – four parts oil + one part vinegar

However, the oil and vinegar/water separate, with the oil rising to the surface, on standing. Such dressings therefore need to be whisked just before application. Oil-based dressings are best held/stored at near room temperature.

The guidelines given below should be followed when making, holding, and applying vinaigrette products:

1. For production, choose good quality ingredients, namely oil, vinegar, fresh herbs, and flavourings.
2. Prepare and mix dressings well in advance allowing the flavours to fully infuse with each other.
3. Hold/store prepared oil-based dressings at near room temperature for best results. Holding in the fridge will cause the emulsion to separate.
4. Always re-emulsify the dressings (by agitation or whisking) just before use to ensure the dressing is thoroughly blended together. Oil-based dressings are best stored in squeeze bottles, as it is easy to blend the emulsion by vigorously shaking the same and dispensing also becomes easy.
5. Ensure the ingredients being flavoured/moistened have been properly prepared (for example, drained/dried) before the dressing is applied, otherwise the dressing will not coat the salad. Instead it would separate and form a watery layer beneath the salad, which could be very unappetizing.
6. Do not use excessive amounts of dressing but allow the dressing to lightly coat the ingredients. The tossing technique is an ideal way of achieving this requirement.

B. Fresh Cream-based Dressings:

These kinds of dressings are prepared using fresh cream, which is whipped to a coating consistency. The cream is used to moisten the salad and add to the food value. Cream- based dressings have to be stored under refrigeration and have a very short shelf life; hence, it should be made on a daily basis. Acidulated cream is commonly used in salad dressings, which consists of three parts of thin cream and one part of lemon juice or vinegar, salt, and pepper.

Acidulated cream is often confused with ‘sour cream’. To make sour cream, one has to warm up the cream and add yoghurt culture to it and let it stand in the warm place to set into a curd.

C. Mayonnaise-based Dressings:

Mayonnaise is one of the most popular salad dressings used. It is highly versatile and goes well with fruit, fish, and vegetable-based salads. It should always be stored under refrigerated conditions and should be made in small quantities.

Mayonnaise can also be flavoured with the addition of ingredients such as sun-dried tomato mayonnaise, basil mayonnaise, and mustard mayonnaise, etc. Although mayonnaise is a relatively stable emulsion, conditions may arise which will cause prepared mayonnaise to break or separate into an unacceptable product of curdled appearance.

To prevent this from happening do the following:

- Add a little warm water to the curdled mix and whisk again.
- If the above does not work, then start with another egg yolk and whisk in the curdled emulsion in a thin stream.
- Store and hold mayonnaise in cool conditions (warm or very cold conditions may result in separation).
- Store in suitable sealed containers to reduce skinning and tainting from other strong flavoured products.



D. Natural Yoghurt Dressings:

People are very conscious of their health these days and hence, yoghurt-based dressings are very common on the menus today. Sometimes yoghurt is used as it is and often it is used to lighten and modify mayonnaise or cream-based dressings. It provides a much lighter product with a piquant taste that is so desirable in salads.

Portion and Present salads attractively

Perhaps even more than with most other foods, the appearance and arrangement of a salad are essential to its quality. The colorful variety of salad ingredients gives the chef an opportunity to create miniature works of art on the salad plate. Unfortunately, it is nearly as difficult to give rules for arranging salads as it is for painting pictures because the principles of composition, balance, and symmetry are the same for both arts. It is something you have to develop an eye for, by experience and by studying good examples.

Guidelines for presenting/ Arranging Salads

- ✓ **Keep the salad off the rim of the plate**.

Think of the rim as a picture frame and arrange the salad within this frame. Select the right plate for the portion size, not too large or too small.

- ✓ **Strive for a good balance of colors.**

Plain iceberg lettuce looks pale and sickly all by itself, but it can be enlivened by mixing in darker greens and perhaps a few shreds of carrot, red cabbage, or other colored vegetable. On the other hand, don't go overboard. Sometimes just a few shades of green will create a beautiful effect. Too many colors may look messy.

- ✓ **Height helps make a salad attractive**.

Ingredients mounded on the plate are more interesting than if they are spread flat. Lettuce cups as bases add height. Often just a little height is enough. Arrange ingredients like fruit wedges or tomato slices so they overlap or lean against each other rather than lie flat on the plate.

- ✓ **Cut ingredients neatly.**

Ragged or sloppy cutting makes the whole salad look sloppy and haphazard.

- ✓ **Make every ingredient identifiable.**

Cut every ingredient into large enough pieces that the customer can recognize each immediately. Don't pulverize everything in the buffalo chopper or VCM. Bite-size pieces are the general rule, unless the ingredient can be cut easily with a fork, such as tomato slices. Seasoning ingredients, like onion, may be chopped fine.

- ✓ **Keep it simple.**

A simple, natural arrangement is pleasing. An elaborate design, a gimmicky or contrived arrangement, or a cluttered plate is not pleasing. Besides, elaborate designs take too long to make.

Portioning Salads

For salad and other raw greens, **aim for portions that equal about two baseballs**. With cooked vegetables like broccoli, each portion should be the size of about one baseball

A rough guide portion for each meal is:

- **Vegetables or salad:** Half a plate
- **High-quality protein:** Quarter of a plate —this includes meat, poultry, fish, eggs, dairy, tofu, beans and pulses
- **Complex carbs:** Quarter of a plate — such as whole grains and starchy vegetables
- **High-fat foods:** Half a table spoon (7 grams)— including cheese, oils and butter

Self-Check -2	Written Test

Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page:

Part I. True or False (7point)

----------1.The base is a layer of leafy vegetables as an under liner of the salad

----------2.Body of salad is the most important part of the salads

----------3.The garnish of the salad may not add color and appeal, and sometimes flavor

----------4.Salad Dressing is a liquid or semi-liquid used to flavor, moisten, or enrich the salad

----------5.Modern Salads a term used to classify any contemporary developments in salads

----------6.Warm Salads This salad contain a warm or cooked item as one of its ingredient.

----------7.Cold Salads Raw greens (such as lettuce) or uncooked ingredient often combined with other vegetables and toppings and served especially with dressing

Part II. Write the Short answer for the following Questions

1. List Parts of Salad (4%)

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2. List the classification of salads (4%)

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3. Write the types of salad dressing. (4%)

Operation Sheet 1.1	Technic of Preparing Salad

1.1.Vinaigrette

1tsp Mustard
3-6Tbsp Olive Oil
1Tbspn Vinegar
Pinch of Salt & Pepper

Procedure

- Pour one part vinegar into a bowl. Add salt and pepper. Then add three parts oil, slowly, while whisking. When the mixture comes together, your vinaigrette is done

1.2.Mayonnaise

Ingredients

2pcs Egg yolk
1 cup Vegetable oil
1tsp Mustard
1tsp Vinegar/lemon juice
Pinch of Salt & Pepper

Procedure

- Separate the egg whites from the yolks. Set aside the egg whites for another purpose (like making meringue) and place the egg yolks in the bowl.
- Pour the fresh lemon juice/vinegar into the bowl with the egg yolks and whisk them well.
- Slowly, a few drops at a time, pour the oil into the bowl while whisking constantly. Once the mayonnaise has started to thicken, pour the oil in a slow and steady stream. If

the oil starts to build up at all, stop pouring and whisk the mayonnaise briskly until the oil has incorporated.

- If the mayonnaise starts looking too thick, add vinegar to thin it to the consistency you like.
- Once all the oil has been mixed in, the mayonnaise should be thick and fluffy, with your whisk forming ribbons through the mixture. Season it carefully with fine grain sea salt. Add a small splash of water if you would like a thinner mayonnaise.

1.3. Cucumber Salad

Ingredients

2 thinly sliced English cucumbers

1 teaspoon salt

1 thinly sliced red onion

1 cup distilled white vinegar

1/2 cup water

1/2 cup granulated sugar

2 tablespoons fresh dill minced

Procedures

1. Season cucumbers with salt in a large bowl and let sweat 1 hour.
2. Drain liquids and toss cucumbers with onion slices.
3. In a small saucepan over high heat, pour in white vinegar and water and stir in sugar until dissolved and liquid turns clear, 3 to 5 minutes.
4. Pour over cucumbers and onions. Stir in dill.
5. Cover with plastic wrap and refrigerate 1 hour. Serve cold or at room temperature

1.4. Tomato Salad

Ingredients

1 3/4 lbs.	Grape tomatoes or cherry tomatoes halved
1 (8 oz.) pkg	Fresh mozzarella pearls*
4 cup	Extra virgin olive oil
3 Tbsp.	Red wine vinegar
1 tsp.	Minced garlic
1 tsp.	Honey
1/4 cup	Chopped fresh parsley
2 Tbsp.	Chopped fresh basil
1/2 tsp.	Dried oregano
Salt and freshly ground black pepper	

Procedures

1.For the dressing: In a mixing bowl whisk together olive oil, red wine vinegar, garlic, honey, parsley, basil, oregano and season with salt and pepper to taste.
2. In a medium salad bowl toss together tomatoes with dressing.
3. Add mozzarella and toss.
4. To allow flavors to infuse further let marinate for 30 minutes in the refrigerator, tossing once halfway through.
5. Serve within a few hours of preparing.

Mixed Salad

Ingredients

1 bunch	Lettuce
1 pc	Onion-green
1 pc	Tomato
1 pc	Green pepper/ paprika
½ pc	Cucumber

4 pc Olive seed- black

60 ml Vinaigrette

Producers

1. Wash lettuce, Tomato, Green pepper and Cucumber very well under running water
2. Trim and tear lettuce roughly and dress on plate
3. Peel cucumber , cut in to two place, deseeded, cut in strip
4. Dress on lettuce
5. Peel and wash Onion also
6. Onion, Tomato and Green pepper Cut in strip and dress on lettuce respectively
7. Slice Olive seed and dress on salad
8. Add Vinaigrette in sauce bot

Tuna Salad

Ingredient

1 bunch Lettuce

1 pc Onion-green

1 pc Tomato

1 pc Green pepper/ paprika

½ pc Cucumber

4 pc Olive seed- black

60 ml Vinaigrette dressing

1 can Tuna

Producers

1. Do mixed salad procedure No. 1-7
2. Open tuna can and strain oil
3. Dress tuna on salad
4. Add Vinaigrette in sauce bot
5. Serve together

1.10. Vegetable Salad (Russian) salad

Ingredient

100gm Carrot

50gm Potato

50gm French bean

50gm Peas

15ml Vinaigrette

60ml Mayonnaise

Pinch of Salt & Pepper

Producers

1. Peel and wash the carrot and potato
2. Cut in to ½ cm dice
3. Cook separately in salted water
4. Refresh and drain well
5. Top and tail the beans
6. Cut in to ½ cm dice, cook and refresh
7. Cook the peas and refresh
8. Mix all the well-drained vegetable with vinaigrette and then mayonnaise
9. Correct seasoning
10. Correct neatly in a ravier

Coleslaw salad

Ingredient

Cabbage	200gm
Carrot	50gm
Mayonnaise	125ml

Procedures

1. Trim of the outside leaf of the cabbage
2. Cut in to quarters
3. Remove the center
4. Wash the cabbage
5. Shred finely and drain well

6. Wash, peel and wash carrot
7. Shred carrot with shredder
8. Add shredded cabbage and carrot in clean bowl
9. Add mayonnaise in and mix together and bind
10. Add on plate and serve immediately in cold

Caesar Salad

Ingredients

75ml	Clarified butter
1slice	White bread,
75ml	Olive oil
40ml	Lemon juice
1pc	Egg
trace	Salt and pepper, mustard and sugar
4-6pc	Cos lettuce leaves
1rasher	Bacon
2pc	Anchovy fillets
25gm	Parmesan cheese

Procedurs

1.Heat garlic and butter very gently in a frying pan. Add the bread and cook, turning until croutons are crisp and golden

2.Cut bacon into lardons. Add to a hot pan and fry until crisp, drain well

3.Boil egg for 2 minutes, break into a bowl add olive oil, lemon juice, mustard, sugar and seasoning and mix well

4.Wash and dry the cos lettuce, tear into pieces

5.Cut anchovies into small pieces

6.Shave parmesan cheese

7.Place lettuce, anchovy and cheese in a bowl pour over the dressing and mix well

8.Serve in a bowl and scatter croutons, bacon and cheese on top.

1.12**. Salad Nicoise**

Ingredients

1pc Potato
50g Blanched Green beans
4pc Cherry Tomatoes
55ml Olive oil
20ml Lemon juice
1pc Egg
50gm Pitted Black olives
80gm Tuna, grilled

Procedurs

1.Cook potato in boiling salted water until tender, but still holding its shape

Refresh potato under cold water

2.Once cool enough to handle, peel skin & and slice into bite size pieces (refer to demo)

2. Blanched and refresh clean Green Beans

Halve Cherry tomatoes

Soft boil egg. (place in boiling water for 5 minutes, then refresh)

Place all ingredients in a bowl (Tuna, Egg, Potato, Olives, Tomato, and Beans)

Prepare vinaigrette (Olive Oil & Lemon Juice)

Pour dressing into bowl, season salad and lightly toss

Arrange neatly on a clean, cool plate.

Operation Sheet 1.2	Technic of Presenting Salad

1. Choose the Perfect Plate
2. Choose the right plate
3. Choose the right size plate
4. Choose a complementary plate color
5. Placing Your Ingredients
6. Use moist ingredients as your base
7. Serve odd amounts of food
8. Place food to create flavor bites
9. Don’t overcrowd your plate
10. Pay Attention to the Details
11. Think about color and contrast
12. Create height on your plate
13. Use texture to enhance your dish
14. Design and Create with Sauces
15. Use Garnishes Purposefully
16. Choose edible garnishes
17. Place garnishes purposefully

LAP Test 1	Practical Demonstration

Name: _____ Date: _____

Time started: _____ Time finished: _____

Instructions: Given necessary templates, tools and materials you are required to perform the following tasks within 2 hours.

Project 1. Prepare Variety of salad types

Task 1.1. Prepare Nicoise Salad

Task 1.2. Prepare Tuna Salad

Task 1.3. Prepare mixed salad

Task 1.4. Prepare Mayonnaise sauce

Unit two: Preparing and Presenting a Variety of Sandwich

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- Basic Ingredients of Sandwich
- Techniques for making Sandwich
- Preparing a variety of Sandwiches
- Presenting Sandwich Attractively

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Identify Suitable Ingredients of Sandwich
- Apply techniques of making Sandwich
- Prepare a variety of Sandwiches
- Present to serve Sandwiches Attractively

2.1. Basic ingredients of Sandwich

A. Breads

One of the functions of the bread in a sandwich is to provide an edible casing for the food inside. Ideally, though, the bread should do more than this. Good-quality breads provide variety, texture, flavor, and eye appeal to sandwiches, as well as bulk and nutrients.

B. Fillings

- Fish smoked Bismarck, smoked herring, smoked salmon.
- Meat Roast beef slices, roast turkey lamb roast, pork roast, ham, poultry.
- Salad items tomatoes, lettuce, cucumber, onions and beef roots.
- Cheese cottage, cream, cheddar, Swiss, etc.
- Eggs hard-boiled and sliced eggs, omelettes.

C. Fillings to Flavor Sandwiches:

Butter / mayonnaise, Different types of meat –shredded chicken, sliced beef, etc., Eggs in a variety of styles (hot and cold) egg mayonnaise, sliced egg, etc., Different types of fish tuna, salmon, etc., Cheeses, Pulses & seeds, Dressings and sauces

Combination Fillings: Fish and lettuce; Cheese and tomato; Cucumber and egg; Apple and chutney; Roast beef and coleslaw; Roast pork and apple sauce; Tuna fish and cucumber; Chopped ham, celery and apple.

Seasonings to Flavor Sandwiches: Mayonnaise (egg, salmon, etc.), Vinaigrette (crab, lobster, fish, egg), English mustard (ham, beef), French mustard (cheese, tongue), Chutney (cheese, tinned meat), Pickles

D. Spread

A spread is a food that is spread, generally with a knife, onto foods such as bread and crackers. Spreads are added to food to enhance the flavor or texture of the food, which may be considered bland without it. Butter and soft cheeses are typical spreads. A sandwich spread is a spreadable condiment used in a sandwich.

- **Types of Spread:**

There are three commonly used spreads in sandwich making.

- ✓ Peanut butter
- ✓ Margarine butter and
- ✓ Plain or salted

E. **Low-fat Cheese**

cheese, it can be high in calories, fat and cholesterol. Thanks to low-fat versions (there are a ton of good ones available nowadays). A mild cheese such as Muenster or Havarti adds creamy, cheesy goodness to this dish — plus, some calcium and protein.

Lay one slice of cheese over the tomato. Top with the remaining slice of bread, cut in half and serve. And others are butter, coriander chilly chatny, souse, onion

F. **Garnish**

A garnish is an item or substance used as a decoration or embellishment accompanying a ... A gyro sandwich garnished with mint. Carrot soup garnished with parsley ... egg garnish for soups. To "garnish" means to decorate or embellish food.

Herbs like parsley, basil, thyme and rosemary are among the most common garnishes because they are fresh and often brighten a dish or cut through rich, dense flavor palates. Other ingredients that can be used as garnishes include slices of citrus like lemon, lime or orange

2.2. Techniques of making Sandwich

A) Spreading

Spreading involves spreading the bread with the required ‘spread’.

Use the spread as determined by the establishment – in commercial situations this is usually margarine. This is due to cost and ease of spread ability.

When large quantities of sandwiches are being prepared, the slices are spread out on a food preparation surface and a palette knife is used to apply the spread.

Spreading the bread with butter, margarine, etc. adds flavour to the bread and helps prevent the bread from going soggy when it is loaded with ingredients that might contain excessive moisture.

B) Layering

Layering is the loading of the sandwich with the requested fillings. All sandwiches of the same type should be ‘built’ or layered in the same way, every time.

Always use the designated quantity of ingredients and take care the filling remains within the sandwich.

Remember some sandwiches may require multiple layers of bread and different types of bread – even an open sandwich needs to be layered.

C) Piping

Piping is the application of a spread like mayonnaise, mustards etc. of some form to the loaded sandwich. This is common on 'Open Danish' style. The piped sauce or condiment becomes part of the visual appeal.

A piping bag can used to control the application of the spread and help ensure not too much is applied.

The piping process also enables the spread to be distributed evenly across the loaded ingredients.

Piping should occur after all ingredients have been loaded.

Piping bags have largely been replaced by flexible plastic bottles. These have a removable knozzle on the end for easy cleaning. They are also easier to handle as they can stand up on their own. Bags take up more space in fridge as they lay down.

D) Portioning

Portioning refers to the preparation of a given number of sandwiches for a given number of customers.

Note: That ‘one round’ of sandwiches means ‘one sandwich’.

E) Moulding

Moulding is not common in the preparation of sandwiches. It refers more accurately to cutting and is the process of cutting sandwiches into shapes, for example, for children’s parties and special events.

Moulding is used a lot with 'wraps'. Wraps do not make good function food as they need to be wrapped in paper to hold them together.

Wraps are common in Eastern Mediterranean countries like Greece, Lebanon, Israel and North African countries where 'flat breads' are common place.

F) Cutting

This is the process of cutting the made sandwiches. Some sandwiches will require the crust to be removed for presentation purposes.

Commonly sandwiches may be cut into fingers, halves and quarters. The accepted shape for halves and quarters is ‘triangles’ but customers may request square or rectangular shapes:

- A ‘two-point’ sandwich is one that has been cut diagonally into two triangles
- A four-point sandwich is one that has been cut diagonally into four triangles.

Precision and accuracy is vital – poor cutting can ruin the appeal of an otherwise attractive sandwich.

A golden rule when cutting is to make sure:

- Sandwiches are cut all the way through
- Sandwiches are all the same size when cut.



Figure 1.1. cutting sandwich

G) Garnishes

Garnishing is the addition of items to the individual plate, take-away container or platter of sandwiches to enhance

presentation and make the sandwiches visually more appealing.

The role of the garnish is to supplement the sandwiches, not dominate them. For this reason, less is more.

The two standard requirements are that all garnishes should be:

- Edible
- Be of high quality.

Examples of garnishes as previously discussed:

- Herbs
- Fruits
- Dried breads
- Vegetables cut into shapes.



Fig.2.2. Garnishing

2.3. Producing a variety of sandwiches

Sandwiches may be made from every kind of bread, fresh or toasted, in a variety of shapes and sizes and with an almost endless assortment of fillings. Few examples of general types of popular sandwiches are explained in this section. Combinations of sandwiches and fillings are endless and the limitation in number is merely a matter of limitation in individual's

imagination. A sandwich is a food typically consisting of vegetables, sliced cheese or meat, placed on or between slices of bread, or more generally any dish wherein two or more pieces of bread serve as a container or wrapper for another food type.

2.3.1. Classification of Sandwich

Broadly sandwiches are classified in two major types **Hot & Cold**, both of which are further divided into Closed & Open, so in total we have following four major categories. Almost all the types' sandwiches can come under any one of them

A. Closed Sandwich

General Classification of Sandwiches

Broadly sandwiches are classified in two major types Hot & Cold, both of which are further divided into Closed & Open, so in total we have following four major categories. Almost all the types' sandwiches can come under any one of them.

Hot Closed Sandwich

These contain one hot filling between two slices of bread. Examples include Steak Sandwich, Hot Dogs, Grilled, Fired Sandwich etc.

Cold Closed Sandwich

Such Types of Sandwiches can be defined as those having two slices of bread or two halves of the roll (which can be toasted also), which have a spread applied and are filled with a cold filling.

B. Open Sandwich

Hot Open Sandwich

These are prepared with the bread or toast laid side by side with the filling exposed on the surface of both sides. The sandwich is then heated throughout before serving to the guest.

Cold Open Sandwich

Are the single slice of bread with attractively arranged fillings on top with the garnishes. These are the larger versions of canapés. The Danish smorrebrods are the excellent examples of these.



Fig. 2.3. open sandwich

C. Other Important Sandwich Types

Following are few popular sandwich types, though you can put them under any of the four major category, It's important to know them.

Sandwich Cake

Those look like iced layer Cakes and for these, round bread loaves are used. They are sliced in two or three round slices, a different savoury spread and iced on top with soft icing containing butter cheese etc. It is cut into wedges like Cakes.



Figure 2.4.Sandwich cake

Pinwheel

The top crust is taken out of the sandwich loaf. It is taken sliced lengthwise, and butter and soft filling spread evenly, which is of a Colour to contrast with the spread. Each slice is rolled and wrapped firmly in a foil and chilled till it is set. It is cut into thin slices and served.



Figure.2.5.Pinwheel Sandwich

Ribbon

They are prepared by using the coloured breads .Two slices of brown bread and one of white or rice versa .The sandwiches are made with three slices ,and two different coloured fillings are used, they are cut into thin strips and are served.



Figure 2.6. Ribbon Sandwich

Double Decker

Three slices are used the filling placed on top , the next slices is buttered and placed on top , lettuce ,tomato and cucumber placed on top of this slice .The final slice is Placed on position , pressed at rimmed and held together with a Plastic cocktail stick with stuffed olive or cherry.



Figure.2.7.Double Decker Sandwich

Club Sandwich

The sandwich is usually served hot and consists of two buttered slices of toast. One slice is the base on which sliced cooked chicken ,Egg lettuce ,tomato grilled bacon, and mayonnaise or ham is placed .The other slice of toast is placed on top pressed ,trimmed and decorated ,served between the folds of a paper napkin.



Figure 2.8. Club sandwich

Grilled Sandwich

Two slices of bread with fillings grilled and then served .They are hot Sandwiches.



Figure 2.9. Grilled Sandwich

Canapes

Canapé is also a type of hors d'oeuvre, a small, prepared, and often decorative food, consisting of a small piece of bread, puff pastry, or a cracker wrapped around or topped with some savoury food, held in the fingers and often eaten in one bite.



Figure.2.10.Canape Sandwich

- **Burger sandwich**

A burger is a flat round mass of minced meat or vegetables, which is fried and often eaten in a bread roll. Burger is also called Hamburger steak or beef burger



Fig. 2.11. Burger sandwich

2.3.1. Selecting Suitable bases of Sandwich

Base: Various types of bread slices of bread rolls are which acts as an underline. Spreading: It is applied in bread slices to make it moist, sticky, eg mayonnaise, butter etc. Body: It is the combination of different fillings like mayonnaise, meat, cheese,

Sandwich breads are produced in many varieties, such as white, whole wheat, sourdough, rye, multigrain and others.

Sandwich bread may be formulated to slice easily, cleanly or uniformly, and may have a fine crumb (the soft, inner part of **bread**) and a light texture.

The best base breads for sandwich

- Brioches & Challahs.
- Rolls & Thick-Cut Slices.
- Baguettes.
- Wraps.
- Oil-Based Loaves.
- Whole-Grain Breads.
- Sourdoughs.

The bread used when making sandwiches is the first thing that is noticed. It is of utmost importance that the bread is fresh and appetizing to the eye.

There are many different types of breads used in sandwich making now, but some people still prefer their sandwich the ‘old fashioned way’ with two slices of white or brown sandwich bread.

Others enjoy more exotic types of bread. These can include:

- Basic sandwich loaf in white or brown – this can come pre-sliced or as a whole loaf.
- Wraps – these come in a variety of flavors, such as plain, tomato, etc. They are less filling than normal bread.
- Bagels – a popular choice of a round bun with a hole in the Centre.
- Baguette / Roll – these can be long or round, in a variety of flavors.
- Pitta Breads – flat and oval in shape. It is better to lightly toast these prior to slicing.

Tomato breads, olive breads, etc. There are many varieties of other types of breads which can be cooked in house or bought in.

2.3.2. Preparation of sandwiches has general sequences

- ✓ The preparation of sandwiches is more than placing a peace of filling between two slices of bread.
- ✓ Mise-en-place is the key to the successful sandwich preparation
- ✓ Normally sandwiches has to be served as soon as prepared
- ✓ Speed is the main reason for the popularity of the sandwich
- ✓ Portion controlling the bulk production is the most important. Thus pre-portioning of the ingredient is very important.
- ✓ A great deal of handwork is involved in sandwich making. Therefore workflow must be smooth and easy
- ✓ Arrange bread slices in a raw on a long table
- ✓ Place the filling on the alternate slices evenly and attractively
- ✓ Put the garnish if required
- ✓ Top the filled side of the bread with the alternate side
- ✓ Stalk two or more sandwiches and remove the crust or to cut them to the desired shapes.
- ✓ Wrap the sandwiches with a wrap to prevent the bread from drying out
- ✓ Refrigerate them till service

- **General hints of preparing sandwiches includes:-**

- ✓ Soften the butter before spreading it.
- ✓ Smooth fillings such as cream cheese spread easiest at room temperature. If certain fillings need to be made in advance and refrigerated, leave them for some time at room

temperature before spreading.

- ✓ Use palette knife for easy spread
- ✓ Ideally, breads should be between 12-24 hours old.
- ✓ Butter both sliced breads which makes the sandwiches
- ✓ Buy sliced bread wherever possible
- ✓ If slicing the bread yourself, pile up the slices in the order they have been cut
- ✓ Use sufficient filling for each sandwiches
- ✓ Meat should be free of gristles and excessive fats
- ✓ Beware of dry meats. Moisten with lemon juice (fish), mayonnaise (vegetable) or aspic jelly (meats). When making roasted beef sandwiches, it is best to leave the meat underdone.
- ✓ Once cut, wrap sandwiches in a wax paper, foil or cleaning wrap to keep them fresh. Keep together, lots of identical fillings and label each batch. Keep wrapped but do not store in the refrigerator. A damp napkin wrapped around each batch is a good safeguard against dryness, but not necessary when using foil.

2.4. Present sandwiches Attractively

A. Presenting sandwiches attractively

Attractive presentation makes a garnish tray more appealing. Caterers and restaurant staff learn techniques for creating balanced, colorful and appetizing buffet arrangements. A garnish tray offers visually appealing and tasty finger foods. Adding sandwiches to a garnish tray provides guests with more choices and a more filling food option. Garnishes that complement sandwiches such as a variety of olives, peppers and pickles -- add color and texture to the tray. Arranging a bed of greens offers a festive and inviting cold tray presentation for any kind of event, from a casual party to a wedding.

The following basics of good sandwich presentation are the key to good sandwich making.

- The sandwiches should be evenly cut
- The plates or platters used for sandwiches should be of suitable size
- Normally, cold sandwiches can be served on a bed of shredded cabbage or lettuce
- The platter can be lined with a few slices of cucumber and tomato
- The dip or sauces can accompany sandwiches

Adjustments on sandwich presentation include:

- Changing accompaniments and garnishes to maximize eye appeal: balance, color, contrast
- Changing plated food for practicality of customer consumption, service, wiping drips or spills.



Figure 2.12. Presenting Sandwich

Self-Check 2	Written Test

Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page:

Part I fill the blank space

1. Write the basic sandwich ingredient. (5 points)

2. Write the types of sandwich? (4 points)

3. Write types of spread of sandwich? (5 points)

4. Mention the best base breads for sandwich? (2points)

5. What is the base of sandwich? (2points)

6. What is pita bread? (2points)

Note: **Satisfactory rating 11 points** **Unsatisfactory - below 11 points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = _____

Rating: _____

Name: _____ Date: _____

Operation Sheet 2.1	Prepare and present sandwiches a logical and sequential manner

1.1. Vegetable sandwich

Ingredients

Bread slices – 8 pieces

Butter – 100 gm

Coconut coriander chutney – 8 tsp

Tomato sauce – 8 tsp

Cucumber – 1 piece (sliced)

Onion – 2 pieces (sliced)

Tomato – 2 pieces (sliced)

Boiled potato – 1 piece (sliced)

Procedure

1.Take one bread slice and spread butter, coconut coriander chutney and tomato sauce over it.

2. Repeat the same procedure for all the slices. Put sliced potatoes, tomatoes, cucumbers, onion on the bread slice. Now cover the same with another bread slice.

3. Repeat the same process for other bread slices and serve it as snacks in the evening.

1.2. Egg Sandwich

Ingredients

1 small Bread

Mayonnaise for spreading

1 Egg

Salt and pepper for taste

Slice of onion, tomato & green paper for garnish

1tsp Oil

Procedures

1. Season the egg with salt & pepper
2. Heat frying pan moderately
3. Add the oil to the frying pan
4. Add the egg & fry properly
5. Slice the bread & spread the mayonnaise sauce
6. Put the fried egg to the slice
7. Fill the slice vegetables
8. Cover with the other slice
9. Serve neatly by accompanying with potato chips

1.3. Ribbon Sandwich

Ingredients

Vegetable cooking spray

2 1/2 cups chopped red bell pepper

1/2 cup chopped onion

1 tablespoon tomato paste

1/8 teaspoon salt

1/8 teaspoon black pepper

3/4 cup seeded and coarsely shredded peeled cucumber

1/2 cup non-fat cream cheese

1/2 cup (2 ounces) crumbled blue cheese

1/8 teaspoon salt

1/8 teaspoon ground red pepper

16 (1/2-ounce) slices very thin white bread

8 (1/2-ounce) slices very thin whole-wheat bread

Parsley sprigs (optional)

Procedures

1. Coat a large non-stick skillet with cooking spray; place over medium-high heat until hot. Add bell pepper and onion; sauté 4 minutes or until tender. Combine bell pepper mixture, tomato paste, 1/8 teaspoon salt, and black pepper in food processor, and process until smooth. Return mixture to skillet, and cook over medium-high heat 3 minutes or until thickened. Spoon mixture into a bowl, and let cool; cover and chill.

2. Place cucumber on several layers of paper towels; cover with additional paper towels, pressing until barely moist. Combine the cream cheese, blue cheese,1/8 teaspoon salt, and ground red pepper in a small bowl, stirring until smooth. Stir in cucumber; cover and chill.

3. Spread 2 tablespoons bell pepper mixture over each of 8 slices of white bread; top each with a slice of wheat bread. Spread 2 tablespoons cucumber mixture over each slice of wheat bread; top with remaining white bread.

4. Trim crusts from sandwiches. Cut each sandwich into quarters, making rectangles, squares, or triangles. Garnish with parsley sprigs, if desired.

5. Note: If made ahead, cover sandwiches with a slightly damp paper towel and plastic wrap, and place in an airtight container.

1.4. Loaf sandwich

Chicken Salad

1 1/2 cups (375 ml) cooked chicken, diced

1/2 cup (125 ml) mayonnaise

1 tablespoon (15 ml) lemon juice

Salt and pepper

Egg Salad

6 hard-boiled eggs

1/4 cup (60 ml) mayonnaise

Ham salad

1 1/2 cups (375 ml) ground ham

1/4 cup (60 ml) mayonnaise

Sandwich

7 slices white bread cut horizontally, about 10-inch (25-cm) long (see note)

1 1/4 cup (310 ml) cheese spread, at room temperature (Cheez Whiz-type)

Select all

Procedures

Chicken Salad

1. In a bowl, combine all the ingredients until creamy. Season with salt and pepper. Cover and refrigerate.

Egg Salad

2. In a large bowl, mash the eggs with a fork. Add the mayonnaise and combine while crushing until creamy. Season with salt and pepper. Cover and refrigerate.

Ham Salad

3. In a bowl, combine all the ingredients. Season with pepper. Cover and refrigerate.

Assembly

4. Spread half of the chicken salad on the first slice of bread. Cover with a second slice of bread. Spread half of the egg salad and cover with a slice of bread. Continue with half the ham salad. Repeat with the remaining bread and salads to obtain six layers. Finish with a slice of bread. Press lightly.

5. With a bread knife, gently remove the crusts to neatly square off the sandwich. Cover with a layer of cheese spread. Cover with plastic wrap without touching the cheese (use toothpicks, if needed). Refrigerate for at least 2 hours. Garnish with basil leaves and pink peppercorns or to your taste.

NOTE -Once the sandwich loaf is sliced, you can freeze it, separating each slice with parchment paper.

1.5. Double Decker

Bread slices 36

Butter 1/2 cup

1st layer:

Onion 1 chopped

Grated Cheese 1 cup

Green Chilies 2 chopped

Coriander Leaves 2 tablespoons

Salt to taste

2nd layer:

1 Tomato chopped

Cabbage 1/4 cup

2 tablespoon Cheese Spread

Mashed Boiled Peas 1 cup

Mashed Boiled Carrots 1cup

Salt to taste

Procedures

1. Mix all the ingredients for the 1st layer.
2. Mix all the ingredients for the 2nd layer.

Assembling:

1. Apply butter on one side of the bread slices. Take one slice spread the mixture of the 1st layer.
2. Place the 2nd slice on top. Spread the mixture of the second layer.
3. Place the second layer. Place the third layer. Heat the equity toaster. Put the sandwiches. Lightly toast for 3 - 4 minutes.

Tips

A meal by itself!! Serve hot with Ketchup and French Fries.

1.6. Club Sandwich

Ingredients

As needed	Mayonnaise
2 leave	Lettuce
2 slices	Tomato, about 1⁄4 in. (0.5 cm) thick
3 strips	Bacon, cooked crisp
60g	Sliced turkey or chicken breast

Variations

Bacon, Lettuce, and Tomato Sandwich (BLT):- Using only 2 slices of toast, prepare the basic recipe through step 3. Omit remaining ingredients. Cut sandwich in half diagonally for service.

Procedures

1. Place the toast slices on a clean work surface. Spread the tops with mayonnaise.
2. On the first slice, place 1 lettuce leaf, then 2 slices of tomato, then 3 strips of bacon.

3. Place the second slice of toast on top, spread side down.

4. Spread the top with mayonnaise.

5. On top of this, place the turkey or chicken, then the other lettuce leaf.

6. Top with the third slice of toast, spread side down.

7. Place frilled picks on all 4 sides of the sandwich, as shown in the club sandwich figure above

8. cut the sandwich from corner to corner into 4 triangles. Each triangle will have a pick through the center to hold it together.

9. Place on a plate with the points up. The center of the plate may be filled with potato chips, French fries, or other garnish or accompaniment.

1.7. Burger Sandwich

Ingredient

1	Meat burger patty (125g)
1	Meat burger roll
As needed	as needed Butter
10mL	Mayonnaise
1	Lettuce leaf
1	Thin slice of onion (optional)
1	Tomato slice

Procedures

1, Cook the meat burger patty on a griddle or grill to desired

2, while the meat is cooking, prepare the roll. Butter the bottom half very lightly. Spread the top half with mayonnaise.

3, Place the halves of the roll side by side on a serving plate.

4, on the top half, place the lettuce leaf, the onion slice (if used), and the tomato slice.

5, when the burger patty is cooked, place it on the bottom half of the roll. Serve immediately, open faced.

2.8. Grilled Chicken Sandwich

Ingredients

1 ½ pounds chicken breasts 4 small
4 sesame seed buns
¼ cup honey mustard sauce* or mayonnaise
lettuce, tomatoes, onions optional

Marinade

3 tablespoons vegetable oil
2 tablespoons cider vinegar
1 tablespoon dijon mustard
1 teaspoon garlic powder
1 tablespoon brown sugar
½ teaspoon salt & pepper each

Procedures

1. Pound chicken breasts to ½" thickness.
2. Combine all marinade ingredients in a bowl or freezer bag. Add chicken and toss well to combine. Marinade for 30 minutes (or up to 4 hours).
3. Preheat grill to medium-high heat.
4. Place chicken on the grill for 5-6 minutes per side until no pink remains and chicken reaches 165°F.
5. While chicken is grilling, brush buns with olive oil and place face down on the grill. Lightly toast.
6. Spread each bun with honey mustard and add lettuce, tomatoes and onions if desired. Top with chicken and serve.

Notes

If your chicken breasts are larger, they can be cut to make 4 portions.
Do not overcook the chicken, it is pounded to cook evenly and only needs about 10-12 minutes total.
Chicken breasts can be replaced with boneless skinless chicken thighs.

Homemade Honey Mustard: Combine ⅓ cup mayonnaise, 1 ½ tablespoons yellow mustard, 1 ½ tablespoons honey & ½ teaspoon garlic powder

2.9. **Open sandwich with tomato & egg**

1/4 cup prepared hummus

4 Bibbs lettuce leaves

1 large heirloom tomato (about 8 oz.), cut into 4 slices

3/8 teaspoon black pepper, divided

Procedures

1. Preheat broiler to high.

2. Arrange bread on a baking sheet. Broil 1 minute on each side or until toasted.

3. Place bell peppers, olives, vinegar, 1/8 teaspoon salt, and crushed red pepper in a mini food processor; process 30 seconds.

4. Heat oil in a large non-stick skillet over medium-high heat. Crack eggs into pan; cook 1 1/2 minutes. Cover and cook 1 minute or until whites are just set. Remove from heat.

5. Spread hummus evenly over bread slices; top with lettuce, tomato, remaining 1/8 teaspoon salt, and 1/8 teaspoon black pepper. Top each sandwich with an egg. Spoon roasted red pepper mixture evenly over eggs. Sprinkle with remaining 1/4 teaspoon black pepper

LAP Test	Practical Demonstration

Name: _____ Date: _____

Time started: _____ Time finished: _____

Instructions: Given necessary templates, tools and materials you are required to perform the following tasks within 2-4hours.

Project, 1, Prepare Variety of sandwich types

Task1.1. Prepare Open sandwich with tomato & egg

Task1. 2. Prepare Club Sandwich

Task1.3 Prepare burger Sandwich

Task 4: prepare Open Sandwich

Unit three: Storing sandwiches and salads

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- Storing sandwich and salad at the correct temperature
- Selection of container to Store Sandwiches and salads

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Store salad and sandwich at the correct temperature to maintain, taste and quality
- Select containers to Store salads and Sandwiches

3.1. Storing at the correct temperature

3.1.1. Storage Temperature

All food items have recommended storage procedures that look at temperature, shelf life and place of storage. Time and temperature are important when storing food because if food items that are held before service or stored at the incorrect temperatures; they could spoil causing your customers to suffer from food poisoning.

Incorrect storage of foods will also impact on food hygiene.

Fresh bread is essential for top-quality sandwiches. Stale or dry bread is undesirable.

The following measures can be taken to ensure freshness.

- Daily delivery, or delivery as frequent as possible, depending on your location; Bread stales rapidly, and day-old bread has lost much of its freshness.
- Keep bread tightly wrapped in moisture proof wrapping until it is used. This prevents drying and guards against absorption of odors.
- French bread and other hard-crusted breads should not be wrapped, or the crusts will soften. These breads stale rapidly and should be used the day they are baked.
- Store at room temperature, away from ovens or hot equipment. Do not refrigerate, because refrigerated bread becomes stale faster.
- If bread must be kept more than one day, it may be frozen. Thaw frozen bread without unwrapping.
- Day-old bread may be used for toasting without loss of quality.

A. Storage of breads

Bread should be stored in the original package at room temperature and used within 5 to 7 days. However, bread stored in the refrigerator will have a longer shelf-life due to delayed mold growth and may be firmer. Expect a 2- to 3- month shelf-life of bread stored in the freezer. Refrigerate cream style bakery goods containing eggs, cream cheese, whipped cream and/or custards for no longer than 3 days..

B. Storage Guidelines

For best results in maintaining product quality, practice the rule, First In, First out (FIFO). This means the oldest products should be used first and the newest products later. A good practice is to place the newly purchased products in back of the same products already on the shelf. Follow recommended storage times for the refrigerator, freezer.

C. Refrigerating Products

The refrigerator, whether a walk-in or a standard upright, is an important component in planning the storage of food items. Most fresh foods must be stored in the refrigerator to delay their deterioration and decomposition. The most basic rule must be always followed: store raw products below, *never* above, your cooked or ready-to-eat products.

D. Critical Control Point

Keep foods 4°C (39°F) or colder, the safe temperature for refrigerated storage.

Here are some considerations to ensure that the refrigerator does not break down and risk spoiling food:

- Monitor the temperature of the refrigerator daily.All refrigerators should be provided with a thermometer so that daily readings can be taken.
- Keep refrigerators in good working order. Maintain a regular servicing contract with a local refrigerator repair company.
- Most breakdowns are beyond the ability of kitchen staff to repair, but if the refrigerator does stop running, first check that the power supply cord hasn't simply been pulled out or the breaker has flipped off.
- Clean refrigerators regularly. Shelves should be shallow and well vented to make such cleaning quick and easy. Develop and follow a schedule to ensure that refrigerators are cleaned on a consistent basis.

There are also several general rules that all personnel using the refrigerator should follow:

- Store raw products below cooked or ready-to-eat products.
- Develop and follow a FIFO system for refrigerated food.
- Designate areas in the refrigerator for certain items, and keep only those items in their designated place.
- Never put hot foods in the refrigerator unless absolutely necessary. (Unfortunately, one person's understanding of "necessary" may not be the same as another person's, so consider developing guidelines.)
- Never leave the refrigerator door open longer than needed.

3.1.2. Food Storage Container

A food storage container is used to hold food at room temperature, in the refrigerator, or in the freezer. There are several options available for storing food in any of these manners. Before selecting the type of container to use, several factors must be taken into consideration. Consider the type of storage (room temperature, refrigerated, or frozen), the food being stored, length of storage, and storage space. The container can be a plastic bag, plastic container, or glass container.

A. Plastic Bags

Plastic bags come in many types and sizes. They are available as sealable bags and non-sealable bags. They range in size from a little snack size to a large 2 gallon size. There are plastic bags manufactured for the purpose of storing food in the freezer that are made from a heavier plastic to help protect the food from moisture loss. Plastic bags can be used to store many types of food, whether at room temperature, in the refrigerator, or in the freezer. The flexibility of the bag makes it more difficult to fill without spilling when trying to store food that contains a lot of liquid. The plastic bag may not store as neatly as a plastic or glass container but many times their flexibility allows them to be squeezed into a space that a plastic or glass container would not fit. Having a supply of plastic bags on hand also takes up little space in comparison to plastic or glass container.

B. Glass Containers

Glass storage containers generally have a plastic lid for sealing the food airtight in the container. Glass containers are available in clear, frosted, and colored glass, and range in size from 1 cup to several quarts. They can be used for storing foods at room temperature, in the refrigerator, and in the freezer. The glass containers are very sturdy and do a good job of keeping the food fresh. Some glass containers can be used to bake in or microwave in also. Some brands can be taken from the refrigerator and placed in an oven immediately without causing it to crack. Before using in this manner, be sure it is heat and cold resistant. Glass will not stain, peel, or take on the taste or odor of the food stored in them. The glass containers will be more susceptible to breakage so care must be taken when using them.

C. Plastic Containers

Plastic containers are also available in many sizes, shapes, and styles. They are found in different degrees of sturdiness, from light weight disposable containers to heavy duty rigid plastic container. They are manufactured with clear, frosted, and colored plastic and most have airtight lids. They work great for storing food in the refrigerator and freezer, where the airtight lids prevent moisture loss. The airtight lids keep foods, such as cookies, crackers, chips, and cereals form becoming stale for a longer period of time when stored at room temperature. Plastic containers work well for all types of storage. They store well together and can really help organize a storage area. They are available in so many shapes and sizes that it is easy to find one to fit your special needs. Foods containing a lot of liquid, store easily in this type of container. Some brands have been designed to stack neatly to assist in storing them both when not in use and when using them to store food. They are lightweight and easy to handle. The plastic containers are sturdy enough to be easily stacked on each other when storing food in the refrigerator, freezer, and in the cupboard. Because of the plastic material, breakage is not as much of a concern as it is with glass containers.

Self-Check -3	Written Test

Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page:

Part I. True or False (5 pt.)

---------- 1. All food items have recommended storage procedures that look at temperature

----------2.Controlling Time and temperature are important when storing food

----------3.Incorrect storage of foods will also impact on food hygiene

----------4.To maintaining product quality, practicing the rule, First In, First out is important

----------5.Store raw products below will be stored below cooked product

Part II. Fill the blank space

1. **Write the use of Critical Control Points (10 pt.)**

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2. Write the types of container of food (10 pt.)

Reference

- Essentials of Food Science , 4thEditionVickie A.Vaclavik •Elizabeth W.Christian(2014)

- Essential Professional CookingWayne G.(2004)

Participants of this Module (training material) preparation

No	Name	Qualification (Level)	Field of Study	Organization/ Institution	Mobile number	E-mail
1	**Mamit Ayalew**	**B**	**Hotel Mgt**	**Bishoftu P.T.C**	**0911723484**	**mamitayalew@gmail.com**
2	Amsale Wube	B	Hotel Mgt	Harar P.T.C	0913632156	amsale123@gmail.com
3	Wale Getaneh	B	Food Technology & Process Eng.	Bole M.College	0929241229	waleg917@gmail.com
4	Getish Gedefaw	B	Hotel Mgt	TTI	0911911007	getishde@gmail.com
5	Efrem kitila	B	Hotel Mgt	Woliso P.T.C	0917289283	efremkitila922@gmail.com
6	Abdi Hundessa	B	Hotel Mgt	G/winget P.T.C	0917737767	abdi17hundessa2gmail.com