

UCF-ProStart Teachers Workshop Soup and Salads- Hand out

Soups

Salads

Recipes

Q&A



Rosen College of
Hospitality Management
UNIVERSITY OF CENTRAL FLORIDA

Soaps

- According to Sysco, soup has surpassed salad as the leading appetizer in limited-service restaurants.
- Adding soup to the menu can boost check averages by up to 15%,
- Soups can boast a 60% profit margin.

Recipe Costing Process									
					Recipe name:		French Onion Dress		
					Yield of portions:		2		
					Portion Size:		4 oz.		
Recipe					How it was bought			Total	
Ingredient	Quantity	Unit	Number of Containers on Hand	Purchase Quantity	Purchase Quantity	Cost per Unit	Cost per Portion	Cost per Portion	Cost per Portion
Onion	100	oz	2	100	100	0.10	0.10	0.10	0.10
Garlic	100	oz	2	100	100	0.10	0.10	0.10	0.10
Butter	100	oz	2	100	100	0.10	0.10	0.10	0.10
Wine	100	oz	2	100	100	0.10	0.10	0.10	0.10
Onion	100	oz	2	100	100	0.10	0.10	0.10	0.10
Garlic	100	oz	2	100	100	0.10	0.10	0.10	0.10
Butter	100	oz	2	100	100	0.10	0.10	0.10	0.10
Wine	100	oz	2	100	100	0.10	0.10	0.10	0.10
Onion	100	oz	2	100	100	0.10	0.10	0.10	0.10
Garlic	100	oz	2	100	100	0.10	0.10	0.10	0.10
Butter	100	oz	2	100	100	0.10	0.10	0.10	0.10
Wine	100	oz	2	100	100	0.10	0.10	0.10	0.10
Onion	100	oz	2	100	100	0.10	0.10	0.10	0.10
Garlic	100	oz	2	100	100	0.10	0.10	0.10	0.10
Butter	100	oz	2	100	100	0.10	0.10	0.10	0.10
Wine	100	oz	2	100	100	0.10	0.10	0.10	0.10
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Wine	100	oz	2	100	100	0.10	0.10	0.10	0.10
Onion	100	oz	2	100	100	0.10	0.10	0.10	0.10
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Garlic	100	oz	2	100	100	0.10	0.10	0.10	0.10
Butter	100	oz	2	100	100	0.10	0.10	0.10	0.10
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Onion	100	oz	2	100	100	0.10	0.10	0.10	0.10
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Butter	100	oz	2	100	100	0.10	0.10	0.10	0.10
Wine	100	oz	2	100	100	0.10	0.10	0.10	0.10
Onion	100	oz	2	100	100	0.10	0.10	0.10	0.10
Garlic	100	oz	2	100	100	0.10	0.10	0.10	0.10
Butter	100	oz	2	100	100	0.10	0.10	0.10	0.10
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Onion	100	oz	2	100	100	0.10	0.10	0.10	0.10
Garlic	100	oz	2	100	100	0.10	0.10	0.10	0.10
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Onion	100	oz	2	100	100	0.10	0.10	0.10	0.10
Garlic	100	oz	2	100	100	0.10	0.10	0.10	0.10
Butter	100	oz	2	100	100	0.10	0.10	0.10	0.10
Wine	100	oz	2	100	100	0.10	0.10	0.10	0.10
Onion	100	oz	2	100	100	0.10	0.10	0.10	0.10
Garlic	100	oz	2	100	100	0.10	0.10	0.10	0.10
Butter	100	oz	2	100	100	0.10	0.10	0.10	0.10
Wine	100	oz	2	100	100	0.10	0.10	0.10	0.10
Onion	100	oz	2	100	100	0.10	0.10	0.10	0.10
Garlic	100	oz	2	100	100	0.10	0.10	0.10	0.10
Butter	100	oz	2	100	100	0.10	0.10	0.10	0.10
Wine	100	oz	2	100	100	0.10	0.10	0.10	0.10
Onion	100	oz	2	100	100	0.10	0.10	0.10	0.10
Garlic	100	oz	2	100	100	0.10	0.10	0.10	0.10
Butter	100	oz	2	100					

Classifications

Types

Cooking Soups

Recipe Costing Process								
				Recipe name:		French Onion Soup		
				Yield (# portions):		3		
				Portion Size:		4 oz		
Recipe				How it was bought				Total
Ingredient	Quantity	Unit	Number of Ounces or Each	Purchase Quantity	Purchase Quantity Cost	Ounces or Each Purchased	Cost Per ounce or each (= Purchase Qty Cost / Ounces Purchased)	Ingredient Cost (= Nr. ounces x Cost Per ounce)
White onions	16	oz		50	\$ 32.94	800.0	0.04	\$0.66
Clarified Butter	0.5	oz		20 lb	\$ 77.00	320.0	0.24	\$0.12
Beef Stock	24						0.04	\$0.96
Thyme, Fresh	0.25	oz		1	\$ 11.40	16.0	0.71	\$0.18
Sherry wine	0.5	oz		4 gl	\$ 35.05	512.0	0.07	\$0.04
Baguete	4	oz		15	\$ 25.29	180.0	0.14	\$0.56
Cheese Swiss	2 1/4	oz		12lb	\$ 30.64	192.0	0.16	\$0.36
Subtotal Cost								\$2.87
Miscellaneous Cost (2% of Subtotal Cost)								
TRC -- Total Recipe Cost (Sum of cost of all ingredients)								\$2.87
PC -- Portion Cost (Divide TRC by Yield)								\$0.96

Selling Price

Food Cost %

3 Classifications

- **Clear**
- **Thick**
- **Specialty soups**

~~Soups~~

- According to Sysco, soup has surpassed salad as the leading appetizer in limited-service restaurants.
- Adding soup to the menu can boost check averages by up to 15%,
- Soups can boast a 60% profit margin.

Recipe Costing Process

Recipe name _____

Yield of (portion) _____

Portion Size _____

Prep Time _____

Service Time _____

Recipe				How it was bought				Total
Ingredient	Quantity	Unit	Number of Cakes or Each	Purchase Quantity	Unit	Doubled or Each	Purchase Quantity	Total
Chickpeas	15	kg		30	kg	20	kg	0.34
Chicken Sausage	20	kg		20	kg	20	kg	0.34
Peanut butter	20	kg		1	kg	140	kg	0.34
Flour (white)	20	kg		1	kg	140	kg	0.34
Flour (whole)	20	kg		1	kg	140	kg	0.34
Flour (wheat)	20	kg		1	kg	140	kg	0.34
Flour (rice)	20	kg		1	kg	140	kg	0.34
Flour (corn)	20	kg		1	kg	140	kg	0.34
Flour (barley)	20	kg		1	kg	140	kg	0.34
Flour (oats)	20	kg		1	kg	140	kg	0.34
Flour (rye)	20	kg		1	kg	140	kg	0.34
Flour (sorghum)	20	kg		1	kg	140	kg	0.34
Flour (millet)	20	kg		1	kg	140	kg	0.34
Flour (buckwheat)	20	kg		1	kg	140	kg	0.34
Flour (amaranth)	20	kg		1	kg	140	kg	0.34
Flour (quinoa)	20	kg		1	kg	140	kg	0.34
Flour (cassia)	20	kg		1	kg	140	kg	0.34
Flour (chia)	20	kg		1	kg	140	kg	0.34
Flour (flax)	20	kg		1	kg	140	kg	0.34
Flour (hemp)	20	kg		1	kg	140	kg	0.34
Flour (coconut)	20	kg		1	kg	140	kg	0.34
Flour (almond)	20	kg		1	kg	140	kg	0.34
Flour (walnut)	20	kg		1	kg	140	kg	0.34
Flour (pecan)	20	kg		1	kg	140	kg	0.34
Flour (cashew)	20	kg		1	kg	140	kg	0.34
Flour (pistachio)	20	kg		1	kg	140	kg	0.34
Flour (macadamia)	20	kg		1	kg	140	kg	0.34
Flour (Brazil nut)	20	kg		1	kg	140	kg	0.34
Flour (palm)	20	kg		1	kg	140	kg	0.34
Flour (coconut oil)	20	kg		1	kg	140	kg	0.34
Flour (coconut butter)	20	kg		1	kg	140	kg	0.34
Flour (coconut milk)	20	kg		1	kg	140	kg	0.34
Flour (coconut cream)	20	kg		1	kg	140	kg	0.34
Flour (coconut yogurt)	20	kg		1	kg	140	kg	0.34
Flour (coconut ice cream)	20	kg		1	kg	140	kg	0.34
Flour (coconut sorbet)	20	kg		1	kg	140	kg	0.34
Flour (coconut sherbet)	20	kg		1	kg	140	kg	0.34
Flour (coconut pudding)	20	kg		1	kg	140	kg	0.34
Flour (coconut custard)	20	kg		1	kg	140	kg	0.34
Flour (coconut jam)	20	kg		1	kg	140	kg	0.34
Flour (coconut jam spread)	20	kg		1	kg	140	kg	0.34
Flour (coconut jam butter)	20	kg		1	kg	140	kg	0.34
Flour (coconut jam cream)	20	kg		1	kg	140	kg	0.34
Flour (coconut jam ice cream)	20	kg		1	kg	140	kg	0.34
Flour (coconut jam sorbet)	20	kg		1	kg	140	kg	0.34
Flour (coconut jam sherbet)	20	kg		1	kg	140	kg	0.34
Flour (coconut jam pudding)	20	kg		1	kg	140	kg	0.34

Subtotal Cost _____

Wastage/Good Cost (2% of Subtotal Cost) _____

Final Cost (Subtotal Cost + Wastage/Good Cost) _____

Cost per Portion (Final Cost / Yield of portion) _____

Cost per Dish (Final Cost / Yield of Dish) _____

Classifications

Types

Cooking Soups

Different types of Soups

- **Broth**
- **Consommé**
- **Hearty broth**
- **Cream soups**
- **Puree soups**
- **Bisque**
- **Chowders**

Broths

Stocks and broths are very similar they have the same techniques.

Broths are stocks that are enriched with the addition of meat while cooking.

- **Beef**
- **Chicken**
- **Game**
- **Fish**
- **Shellfish**
- **Vegetable**



Consommé

A perfectly clear flavorful rich broth.

Uses a clarification process to make clear and remove impurities and help with flavor.





Hearty Broths

Are full of flavor and have more texture and body than clear broths.

The vegetables must be cut into uniform sizes and shapes.

They should be simmered in the broth until they are tender.

Meats, grains, and pastas are used to give the soup body.

**Can make a soup by using just one ingredient IE.
Onion soup**



Pureed Soups

They are slightly thicker than cream soups and have somewhat a coarser texture.

Beans are used for pureed soups because of their creamy texture when cooked properly.

Uniformly cut pieces are important because of the cooking time.

Some vegetables may be grilled or roasted for extra flavor.



Cream Soups

Classically a cream soup is based on a béchamel sauce and is finished with heavy cream, however today a veloute can be used.

Some soups are based on 1 ingredient, IE broccoli.

Thickeners like a roux, flour, potatoes or natural pureed main ingredient give soup body.

Strain the soup it must have the consistency of cold heavy cream.

Add hot heavy cream to adjust the consistency and adjust seasoning and serve.



Bisque's

Traditionally bisque's are based on crustaceans, such as shrimp, lobster, or crayfish, and thickened with rice, rice flour, bread or roux.

Must use a flavorful broth or stock.

Adjust the consistency with hot heavy cream, and the seasoning as well.

Other possible finishers are paprika, brandy, or wine for flavor and color.



Chowders

Are chunky hearty soups that are full of ingredients, and sometimes are more like stews.

Can be based on fish, shellfish, or vegetables.

Must contain potatoes, milk, or cream.



Specialty or National Soups

Everything else that does not fit into the other classifications.

Examples are:

- Minestrone
- Chili
- Gazpacho
- Sancocho
- Asopao!!!





~~Soups~~

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[illegible]

Classifications

Types

Cooking Soups

Cooking Soups

Clear Soup

- Sweat
- Simmer
- Season
- Serve

Pure Soup

- Sweat
- Simmer
- Pure
- Season
- Serve

Cream Soup

- Sweat
- Simmer
- Pure
- (Strain)
- Add Cream
- Season
- Serve

Cooking Tips

Stir soups to prevent starchy soups from burning or scorching the bottom.

When the soup is cooked and flavored, serve immediately or cool quickly.

You may place in the walk in and when it is cold the fat will rise to the top and can be scraped off.

Use a paper towels to run on top of soup to grab fat, can not do too much because it will turn soup cloudy.

Garnish

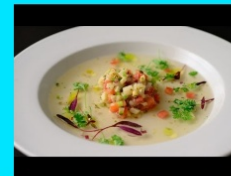
Must compliment the soup.

May provide contrast of flavor and texture.

Must be appropriate size.

Garnish must be cooked and added to the soup and heated in soup.

Must be added at the last minute before the soup is served.



Clear Soup

- **Sweat**
- **Simmer**
- **Season**
- **Serve**

Pure Soup

- **Sweat**
- **Simmer**
- **Pure**
- **Season**
- **Serve**

Cream Soup

- **Sweat**
- **Simmer**
- **Pure**
- **(Strain)**
- **Add
Cream**
- **Season**
- **Serve**



Cooking Tips

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Garnish


Must compliment the soup.

May provide contrast of flavor and texture.

Must be appropriate size.

Garnish must be cooked and added to the soup and heated in soup.

Must be added at the last minute before the soup is served.

A close-up photograph of a bird, possibly a frigatebird, with its dark, hooked beak wide open. To the right of the bird's head is a white ceramic bowl filled with a thick, orange-brown soup. The soup has a chunky texture and is topped with a large, irregular piece of translucent, gelatinous material. The background is a solid, bright cyan color. The entire image is framed by a black border on the top and bottom, and a cyan border on the right side.

BUSINESS
INSIDER

SO EXPENSIVE



**Tomato
Consommé**



Soups

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Portion Size: 4 oz									
Recipe			How it was bought				Total		
Ingredient	Quantity	Unit	Number of Portions in Each	Purchase Quantity	Purchase Cost	Divide by Each Purchase	Cost Per Unit	Ingredient Cost in No. Portions x Cost Per Unit	
White wine	10	oz	10	10	\$ 20.00	\$2.00	\$2.00	\$20.00	
Grated cheese	2.5	oz	2.5	2.5	\$ 17.50	\$7.00	\$7.00	\$17.50	
Beef Stock	2.5	oz	2.5	2.5	\$ 11.25	\$4.50	\$4.50	\$11.25	
French onion	2.5	oz	2.5	2.5	\$ 10.00	\$4.00	\$4.00	\$10.00	
French onion	2.5	oz	2.5	2.5	\$ 10.00	\$4.00	\$4.00	\$10.00	
Onion	2.5	oz	2.5	2.5	\$ 10.00	\$4.00	\$4.00	\$10.00	
French onion	2.5	oz	2.5	2.5	\$ 10.00	\$4.00	\$4.00	\$10.00	
Ingredient Cost								\$7.00	
Manufacturing Cost (25% of Ingredient Cost)									\$1.75
Total Recipe Cost (Sum of cost of all ingredients)									\$8.75
Selling Price									\$14.00
Food Cost %									62.5%

Classifications

Types

Cooking
Soups

UCF-ProStart Teachers Workshop Soup and Salads- Hand out

Soups

Salads

Recipes

Q&A



UCF

Rosen College of
Hospitality Management

UNIVERSITY OF CENTRAL FLORIDA



Salads & Dressings

Salads

Arrangement

Dressings



The Salad

The definition of a salad: A single food or a mixture of foods accompanied or bound by a dressing

**A salad can contain meat, grains, nuts, or cheese and contain no lettuce
It can be an appetizer, entrée, side dish or dessert**

The color, texture, and flavor should compliment each other

Appetizer

Accompaniment

Main-Course

Separate Course

Dessert



Appetizer Salads

- **Many establishments serve salads as a first course.**
 - **Takes pressure off the kitchen**
 - **Satisfies the customer with something to eat, quickly.**
- **Appetizer salads should stimulate the appetite with tangy, flavorful dressings and look good.**
- **Appetizer salads should not be too filling**
- **Attractive arrangements and garnish are important.**



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Appetizer

Accompaniment

Main-Course

Separate Course

Dessert

The background of the slide features a close-up photograph. On the left, a portion of a glass bottle of McIlhenny's Tabasco sauce is visible, showing its distinctive label with the brand name and 'MADE IN NEW ORLEANS, LA'. To the right, there is a piece of golden-brown, fried food, possibly a fritter or a piece of breaded meat, resting on a dark, reddish-brown surface that could be a plate or a piece of parchment paper.

Accompaniment Salads

- **Salads served with the main course**
- **Serve the same function of other side dishes (vegetables and starches)**
- **Must be harmonious with the rest of the meal**
- **Light and flavorful, not too rich**
- **Heavy salads with macaroni or potatoes are less appropriate**



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Appetizer

Accompaniment

Main-Course

Separate Course

Dessert



Main-Course Salads

- Cold salad plates are popular with luncheon and diet-conscious customers.
- They should be large enough to be a full meal and contain sufficient protein.
- They should offer variety and a balanced meal in terms of flavors, textures, and color.



The Salad

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Appetizer

Accompaniment

Main-Course

Separate Course

Dessert



Separate-Course Salads

- The European version of a salad.
- A refreshing salad after a wonderful entrée to cleanse the palate and get ready for the dessert.
- It should be in no way filling.



The Salad

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Appetizer

Accompaniment

Main-Course

Separate Course

Dessert



Dessert Salads

Usually sweet and may contain fruits, sweetened gelatin, nuts, and cream.



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Appetizer

Accompaniment

Main-Course

Separate Course

Dessert



Salads & Dressings

Salads

Arrangement

Dressings

Arrangement and Presentation

The Structure of a Salad

There are four basic parts of a salad:

- Base or underlayer
- Body
- Garnish
- Dressing



Guidelines for Arranging Salads

- Use a solid plate
- Keep the salad off the rim
- Strike a good balance of colors
- Height keeps a salad attractive
- Cut ingredients neatly
- Make salad ingredients identifiable
- Keep it simple

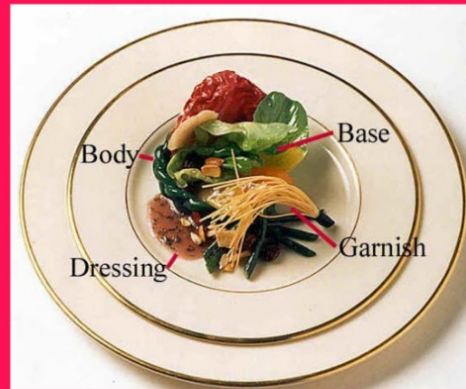
Preparing Salad Greens

- Washing
- Draining
- Crisping
- Tossing and curing
- Mixing
- Plating
- Garnishing
- Dressing (immediately before service)

The Structure of a Salad

There are Four basic parts of a salad:

- **Base or underliner**
- **Body**
- **Garnish**
- **Dressing**



The background of the slide features a photograph of a bowl of soup. A golden-brown bread roll is partially submerged in the soup. In the upper left corner, a portion of a Campbell's Soup can is visible, showing the brand name and some text. A large, solid red circle is superimposed over the center of the image, containing the title and list.

Guidelines for Arranging Salads

- **Use a cold plate**
- **Keep the salad off the rim**
- **Strike a good balance of colors**
- **Height keeps a salad attractive**
- **Cut ingredients neatly**
- **Make salad ingredients identifiable**
- **Keep it simple**



Preparing Salad Greens

- Washing
- Draining
- Crisping
- Tearing and cutting
- Mixing
- Plating
- Garnishing
- Dressing (immediately before service)



Salads & Dressings

Salads

Arrangement

Dressings



Salad Dressings

- Salad dressings are liquids or semi liquids used to flavor salads
- The basic salad dressings can be divided into three categories
 - Oil and vinegar dressings
 - Mayonnaise-based dressings
 - Cooked dressings

Ingredients

Emulsions

Other Salad Dressings

- Cooked salad dressing is similar to mayonnaise, but it has a more tart flavor.
- It is made with little or no oil and thickened with a starch thickener.

Ingredients

- Because the flavors of most salad dressings are not modified by cooking, the quality of the dressings depends on the quality of the ingredients
- Most dressings are an oil and acid like vinegar or citrus juices

Oils

- Kinds
 - Corn oil
 - Cottonseed, soybean, canola and safflower oil
 - Peanut oil
 - Olive oil
 - Walnut oil
- Quality Factors
 - All purpose oils have a mild, sweet flavor
 - Winterized oil should be used for dressings that will be refrigerated

Acid & Binders

- Vinegar
 - Cider Vinegar
 - White or distilled vinegar
 - Wine vinegar
 - Flavored vinegars
 - Sherry Vinegar
 - Balsamic vinegar
 - Others specialty vinegars
 - Malt
 - Rice
 - Fruit flavored like raspberry
- Lemon Juice
 - Fresh lemon juice may be used in place of vinegar in some preparations
- Egg yolk
 - An essential ingredient in mayonnaise

Seasoning and Flavoring

- Nearly any spice or herb can be used in salad dressings
- Dried herbs and spices need extra time to release their flavors
- Most salad dressings should be made 2-3 hours before serving
- Other ingredients added for flavoring are mustard, catsup, Worcestershire sauce and various types of cheese
- Remember if you use a Roquefort cheese dressing it has to be made with Roquefort cheese



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Emulsions in Salad Dressings

Oil and Vinegar Dressings

- Basic vinaigrette or basic French dressing is a mixture of oil, vinegar, and seasonings
- FYI, the thickest, sweet tomato-based dressing often served as "French Dressing" is unknown in France
- The ratio of oil and vinegar in basic vinaigrette is 3 parts oil to 1 part vinegar
- Some chefs use a 2 to 1 ratio, others 4 to 1 ratio. The more vinegar or acid used the more tart the dressing will be.

Emulsified Dressings

- Mayonnaise is the most important emulsified dressing. It can be served by itself or added to make a new dressing
- Emulsified French Dressing is similar to basic French dressing, except egg yolk has been added to keep the oil and vinegar from separating.

Mayonnaise

- You can make your own mayonnaise but remember it is not as stable as commercially produced mayonnaise and would not have as long a shelf life
- The general ingredients are pasteurized egg yolk, oil, vinegar, and seasonings

Temporary Emulsions

- Simple oil and vinegar dressings are called temporary emulsions because they will always separate after shaking
- The negative side of temporary emulsions are they have to be shaken or stirred before each use

Permanent Emulsions

- Mayonnaise is a mixture of oil and vinegar but the two are bound together by **egg yolks** which act as a emulsifier
- Commercial emulsifiers are gums, starches, and gelatins

The background of the slide features a photograph of a bowl filled with a thick, reddish-orange dressing, likely a tomato-based vinaigrette. In the upper left corner, a portion of a pepper mill is visible, showing the words 'TAB' and 'PEP' on its label. A large, semi-transparent red circle is overlaid on the center of the image, containing the title and list.

Oil and Vinegar Dressings

- Basic vinaigrette or basic French dressing is a mixture of oil, vinegar, and seasonings
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- Some chefs use a 2 to 1 ratio, others 4 to 1 ratio. The more vinegar or acid used the more tart the dressing will be.

The background of the slide features a close-up photograph of a bowl containing a thick, reddish-brown dressing, likely a vinaigrette or emulsified dressing. In the upper left corner, a portion of a pepper mill is visible, showing the brand name 'TAB' and 'PEPPER' on its side. A large, semi-transparent maroon circle is overlaid on the image, serving as a backdrop for the text.

Emulsified Dressings

- Mayonnaise is the most important emulsified dressing. It can be served by itself or added to make a new dressing
- Emulsified French Dressing is similar to basic French dressing, except egg yolk has been added to keep the oil and vinegar from separating.

The background of the slide features a photograph of a bowl of thick, red soup, possibly tomato-based, with a golden-brown crust on top. To the left, a portion of a white container with a green and red label is visible, showing the word 'TAB' and 'PEP'. A large, semi-transparent red circle is overlaid on the image, containing the title and list.

Mayonnaise

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Salad Dressings

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Ingredients

Emulsions

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Salads & Dressings

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Arrangement

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UCF-ProStart Teachers Workshop Soup and Salads- Hand out

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UCF

Rosen College of
Hospitality Management

UNIVERSITY OF CENTRAL FLORIDA

"Caldo Santo" Coconut and squash soup

 **Rosen College of Hospitality Management**
UNIVERSITY OF SAUTTER, OREGON

"Caldo Santo" Coconut and squash soup

Yield: 6	Ingredients	Method:
		Quantity
	Coconut milk	14 oz
	Anatto (achiote) seed	2 lbs
	Chicken stock	8 oz
	Butter	2 tbs
	Garlic cloves	2 oz
	Sofrito*	1 tbs
	Butternut squash (roasted)	7 oz
	Heavy cream	4 oz

Direction

1. In a saucepan, simmer the coconut milk, chicken stock and the annatto seeds for 15 minutes. Strain and reserve the liquids.
2. In a medium saucepan melt butter and sweat the onions, add the garlic and the sofrito, stir for a few minutes, avoid caramelization.
3. Add the coconut and stock mixture and simmer for 2 minutes.
4. Add the roasted squash and simmer for 15 minutes.
5. Pure in a blender, strain using a cheesecloth.
6. Return to a saucepan add the heavy cream and simmer for 8 minutes.
7. Serve.

Cesar Rivera-Cruzado

“Caldo Santo” Coconut and squash soup


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Ingredients		Quantity
Coconut milk		14 oz
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4. Add the roasted squash and simmer for 15 minutes.
5. Pure in a blender, strain using a cheesecloth.
6. Return to a saucepan add the heavy cream and simmer for 8 minutes.
7. Serve.

Cesar Rivera-Cruzado

Apple and Fennel Salad with Manchego and Walnuts

 Sonoma College of Hospitality Management

Apple and Fennel Salad with Manchego and Walnuts

Yield: 4	Ingredients	Method
	Manchego cheese, preferably aged 3 months	8 oz
	Bulk fennel	1
	green apples	2
	walnuts, lightly toasted	¼ cups
	Sherry dressing (see below)	To taste
	Salt to taste	
	Chives, for garnish	

Sherry Dressing	
Spanish extra virgin olive oil	3 tablespoons
sherry vinegar	1 tablespoon
Salt	Pinch

Directions

1. Cut the Manchego into 2" buttons.
2. Cut one of the apples into ¼" cubes, and slice the other thinly on a mandoline or with a very sharp knife.
3. Slice the fennel bulb thinly on a mandoline or with a very sharp knife.
4. Toss everything in a bowl with the sherry dressing, and season with salt.
5. Before serving, top with minced chives. Serve immediately.

Sarah Anderson, "Artistic in Gastronomy"

Apple and Fennel Salad with Manchego and Walnuts


Yield: 4		Method:
	Ingredients	Quantity
	Manchego cheese, preferably aged 3-months	8 oz
	Bulb fennel	1
	green apples	2
	walnuts, lightly toasted	¼ cups
	Sherry dressing (see below)	To taste
	Salt to taste	
	Chives, for garnish	
Sherry Dressing		
	Spanish extra virgin olive oil	3 tablespoons
	sherry vinegar	1 tablespoon
	Salt	Pinch

Directions

1. Cut the Manchego into 2" batons.
2. Cut one of the apples into ¼" cubes, and slice the other thinly on a mandoline or with a very sharp knife.
3. Slice the fennel bulb thinly on a mandoline or with a very sharp knife.
4. Toss everything in a bowl with the sherry dressing, and season with salt.
5. Before serving, top with minced chives. Serve immediately.

José Andrés, "Made in Spain"

Cojondongo Extremaduran cold tomato bread salad

 Bosch College of Hospitality Management

"Cojondongo" Extremaduran cold tomato bread salad*

Yield: 4	Ingredients	Method:
		Quantity
	Baguette	4 or
	Olive oil extra-virgin	6 tbsp
	Fresh tomatoes	6ea
	Garlic cloves	¼
	Smoked paprika	¼ tsp
	Parsley, chopped	1 tbsp
	Salt	TT
	Sherry vinegar	1 tbsp
	Green bell pepper, seeded and sliced	1ea
	Green onion, thinly sliced	1ea
	Green olive, quartered	1 cup

Direction

1. Cut the bread into 1-inch cubes and toss in a mixing bowl with two tablespoons of the olive oil. Spread the bread in a sheet pan and bake on the middle rack until golden brown, about 5 minutes. Set the croutons aside to cool.
2. Cut four of the tomatoes in half. Place a grater over a mixing bowl. Rub the cut surface of the tomatoes over the grater until all the flesh is grated, discard the skin.
3. Spoon the tomato pulp into the fine mesh strainer set over a large bowl. Allow the pulp to drain for 10 minutes. Reserve the drained pulp. Discard the remaining tomatoes.
4. Using a mortar and pestle, crush the garlic together with the paprika, parsley, and a pinch of salt to make a smooth paste.
5. Whisk 1 tablespoon of the olive oil and the vinegar together in a small bowl, and then stir in the garlic-parsley paste.
6. In a mixing bowl, combine the croutons, peppers, sliced tomatoes, scallions, and olives and toss together. Pour in the dressing and mix well.
7. To serve, spread the tomato tomato pulp on a serving platter and drizzle with the remaining tablespoons of olive oil. Top with the bread salad and season to taste with salt.

*Test Analysis, "Made in Spain"
page # 35

“Cojondongo” Extremaduran cold tomato bread salad*

Yield: 4		Method:
	Ingredients	Quantity
	Baguette	4 oz
	Olive oil extra-virgin	6 tbsp
	Plum tomatoes	6ea
	Garlic cloves	½
	Smoke paprika	¼ tsp
	Parsley, chopped	1 tbsp
	Sea salt	TT
	Sherry vinegar	1 tbsp
	Green bell pepper, seeded and diced	1ea
	Green onion, thinly sliced	1ea
	Green olives, quartered	1 cup

Direction

1. Cut the bread into 1-inch cubes and toss in a mixing bowl with two tablespoons of the olive oil. Spread the bread in a sheet pan and bake on the middle rack until golden brown, about 5 minutes. Set the croutons aside to cool.
2. Cut four of the tomatoes in half. Place a greater over a mixing bowl. Rub the cut surface of the tomatoes over the greater until all the flesh is grated, discard the skin.
3. Spoon the tomato pulp into the fine mesh strainer set over a large bowl. Allow the pulp to drain for 30 minutes. Reserve the drained pulp. Dice the remaining tomatoes.
4. Using a mortar and pestle, smash the garlic together with the paprika, parsley, and a pinch of salt to make a smooth paste.
5. Whisk 3 tablespoon of the olive oil and the vinegar together in a small bowl, and then stir in the garlic parsley paste.
6. In a mixing bowl, combine the croutons, peppers, diced tomatoes, scallions, and olives and toss together. Pour in the dressing and mix well.
7. To serve, spread the reserve tomato pulp on a serving platter and drizzle with the remaining tablespoon of olive oil. Top with the bread salad and season to taste with salt

José Andrés, “Made in Spain”
 page # 30

UCF-ProStart Teachers Workshop Soup and Salads- Hand out

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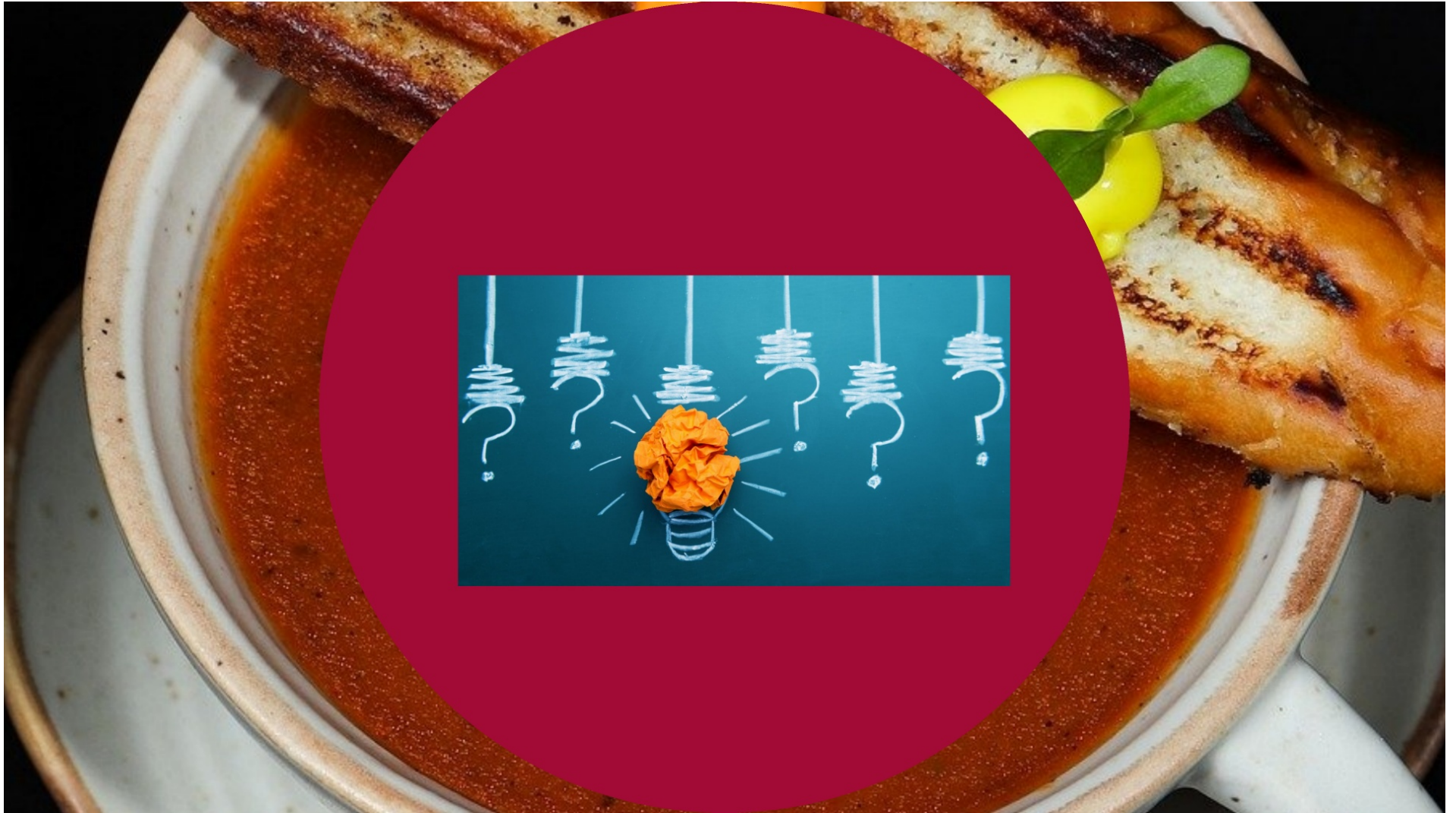
Q&A



UCF

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UCF-ProStart Teachers Workshop Soup and Salads- Hand out

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