



Part 2

Produce appetisers and salads

SITHCCC202

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Contents

Welcome	vi
Icons.....	vi
What you will learn.....	vii
5 Produce salads	1
Types of salads.....	1
Salad ingredients.....	4
Salad dressings and sauces.....	Error! Bookmark not defined.
Dressing a salad	23
Words for taste and texture	25
Construct salads.....	27
Store prepared salads	29
Present salads	30
Section summary	33
6 Produce appetisers	34
What are appetisers?	34
Types of appetisers	35
Canapés.....	35
Put canapés together	39
Chef makes canapés.....	39
Savouries	45
Make savouries.....	46
Appetisers from other countries	48
Present appetisers	51
Store appetisers before service.....	53
Use leftovers and trimmings	53
Section summary	54
The Gums Recipe Book	55
Salads.....	55
Dressings and sauces.....	61
Appetisers.....	64

Welcome

Icons

These signs tell you what type an activity is:



Do this activity in a big group.



Do this activity in a small group.



Do this activity in pairs.



Do this activity by yourself.



Do this activity using the internet.
If you are not connected to the internet, your trainer will provide you with another activity.



Do this activity in your workplace.
If you are not in a workplace, your trainer will provide you with another activity.

What you will learn

Appetisers and salads are important parts of the menu of a café or restaurant. They must be fresh, tasty and good to look at.

In this unit you will learn how to:

- select the ingredients for appetisers and salads
- select, prepare and use equipment safely and correctly
- follow food safety guidelines
- portion and prepare the ingredients
- perform some basic cooking techniques
- produce and present appetisers and salads
- store the appetisers and salads.



5 Produce salads

Types of salads

Salads are popular in Australia's warm climate, and as people change to lighter, healthier food.

A salad can be served in many different ways:

- warm or cold
- raw ingredients , cooked or a combination
- as a starter, main course, meal accompaniment or in a buffet table.

Here are some types of salads.

Simple salads:

One ingredient is the main feature, usually a vegetable, e.g. lettuce or tomato salad.

Usually has a dressing (a liquid sauce) added, e.g. vinaigrette dressing.



Mixed or compound salads:

Two or more main ingredients

The dressing *binds* the ingredients, e.g. Coleslaw salad with mayonnaise.



Composed salads:

The ingredients are arranged on the plate rather than mixed or tossed.

The dressing is often poured over the salad or served as an *accompagnement*,
e.g. Salad niçoise.



Classical salads:

Follow recipes which have been around for a long time.

They may be simple, compound or composed,
e.g. Waldorf salad.



Contemporary (modern) salads:

May combine flavours, ingredients and techniques from different *cuisines* (style or method of cooking).

e.g. Couscous and roast vegetable salad from Middle Eastern cuisine.



Warm salads:

A warm or cooked item is the main focus, e.g. meat, poultry or seafood.

Usually arranged on a base of salad leaves,
e.g. Warm lamb salad with yoghurt dressing.





Activity 23

What salad is that?

- 1 Choose 5 salads from the Recipe Book.

Which types of salads are they? You might tick more than one box for a salad.

One has been done for you.

Salad	Simple	Mixed	Composed	Classical	Contemporary	Warm
<i>Coleslaw salad</i>			✓	✓		

- 2 In your workplace, what salads have you made yourself, or seen made?

- 3 If they are different to the 4 above, add them to the table.

Salad ingredients

Salads can be made from a variety of ingredients. With the influence of many cultures in Australia, the range of ingredients has increased, and continues to increase.

Here are some common ingredients for making salads and dressings

Salad greens

'Leafy green' or 'salad green' includes leafy lettuce and other green vegetables that are used in salads, such as baby spinach and cabbage.

Here are some common 'leafy greens' in Australia.

Iceberg lettuce

- the most familiar salad green
- firm, compact head
- light green leaves, paler colour on the inside.



Radicchio

- deep red leaves with a white contrasting rib
- bitter and spicy taste.



Curly endive

- thin, twisted leaves, curly at the outer edges
- dark green outside to pale yellow or white in the centre
- slightly bitter taste.



Cos lettuce

- a long shape with loose green leaves
- stays crisp.



Butter lettuce

- loose, yellow to pale green leaf
- soft, not crisp
- delicate flavour.



Oakleaf lettuce

- base is pale green and the tip is red
- soft loose-leaf lettuce.



Rocket (roquette)

- small separate leaves
- peppery, spicy flavour.



Baby spinach

- small separate dark green leaves
- adds variety of colour and shape to mixed leaf salad.



Cabbage

- usually pale green, but can also be red
- leaves are firm and densely packed.



Mixed baby leaves

A prepared and pre-washed salad mix made up of several types of leaves.



Sprouts

Some sprouts can be used in salads. These provide flavour, texture and a visual appeal. Some examples are:

- snowpea sprouts
- alfalfa sprouts
- bean shoots.



Salad herbs

Herbs are used in salads to provide flavour, *aroma* (smell) and *texture* (feel). If you put in too much, it may take over the taste of the main ingredients of the salad.

Here are some popular herbs used in salads.

Chives



Curley leaf
parsley



Coriander



Vietnamese
mint



Basil



Mint



Italian
parsley



Dill



Other herbs may include:

- thyme
- marjoram
- oregano
- rosemary
- fennel
- spearmint
- tarragon

Fruit and vegetables

Fruits and vegetables can also be used in salads, including:

- carrots
- capsicum
- beans
- cucumber
- pears
- apples
- oranges
- avocado
- mangoes.

They add different flavours, crunch, texture and colour.

Also, simple fruit salad can be served during a meal or as a sweet after a meal. You can use a range of fruit in season.



Other ingredients

You can use a range of other ingredients in salads, including:

- meat
- fish
- seafood
- nuts
- cheese
- olives
- eggs
- pasta
- rice.



Activity 24

What ingredients?

Recipe	Salad green	Herbs or sprouts	Fruit or vegetables	Other ingredients
Caesar salad	<i>cos lettuce</i>	<i>parsley</i>		<i>bread</i> <i>bacon</i> <i>parmesan</i> <i>anchovies</i>
Nicoise salad				
Warm lamb salad with yoghurt dressing				
Couscous and Roast Vegetable Salad				



Activity 25

Salads in your workplace

Choose 2 salads that are served in your workplace.

- 1 When are the salads served?

For example, before a meal, with a meal, as a meal in itself, as part of a buffet.

- 2 List the main ingredients of the salad.

Salad and when served	Main ingredients

Salad dressings and sauces

'Dressing' a salad doesn't mean we are putting clothes on it. It means we are putting a liquid or sauce into the salad.

Salad dressings or sauces are usually added to salads, for a variety of reasons. These include to:

- add flavour
- add colour
- bind (join) the ingredients together
- moisten the salad
- aid digestion (make it easier for the stomach to break down the food)
- make the salad look more attractive.

There are many types of dressings and sauces that can be used for salads. Before choosing the best dressing for the particular salad, you should ask these questions.



There are several different types of dressings, but many are based on the standard recipes for *vinaigrette* and mayonnaise.

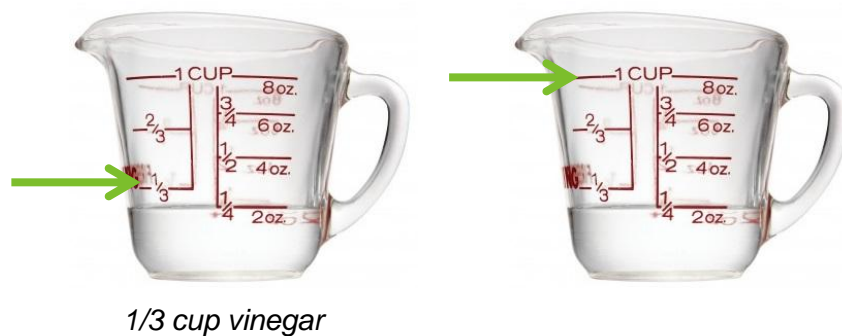
Vinaigrette

This is a mix of oil and vinegar seasoned with salt and pepper.

It is also called a French dressing. A vinaigrette can *accentuate* (make more intense) the flavour of the salad, and gives moisture to the salad.

The usual ratio is 1 part vinegar and 3 parts oil.

So, for 1 cup of oil, you only need 1/3 cup vinegar.



Activity 26

How much vinegar or oil?

You have been asked to make a vinaigrette dressing.

The chef only tells you one quantity. Work out the missing quantities.

The first one is done for you.

One part is ...	1 part vinegar	and	3 parts oil
1/3 cup	1/3 cup	and	1 cup
100 ml	100 ml	and	
		and	3/4 cup
1 tspn	1 tspn	and	

Did you know?

The word, vinegar, comes from the French “vin aigre” meaning “sour wine”.

Other ingredients which add flavours to a dressing are:

- herbs
- garlic
- mustard
- lemon juice.

Oil and vinegar do not *emulsify* (bind together), so they will *separate* (come apart) quite quickly. You must whisk or shake the dressing well before it is served to mix the ingredients again.

Adding mustard to vinaigrette helps to emulsify the ingredients so that they stay together.



Mayonnaise

Mayonnaise is a mix of egg yolks, vinegar and oil whisked together. They form a thick sauce which does not *split* (separate into its parts) if you let it sit. It is flavoured with mustard. It is not cooked. Other ingredients may be added to a basic mayonnaise to form other types of dressings. Some examples are:

Name	Flavoured with
▪ Tartare sauce	▪ Lemon juice, capers, gherkin and chopped herbs
▪ <i>Sauce verte</i> (Green sauce)	▪ Chopped or pureed green vegetables and herbs They give it a green colour
▪ Caesar salad dressing	▪ Anchovies
▪ Aioli	▪ Crushed garlic
▪ Cocktail sauce	▪ Tomato sauce, Worcestershire sauce and lemon juice

Chef makes mayonnaise

Find the recipe for *Mayonnaise* in your Recipe Book, and follow what the chef is doing. Notice the different preparation and cooking methods he is using.



1. Gather your ingredients.





Chef's tip

If your mayonnaise *splits*, don't throw it out. You can try one of these ways to fix it:

- Start with a fresh egg yolk, then add the split mixture gradually
 - Add some boiling water to the side of the mayonnaise and stir with a whisk
 - Place the mixture into a blender on high speed.
-

Dairy based dressings

Some dressings use dairy products, for example:

- sour cream
- cottage cheese
- ricotta cheese
- yoghurt
- blue cheese
- goat's cheese.

If you use dairy products in a dressing, you must also use some sort of *acid*, such as vinegar or lemon juice. This cuts through the fattiness of the dairy product so that you can taste the salad better. It also helps you digest the food better.



Activity 27

Using a dairy based dressing

Look at the recipe for **Warm lamb salad** in the Recipe Book.

Fill in the missing information in this table.

Dairy product used?	
Acid used?	
Other ingredients to flavour the dressing?	
How do you make the dressing?	



Activity 28

Dressings at The Gums Resort

Choose 5 salads from the Recipe Book.

Is the dressing based on a vinaigrette or mayonnaise?

Has anything extra been added?

Salad	Vinaigrette or Mayonnaise?	Anything added?
<i>Potato salad</i>	<i>M</i>	<i>Chopped herbs</i>

Types of oils

You can use oils with different flavours in salad dressings.

Some oils have a light flavour and *aroma* (smell), e.g. sunflower oil and canola oil.

Others have a stronger flavour and aroma, e.g. olive oil, sesame oil and walnut oil.

Oils may be flavoured by adding spices, herbs and things such as peppercorns, garlic or chilli.

Choose the oil to suit the salad. If the flavour of the oil is too strong, it can *dominate* (take over) the flavour of the salad.

Types of vinegars

Vinegar is an *acidic* (sharp or tart tasting) liquid made from wine, cider, sherry and other similar ingredients.

The sourness of the vinegar brings out the flavour of the ingredients used in salads. The acid cuts through the fattiness of the oil or dairy product, so the salad can be tasted more clearly. The acid can also help you digest the salad.

There are many different types of vinegars available. Some vinegars are flavoured, e.g. with herbs.

You can also use other acidic liquids in a dressing instead of vinegar, e.g. *verjuice* (unfermented grape juice), or lemon, lime or orange juices.

Storing dressings and ingredients

Store oils and vinegars in the dry store. However flavoured oils should be kept in the refrigerator.

Eggs and dairy products must be stored in the refrigerator.

To store prepared dressings:

Vinaigrette	<ul style="list-style-type: none"> ▪ No need to keep it in the fridge, as the ingredients do not spoil easily. The high acid content in the vinegar stops it going bad. ▪ If oils are stored in the fridge, many of them will <i>solidify</i> (go hard).
Mayonnaise	<ul style="list-style-type: none"> ▪ Must keep it in the fridge because it contains egg yolks, which grow germs very easily. ▪ Also, it does not have enough vinegar in it to stop it going bad. ▪ Should be kept in the dairy section of the fridge, at 1-4°C ▪ Can be kept there for up to 3 weeks. However, because there is oil in it, it may solidify.

Chef's tip

Canola oil does not *solidify* (go solid or hard) when cold. So salad dressings made with this can be kept in the fridge without solidifying. Start with a fresh egg yolk, then add the split mixture gradually.

**Activity 29****Food storage at your workplace**

Where are things stored in your workplace?

Oils	
Vinegars	
Eggs	
Sour cream, yoghurt	
Garlic, parsley	
Completed dressings	

Calculating portions of dressings

*I've had to learn some work maths.
I need to work out how much of a
dressing or sauce to make for a
service.*



- Sometimes dressings and sauces are made on a per person basis as needed.
- But the kitchen makes some common dressings and sauces on a daily or weekly basis. They make a large quantity and store it in the fridge.

The general rule	You need 25 ml of dressing or sauce for one person. We call this a serve or a portion.
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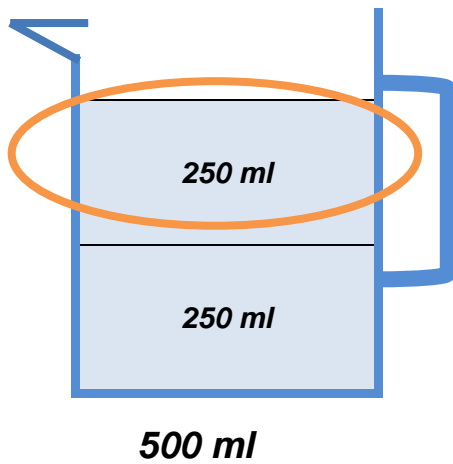
The standard recipe	The standard recipe for mayonnaise makes 500 ml.
---------------------	--

How many serves in the standard recipe?

The total amount divided by	The amount in one serve equals	The number of serves
-----------------------------	--------------------------------	----------------------

500 ÷	25 =	20
-------	------	----

Use your calculator to check	500 ÷ 25 = 20
------------------------------	---------------

Look at the measuring jug

1	25 ml
2	25 ml
3	25 ml
4	25 ml
5	25 ml
6	25 ml
7	25 ml
8	25 ml
9	25 ml
10	25 ml

500 divided into half equals 250

$$500 \div 2 = 250$$

2 lots of 250 adds up to 500

$$2 \times 250 = 500$$

250 divided into 10 equal parts – each part is 25

$$250 \div 10 = 25$$

10 lots of 25 adds up to 250

$$10 \times 25 = 250$$

**Activity 30****How many portions?**

- 1 You have 40 people booked for lunch. How much mayonnaise do you need to make?

- 2 Look at the recipe for *Italian dressing* in the Recipe Book.

- a. How much in total does the recipe make?

- b. How many portions will you get from the recipe? Follow the general rule for portion size.

- c. You need to make enough Italian dressing for 30 people. How much should you make?

Dressing a salad



Dress salads just before serving. Add just enough dressing to moisten the salad. Take care so you do not damage or 'drown' the salad ingredients. There are different ways to put on the salad dressing. Read about them on the next page.



Activity 31 **Dressing salads**

Look at the salad recipes in the Recipe Book.

What method of dressing a salad is used for each one?

Salad	Method of dressing
Nicoise Salad	
Grilled asparagus and blood orange salad	
Coleslaw salad	
Potato salad	
Caesar salad	

Salad	Method of dressing
Nicoise Salad	
Greek salad	
Waldorf salad	
Warm lamb salad with yoghurt dressing	
Couscous and Roast Vegetable Salad	

Method	Salads	How to do it
Toss <i>Mix lightly with your hands</i>	For light salads using a vinaigrette dressing, e.g. a simple green salad.	<ul style="list-style-type: none"> Wash your hands Pour the dressing over the ingredients With your fingers spread, gently lift and mix the dressing through the ingredients. Don't damage the leaves. Coat all the ingredients with the dressing Put the salad into the serving dish.
Fold <i>Turn over with a spatula</i>	For salads that have a mayonnaise dressing, e.g. coleslaw.	<ul style="list-style-type: none"> Spoon the dressing carefully onto the salad. Mix gently with a spatula or tongs. Turn the ingredients over. Coat all the ingredients with the mayonnaise Put the salad into the serving dish.
Drizzle <i>Pour a very fine stream over the top</i>	Good for constructed salads, e.g. Niçoise salad. It does not disturb the look of the salad	<ul style="list-style-type: none"> Put the salad into the serving dish. Pour a small stream of dressing all over the salad, not just in one spot.

Method	Salads	How to do it
Steep <i>Pour dressing over the salad and let it stand</i>	Use with cooked vegetable salads, where the ingredients have already been softened by cooking, e.g. potato salad. Do not use with salad greens, as they will go soft.	<ul style="list-style-type: none"> ▪ Pour the dressing onto the salad ingredients. ▪ Fold the dressing gently through. ▪ Let the salad sit a while so the flavour of the dressing soaks into the ingredients. ▪ Put the salad into the serving dish.



No dressing

Most salads in a buffet are not dressed. If dressed salad is left for a period of time, it will *wilt* (go soft and floppy) and will not taste or look good.

Put the dressing separately in a small jug or bowl with a spoon at the side. The guest can then serve themselves.

Words for taste and texture

You should check your salad by tasting it. You will also be looking for the correct *texture*, how it feels in your mouth. You need to know some words so you can talk about tastes and textures with your kitchen colleagues.

Words for tastes

- | | | |
|----------|---------|---|
| ▪ bitter | ▪ salty | ▪ umami (a Japanese word - it means a pleasant savoury taste) |
| ▪ sweet | ▪ sour | |
-

Words for textures

- | | | |
|-----------|------------------------------------|------------|
| ▪ clean | ▪ creamy | ▪ crisp |
| ▪ crunchy | ▪ fibrous | ▪ moist |
| ▪ velvety | ▪ rich | ▪ slippery |
| ▪ smooth | ▪ <i>mousse</i> (light and fluffy) | |
-

Salads aim to have a *harmonious* (when different things go together well) mix of tastes and textures.

For example, Caesar salad:

- **Tastes:** A umami taste. Some saltiness in the parmesan. A bit sour from the lemon in the dressing.
- **Textures:** The cos lettuce is crisp, the croutons and fried crisp bacon are crunchy, the mayonnaise dressing is smooth and rich-feeling.



Activity 32

Taste and texture

Your trainer will organise this activity.

What words would you use to describe each ingredient?

Ingredient	Taste and texture
celery	
vinaigrette	
soy sauce	
carrot sticks	

Ingredient	Taste and texture
olives	
mayonnaise	
fried bacon	
croutons	

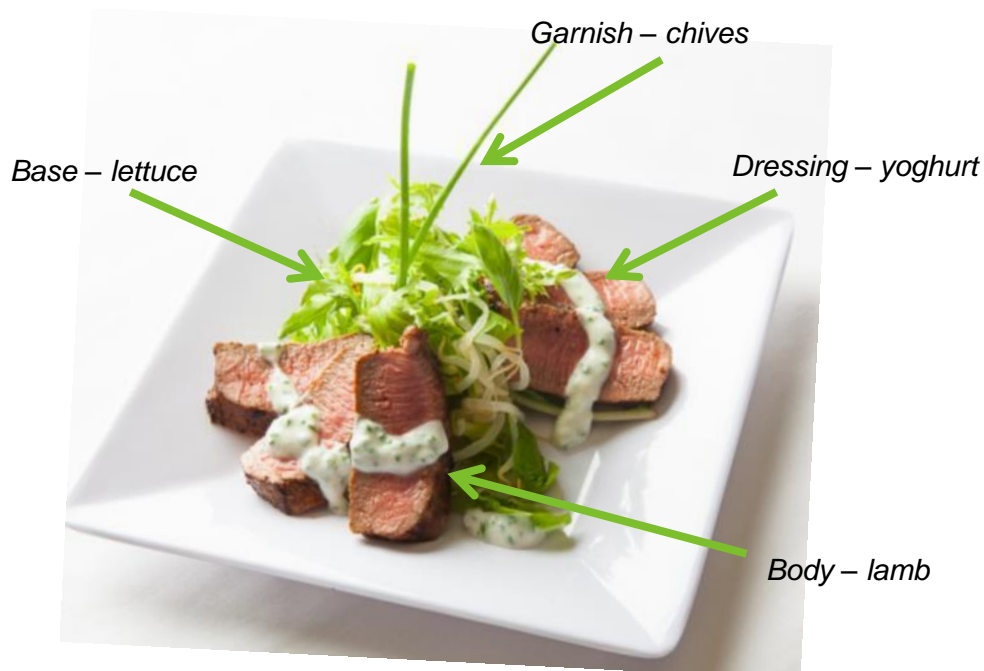
Construct salads

When you *construct* a salad (put the salad together), it normally has 4 parts.



- | | |
|--------------------|---|
| 4. Garnish | Adds colour, flavour and texture to the salad. |
| 3. Dressing | Blends the ingredients together and adds flavour. |
| 2. Body | The main ingredients of the salad. |
| 1. Base | This is usually salad greens. |

Here is how Warm lamb salad with yoghurt dressing is constructed.



Guidelines for constructing salads

These things are important when you are constructing a salad.

Colours	There should be <i>contrast</i> (differences), e.g. red roasted capsicum with green baby spinach and yellow cous cous.
Textures	There should be <i>contrast</i> , e.g. creamy avocado with crisp salad greens.
Flavours	They should be <i>balanced</i> (not too much of one thing). They should <i>complement</i> each other (go well together), e.g. blander tomato and bocconcini cheese with pungent shreds of basil and a sharp vinaigrette dressing.
Shape	Give the salad height, rather than leaving it flat e.g. heap up a Caesar salad and layer garnishes on top.
Cutting	All ingredients should be identifiable and cut precisely, unless they are torn.
Order	Add the firmest ingredients first. Leave softer ingredients until last.
Dressing	Add just enough dressing to moisten the salad. Too much dressing will spoil it.



Activity 33

Constructing a salad

Look at the recipes for these salads.

What is used for the base, body, dressing and garnish?

	Caesar salad	Niçoise salad
4. Garnish		
3. Dressing		
2. Body		
1. Base		

Store prepared salads

Salads should be made as close as possible to the time of service.

Most salad ingredients are not cooked so it is important to store them properly until service. Kitchens and serving areas can be humid, hot and stuffy, and this can make salads spoil more quickly.

Salads should be stored:

- in containers covered with plastic wrap, or in containers with a fitted lid
- at 1°C-5°C
- away from raw or cooked meat or seafood.
- This stops germs growing and stops the salad drying out on top.

Present salads

Salads can be served plated up in single portions, or they can be prepared and served in bulk amounts to provide multiple serves, e.g. at a buffet.

You can use a range of different bowls or other containers to serve salads. Glass bowls are attractive because you can see the ingredients.



Salad checklist	✓
The salad is at the right temperature.	
The plate is at the right temperature.	
Contrast in colours and textures is appropriate and attractive.	
The garnishes suit the salad.	
There is not too much dressing.	
The portion size is correct.	
There are no drips or spills on the serving plate.	



You may have to make some adjustments, such as:

- change the garnish so the balance, colour and contrast look right
- change the serveware or the way it is plated so it looks more attractive or is easier to eat.



Activity 34

Make a salad

Now make a salad from the Recipe Book.

Tick off each step as you do it. Your salad may not need all these steps.

Steps in salad construction	Done ✓
I've read the recipe.	
I've worked out what quantities I need of each ingredient.	
I've assembled my ingredients.	
I've assembled my equipment.	
I've set out my ingredients and equipment in a good work flow.	
I've prepared all the ingredients for the salad using the techniques in the recipe, including cutting and cooking.	
I've made the dressing.	
I've stored correctly any prepared ingredients that I'm not using immediately.	
I've constructed the salad.	

Steps in salad construction	Done ✓
I've dressed the salad using the method in the recipe.	
I've tasted the salad and adjusted it if needed.	
I've presented the salad attractively.	
I've gone through the Salad checklist.	
I've stored correctly any leftovers or the final salad if it is not being served immediately.	



Section summary

Now you have completed this section you should have developed the following skills and knowledge.

Tick the box if you are satisfied that you have those skills and knowledge.

	Understand the different types of salads.
	Know different salad ingredient that can be used.
	Know how to make a salad dressing, and how to dress a salad.
	Describe different tastes and textures.
	Construct salads.
	Store prepared salads.
	Present salads attractively and know when to adjust salads for presentation.

Notes

6 Produce appetisers

What are appetisers?

Appetisers are small portions of food designed to *stimulate* (excite) the appetite before a meal. They are tasty, attractive and small so they don't fill you up.

Appetisers should look attractive as well as taste good.



Appetisers can be:

- served before a meal with a knife and fork, because the guests are sitting down
- served at cocktail parties or other functions where people are standing up so food is picked up in the fingers.



Did you know?

Other names for appetisers are:

- *finger food* – because they may be eaten in the fingers
 - *hors d'oeuvres* - French word meaning “outside of the main meal”
 - *bite-sized* - because you can eat them in just one bite.
-

Types of appetisers

There are many types of appetisers. They range from traditional appetisers such as smoked salmon, to more complex appetisers using a range of ingredients and influenced by other countries, such as rice paper rolls.

You will learn about:

- canapés
- savouries
- appetisers from other countries.



Activity 35

Appetisers at your workplace

What appetisers are made at your workplace?

Canapés

Canapés are savoury, bite-sized finger food. The word is pronounced **kah/nah/pay**. Canapés are usually served:

- with pre-dinner drinks, at cocktail functions, formal parties and wedding receptions.
- cold and offered around on a platter by wait staff.
- attractively arranged on a platter
- with a mixture of different canapés for guests to choose from so that everyone can find something they like.



Parts of a canapé

Canapés are usually made up of a base, the body and a garnish (decoration).

The flavours and colours of the three parts must complement each other (go together).

Look at the ingredients of these 4 canapés. Would you like to eat them?

		Canape 1	Canape 2	Canape 3	Canape 4
Garnish	<p>Adds colour and flavour.</p> <p>Can also be used to moisten the body, e.g. sour cream.</p> <p>The size or amount of garnish should not dominate.</p>	Parsley	Asparagus tip	Quince paste	A slice of gherkin
Body	The main ingredient, often a meat, fish or cheese.	A prawn	Pate	Brie cheese	Rare roast beef
Base	<p>Must be solid enough to support the toppings and so the guest can pick it up in their fingers.</p> <p>Can be different shapes, e.g. squares, triangles or circles.</p> <p>May be covered with a spread to stop the toppings making it soggy. This also helps the body stick to the base.</p>	Piece of crisp toast spread with herbed cream cheese	Round of pastry	Firm savoury biscuit	Square of rye bread spread with mustard

Parts of a canapé



Activity 36

What are these canapés made from?

Look at the canapés in this picture.

What do you think they are they made from?

Put the ingredients into the columns in the table. One has been done for you.



Canapé	Base	Body	Garnish
1	<i>seaweed rice cracker</i>	<i>smoked salmon mousse</i>	<i>caviar</i>
2			
3			
4			
5			



Activity 37

Designing canapés

Go to the recipe for **Canapés** in the Recipe Book.

This lists a number of different bases, toppings and garnishes.

You can mix and match these ingredients to make different canapés.

Design six different canapés you would like to eat and which would look nice together on a platter.

Write them in this table.

Base	Body	Garnish
1		
2		
3		
4		
5		
6		

Put canapés together

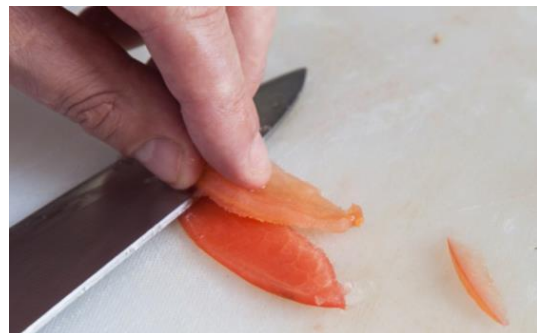
You *construct* (build or put together) canapés. Follow these steps.

1. Do your mise en place. Gather all the ingredients and equipment you need.
2. Prepare all the bases, spreads, body ingredients and garnishes in separate containers.
3. Clean your work area.
4. Lay out the bases for one type of canapé.
5. Put spread onto each base (if you are using it).
6. Add the body ingredient onto each base.
7. Add the garnish to each canapé.
8. Clean the work area again, then start on another type of canapé. This prevents cross-contamination and mixing of ingredients and flavours.
9. Arrange the canapés attractively on the platter or tray.

Chef makes canapés



Step 1: Prepare the bases



Trim the tomatoes

Step 2: Add the body



Spoon on avocado puree



Pipe creamy blue cheese



Pipe smoked salmon mousse



Spoon (quenelle) chicken paté

Step 3: Add the garnish



Trim chives



Slice cucumber thinly



Arrange on body



Wrap slivers of smoked salmon around



Garnish with thyme leaves

Step 4: Plate the canapés



Carefully arrange on platter

Canapé checklist	✓
The canapés are at the right temperature.	
The plate is at the right temperature.	
Contrast in colours and textures is appropriate and attractive.	
There is not too much garnish.	
They are not too crowded on the serving plate.	
There are no drips or smears on the serving plate.	

*Go through the
Canapé checklist*



Ready to share



Activity 38

Make some canapés

Choose 3 canapé recipes.

Tick off each step as you do it.

Steps in salad construction	Done ✓
1. I've chosen a good mixture of recipes.	
2. I've worked out what quantities I need of each ingredient.	
3. I've assembled my ingredients.	
4. I've assembled my equipment.	
5. I've set out my ingredients and equipment in a good work flow.	
6. I've prepared all the ingredients for the canapés using the techniques in the recipe, including cutting and cooking.	

7. I've stored correctly any prepared ingredients that I'm not using immediately.	
8. I've constructed the canapés.	
9. I've plated a mixture of canapés and presented them attractively.	
10. I've gone through the Canapé checklist.	
11. I've stored correctly any leftovers or the final canapés if they are not being served immediately.	



Savouries

Savouries are small portions of hot or cold food which can be served at stand up functions or at the table.

They are generally more filling than a canapé, so use them at a function that goes for longer than a cocktail party.

Some examples of savouries are:

- mini quiches
- small meatballs
- wontons
- shot glasses filled with soup
- samosas
- curry puffs
- satays
- mini spring rolls
- spinach and fetta triangles
- mini dim sim
- crumbed and fried pieces of fish
- tempura (batter fried vegetables or seafood)

Savouries are sometimes served with a dipping sauce, such as peanut sauce, sweet chilli sauce or plum sauce.





Activity 39

Make some canapés

Look in the Recipe Book. What savouries would you choose to serve at a 21st birthday party where people are having some drinks and standing up to eat?

Make savouries

Use the preparation and cooking techniques you have learnt to make savouries.



Activity 40

Make some savouries

Choose 2 savouries from the Recipe Book to make. Write their names at the top of the columns. Tick off each step as you do it.

Questions	Savoury 1:	Savoury 2:
Put the tasks you have to do in order.		

Questions	Savoury 1:	Savoury 2:
List the ingredients you need.		
Types of cuts used		
Cooking methods used		

Appetisers from other countries

The way we eat in Australia has been influenced by migration from other countries. This has given us a much broader range of appetisers.

Antipasto

- Means 'before the meal' in Italian
- Includes cured meats (e.g. salami, ham), char-grilled vegetables, *frittata* (cold savoury omelette), olives, pickled vegetables and cheeses.
- Generally served on a platter at the table, not as a finger food.



Tapas

- From Spain, where they are eaten as finger food in bars.
- Includes spicy chorizo sausage, marinated mushrooms, ham, stuffed olives, fried sardines, and mini omelettes.



Mezze

- A Turkish word, but mezze are eaten throughout the Middle East and Eastern Europe.
- Includes dips (e.g. hummus, tzatziki and baba ganoush), marinated feta cheese, kebabs, dolmades and small salads.
- Served with bread such as Turkish bread.



Asian appetisers

Many countries in Asia serve small snacks as street food. These have become popular as appetisers in Australia.

Some examples are:

- sushi and nori rolls from Japan
- dumplings from China
- fish cakes from Thailand
- samosas from India
- satays from Malaysia
- rice paper rolls from Vietnam.



Activity 41

Appetisers from other countries

- 1 Choose one appetiser from another country.
- 2 Write the information you need in the following table for the appetiser.
- 3 Then follow the steps and make it.

Appetiser from another country:

1. Ingredients and quantities

2. Equipment

3. Preparation and cooking methods

4. Order you will do the tasks in

5. How will you store prepared ingredients?

6. How will you construct the appetisers?

7. Serviceware

8. How will you arrange the appetisers?

Present appetisers

Present appetisers in an attractive manner.

Before you put the appetisers onto the platter, plan where you will put them. If you change your mind, you can make a mess.

Service ware

Service ware can be made of glass, stainless steel, silver, wood or china, and in different shapes. Choose plates and bowls that complement the food and display it attractively. Be creative. Think of these things:

- contrast of colours
- the country the appetiser comes from, e.g. dumplings in a bamboo steamer, satays on a banana leaf
- unusual containers, e.g. shot glasses, cocktail glasses, espresso cups, Asian spoons
- decorations for the platter, e.g. paper doily, salad leaves or herbs.
- Check the service ware is at the correct temperature – cold for cold appetisers, warm for warm appetisers.



Arrangement

Appetisers can be served on large platters for people to help themselves.

They need to be spaced out so they look attractive and are easy to identify and pick up.



How many?

- For appetisers served before a meal: allow 3-4 pieces for each person, so guests don't fill up before the meal.
- For appetisers at a cocktail party: allow 12-15 pieces per person.

Final quality check

Appetisers checklist	✓
The appetisers are at the right temperature.	
The plate is at the right temperature.	
Contrast in colours and textures is appropriate and attractive.	
There is not too much garnish.	
They are not too crowded on the serving plate.	
There are no drips or smears on the serving plate.	

You may need to:

- change accompaniments and garnishes so that it looks better
- change to a different plate
- remove any appetisers that have been damaged or have deteriorated
- wipe drips or spills.



Store appetisers before service

If the finished appetisers need to be stored before serving, cover them well with plastic wrap. Place them in the fridge or coolroom.



Use leftovers and trimmings

When you are preparing appetisers, there may be some trimmings from the ingredients. These can often be used in other dishes, reducing waste.

Here are some examples:

Left over bread	<i>can be used to make</i>	breadcrumbs and stuffings.
Trimmings from vegetables or herbs	<i>can be used to make</i>	a dip or a stock.
Offcuts of meat	<i>can be used to make</i>	make small meatballs.
Leftover roast beef or chicken	<i>can be used to make</i>	filling for canapés.

Section summary

Now you have completed this section you should have developed the following skills and knowledge.

Tick each box if you are satisfied that you have those skills and knowledge.

	Know the different types of appetisers and when they are used.
	Prepare and construct canapés.
	Prepare and construct savouries.
	Present appetisers.
	Store appetisers before services.
	Use leftovers and trimmings to prevent waste.

Notes



The Gums Recipe Book

Salads

Simple salads

Tomato, bocconcini and basil salad (1 portion)

Ingredients

1 fresh vine tomato
2 bocconcini balls, small
15 basil leaves
20 ml vinaigrette dressing

Method

- Blanche and refresh tomato then remove skin.
- Cut tomato into 1 cm slices.
- Place leaves at base of salad plate and top with tomato slices and torn pieces of bocconcini.
- Drizzle with vinaigrette dressing.

Grilled asparagus and blood orange salad (1 portion)

Ingredients

6 asparagus spears
1 blood orange
roquette leaves
20 ml vinaigrette dressing

Method

- Peel and blanch asparagus.
- Lightly oil grill bars and grill asparagus – allow to cool.
- Segment the blood orange and squeeze remaining juices into vinaigrette. Mix well.
- Place roquette onto plate then layer orange segments on top.
- Top this with grilled asparagus and drizzle with vinaigrette dressing.

Compound salads

Coleslaw salad (2 portions)**Ingredients**

40 gm carrots, fine julienne
 40 gm cabbage, fine chiffonnade
 1 celery stalk, finely sliced
 20 gm onions, finely sliced
 40 gm apples, fine julienne
 1 tbsp parsley, chopped
 30 ml mayonnaise

Method

- Combine all ingredients in a suitably sized bowl.
- Fold through mayonnaise to bind.
- Cover and refrigerate until required.

Potato salad (2 portions)**Ingredients**

160 gm potatoes, floury
 30 ml mayonnaise
 1 tbsp either chopped parsley, mint, thyme or tarragon

Method

- Steam the potatoes in their skins until just tender.
- Allow potatoes to cool, then remove skin and cut into 2 cm cubes.
- Fold through mayonnaise and choice of herb.
- Cover and refrigerate until required.

Composed salads

Caesar salad (2 portions)

Ingredients

Dressing:

2 egg yolks

1 clove garlic crushed

5 gm Dijon mustard

60 ml salad oil

5 ml Worcestershire sauce

1 anchovy crushed

10 ml lemon juice

Grated parmesan cheese

1 tsp chopped parsley

Method

- Whisk yolks, mustard vinegar, anchovy together.
- Add oil as for mayonnaise.
- Season with remaining ingredients.

Salad

1 baby cos lettuce

30 gm bacon julienne (fried crisp)

40 bread croutons fried lightly (1cm x 1cm)

15 gr shaved parmesan

- Wash and dry cos leaves and lightly toss through the dressing.
- On a salad plate, alternate layers of leaves, bacon, croutons and parmesan.

Niçoise Salad (2 portions)

Ingredients

4 leaves iceberg lettuce –cut into chiffonnade

40 gm green beans, blanched and cut 1 cm diamonds

40 gm black olives, pitted and torn

4 small new potatoes, cooked and torn
tomato concasse raw (1 tomato)

2 soft boiled eggs

2 pieces fresh tuna, seared

60 ml olive oil

20 ml lemon juice

Method

- Place lettuce on plate as base.
- Place ingredients around the plate to look as attractive as possible.
- Garnish with the seared tuna.
- Prepare a vinaigrette from the olive oil and lemon juice.
- Drizzle salad with lemon vinaigrette dressing.

Classical salads

Greek salad (2 portions)

Ingredients

60 gm feta cheese cut 1cm cubes
 60 gm cucumber, peeled, seeded cut 1 cm cubes
 12 cherry tomatoes halved
 12 kalamata olives, pitted and halved
 40 gm red onion, finely sliced
 60 ml vinaigrette
 2 basil leaves chopped
 2 oregano leaves chopped
 1 basil leaf whole, garnish

Method

- Mix herbs with vinaigrette.
- Mix together prepared vegetables and cheese.
- Place neatly into a salad bowl and drizzle with vinaigrette dressing.
- Garnish with basil leaf.

Waldorf salad (2 portions)

Ingredients

50 gm celery julienne
 20 gm walnuts, chopped
 50 gm grapes green, peeled
 50 gm apple, julienne
 50 ml mayonnaise

Method

- Combine all ingredients in a bowl.
- Add mayonnaise and fold through to bind the salad.
- Portion and plate or refrigerate until required.

Contemporary salads

Warm lamb salad with yoghurt dressing (2 portions)

Ingredients

1 tablespoon olive oil
 200 gm lamb fillet or back strap
 ¼ teaspoon each paprika, black pepper, salt
 100 ml yoghurt, natural unsweetened
 1 teaspoon chopped parsley
 1 clove crushed garlic
 ¼ teaspoon lemon juice
 Pinch each salt and white pepper
 40 rocket leaves
 60 gr bean shoot sprouts
 14 basil leaves

Method

- Season lamb with salt, pepper and paprika.
- Heat oil in pan and seal the lamb, continue cooking until medium rare, remove from heat and allow to rest.
- Mix together the yoghurt, parsley, garlic, lemon and seasonings to make a dressing.
- Mix the rocket, sprouts and basil leaves and place in centre of plate.
- Thinly slice the warm lamb and place neatly on top of the salad leaves.
- Drizzle salad with yoghurt dressing.

Couscous and Roast Vegetable Salad (2 portions)

Ingredients

100 gm couscous
 100 ml water, boiling hot
 4 spring onions
 8 slices zucchini
 8 asparagus
 ½ red capsicum
 bunch coriander
 1 sprig basil
 Olive oil
 Lemon juice
 Salt and freshly ground black pepper

Method

- Pour boiling water over the couscous, cover and leave to soften.
- Cut spring onions to 5 cm lengths and wash well. Remove and discard the tough woody end of the asparagus and cut the remaining piece in half.
- Heat a char grill and grill the spring onions and asparagus to partly soften and lightly colour.
- Roast the red capsicum, peel and cut into diamond shape pieces about 4cm long.
- Clean the coriander and basil and roughly chop.
- Season the couscous and add sufficient olive oil and lemon juice to flavour and moisten the couscous.
- Gently fold the spring onions, asparagus, red capsicum, zucchini, basil and coriander through the couscous.
- Place the salad on a plate, piling it up high, garnish and serve.

Dressings and sauces

Dressings – vinaigrette based

Vinaigrette dressing (150 ml)

Ingredients

150 ml vegetable oil
50 ml white vinegar
5 gm Dijon mustard
Pinch salt
Pinch white pepper

Method

- Place all ingredients in a suitable sized bowl and whisk together.
- Cover and refrigerate until required.
- The dressing will separate over time so, again whisk thoroughly before use.

Italian dressing (150 ml)

Ingredients

1 tsp chopped oregano
1 tsp chopped basil
1 tsp chopped continental parsley
10 ml lemon juice
½ tsp crushed garlic
150 ml vinaigrette dressing

Method

- Whisk all ingredients together.
- Cover and refrigerate until required.

Dressings – mayonnaise based

Mayonnaise (500 ml)

Ingredients

4 large egg yolks
 ½ tsp Dijon mustard
 10 ml white vinegar
 Pinch salt
 Pinch white pepper
 500 ml salad oil
 Few drops boiling water

Method

- Place yolks, mustard, vinegar, salt and pepper in a large bowl and whisk thoroughly.
- Slowly add the oil a little at a time while whisking continuously.
- Add a few drops of boiling water at the end. This will help to *stabilise* (stop it splitting) the sauce.
- Cover and refrigerate until required.

Tartare sauce (500 ml)

Ingredients

500 ml mayonnaise
 25 gm chopped capers
 50 gm chopped gherkin
 1 tbsp fine chopped herbs

Method

- In a suitably sized bowl, combine all ingredients.
- Cover and refrigerate until required.

Sauce verte (500 ml)

Ingredients

25 gm water cress
 50 gm spinach leaves
 10 gm parsley
 10 gm tarragon
 10 gm chives
 500 ml mayonnaise

Method

- Blanch, squeeze and puree watercress and spinach.
- Chop herbs finely.
- Mix herbs and puree through mayonnaise.
- Cover and refrigerate until required.

Other dressings and sauces

Sour cream dressing (100 gm)

Ingredients

100 gm sour cream
1 teaspoon lemon juice
Pinch salt
Pinch white pepper
1 tspn parsley, finely chopped

Method

- Place all ingredients in a suitable size bowl and stir through to combine.
- Cover and refrigerate until required.

Sweet Chilli Lemon Sauce (2 portions)

Ingredients

1 birds eye chilli (chopped)
2 garlic cloves (minced)
2 tbsp coriander (chopped)
1 lemon (juice)
3 tbsp palm sugar
6 tbsp hot water
2 tbsp roasted peanuts (chopped)

Method

- Combine palm sugar and hot water in a saucepan.
- Bring to the boil and turn heat off and cool.
- Mix in chilly, coriander, garlic and then lemon juice.
- Add peanuts.

Appetisers

Canapés

Choose a base, topping and garnish for each canapé.

Base		
Corn chip	Crispbread	Croutons
Melba toast	Mini toast	Parmesan biscuit
Puff pastry round	Pumpnickel bread	Rice crackers
Savoury biscuits	Short pastry cups or boats	Slices of firm vegetables or fruit
Topping		
Blue cheese mixed with ricotta	Cheese	Chicken liver pate
Fruit – melon, strawberry	Guacamole	Hard boiled eggs
Salami, ham	Sardines	Seafood – prawns, lobster
Smoked oysters	Smoked salmon	Smoked trout
Vegetables – avocado, tomato		
Garnish		
Asparagus tip	Capers	Cheese
Chervil sprig	Coriander leaf	Dill
Fish roe	Fruit	Gherkins
Olives	Parsley	Pea sprouts
Smoked salmon		

Savouries

Vegetable spring rolls (4 pieces)

Ingredients

1 tablespoon vegetable oil
 3-4 drops sesame oil
 30 gm spring onions, finely sliced
 30 gm cabbage, fine chiffonnade
 30 gm carrots, fine julienne
 30 gm mushrooms, finely chopped
 30 gm bean shoots
 ¼ teaspoon crushed ginger
 ¼ teaspoon crushed garlic
 ½ teaspoon soy sauce
 Spring roll wrappers
 Egg white

Method

- Heat oils in pan.
- Add ginger and garlic and cook briefly.
- Add remaining vegetables and allow to sweat until just tender.
- Stir through soy sauce. Remove from heat and allow to cool.
- Lay wrappers with points facing north/south.
- Brush edges with a little egg white.
- Place a portion of cold vegetable mixture onto wrapper, fold over twice then fold sides to the centre then continue rolling forward into a neat firm cylinder.
- Cover and refrigerate until required.
- To cook, deep fry rolls at 180°C until golden brown.

Rice paper rolls (8 pieces)

Ingredients

8 rice paper wrappers
 80 g rice vermicelli , softened in water
 80 g bbq pork
 80 g bean shoots
 8 large basil leaves
 8 mint leaves
 6 small chives
 60 g cashew nuts, chopped

Method

- Soften rice paper wrappers in warm water briefly and drain well and cover.
- Place 1 piece of rice paper flat on the bench.
- Place equal amounts of vermicelli, bean shoots, mint leaf, basil leaf, cashew nuts, BBQ pork.
- Fold the rice paper over & place a garlic chive on rice paper and roll up firmly.
- Keep rolls covered to avoid drying out.
- Serve with nam prik sauce.

Antipasto plate (1 plate)**Ingredients**

40 gm parma ham
 8 kalamata olives
 8 sun dried tomatoes
 8 grilled artichoke hearts
 shaved parmesan
 10 basil leaves
 Olive oil

Method

- Place ham and vegetables neatly onto a suitable plate
- Garnish with basil leaves and parmesan
- Drizzle with a little olive oil

Chicken Satay (1 portion)**Ingredients**

80 gm chicken breast
 20 ml soy sauce
 10 ml Chinese rice wine
 Satay sauce
 10 gm onion, fine dice
 ½ clove garlic
 10 ml peanut oil
 100 gm peanuts, fried & crushed
 100 ml coconut milk
 1 red chilli, finely chopped
 ¼ lemon juiced
 15 gm brown sugar

Method

- Cut chicken into strips or dice. Place in a bowl and add soy and rice wine, leave to marinate for 10 minutes.
- Sweat onion, garlic and chilli in oil.
- Add peanuts and cook for 2 minutes.
- Add brown sugar and lemon juice. Take of the heat.
- Add coconut milk and blend until semi smooth.
- To serve, heat but do not boil.
- Thread the chicken pieces onto a toothpick. Cook on the griddle plate; serve hot with the satay sauce.

Spinach and Feta Cheese Triangles (6 pieces – serves 2)

Ingredients

300 gm spinach
 20 gm feta cheese
 15 gm bacon
 15 gm onion
 pinch nutmeg
 1 sheet filo pastry
 20 ml clarified butter

Method

- Remove stalks, wash and roughly chop the spinach.
- Wilt the spinach in a hot sauté pan and cool.
- Squeeze out the excess moisture.
- Finely dice the onion and chop bacon finely.
- Sweat the onion and bacon, leave to cool.
- Mix spinach, feta, onion, and bacon together in a bowl, add seasoning and nutmeg.
- Brush the filo sheet with clarified butter.
- Cut the sheet across into 6 equal strips.
- Fold the triangle parcels as shown in the demo & brush with a little clarified butter.
- Place on a baking tray & bake in a hot oven until golden brown.

Key words

Word	Meaning
<i>accentuate</i>	Make a flavour seem stronger, more intense
<i>accompaniment</i>	Food item served alongside a meal, e.g. soy sauce, lemon segments
<i>accompany</i>	Go with
<i>acid</i>	In cooking, a liquid such as vinegar or lemon juice
<i>acidic</i>	Sharp or tart tasting
<i>adjust</i>	Change slightly, such as final seasoning
<i>aroma</i>	Smell
<i>assemble</i>	Gather together
<i>balanced</i>	Not too much of one thing
<i>bind</i>	Coat and mix food items with sauce to stick ingredients together
<i>combine</i>	Mix ingredients together
<i>complement each other</i>	Go well together
<i>compost bin</i>	Bin for food scraps
<i>contemporary</i>	Modern
<i>contrast</i>	Differences
<i>crevice</i>	Deep crack
<i>cuisine</i>	Style of cooking in a particular culture
<i>deadline</i>	When you need to have your tasks finished by
<i>disassemble</i>	Take apart equipment
<i>discard</i>	Throw away
<i>dominate</i>	Take over

Word	Meaning
<i>emulsify</i>	Combine two liquids which normally don't mix together easily (such as oil and water) so they become a smooth mixture
<i>estimate</i>	Judge times or quantities based on experience
<i>foreign objects</i>	Things that shouldn't be in food, e.g. band aid, insect
<i>garnish</i>	Decoration
<i>harmonious</i>	When different things go together well
<i>inedible parts</i>	Parts of food that you are unpleasant to eat
<i>irregular</i>	Not all the same shape and size
<i>lengthwise</i>	Down the length
<i>mise en place</i>	Have everything organised and in place before you start
<i>mousse</i>	Light and fluffy
<i>nutrients</i>	Things in food that are good for you, e.g. vitamins
<i>platter</i>	A large flat dish or plate, typically oval or circular in shape, used for serving food.
<i>pod</i>	Outer casing of vegetables such as peas and beans
<i>portion</i>	How much you need for one person
<i>pungent</i>	Spicy tasting or smelling
<i>quantities</i>	Measured amounts of ingredients
<i>select</i>	Choose
<i>separate</i>	Come apart
<i>serviceware</i>	Plates, bowls, platters and other items for serving food
<i>solidify</i>	Go solid or hard
<i>special dietary requirements</i>	Things some people can't eat (e.g. gluten) or choose not to eat (e.g. meat)
<i>split</i>	Separate into its parts

Word	Meaning
<i>spoil</i>	When food goes 'bad' - mouldy, stale or rotting
<i>stabilise</i>	Stop a sauce 'splitting'
<i>stimulate</i>	Excite
<i>texture</i>	Feel of food in the mouth
<i>thoroughly</i>	Completely
<i>umami</i>	A pleasant savoury taste (Japanese word)
<i>utensil</i>	Kitchen tool
<i>verjuice</i>	Unfermented grape juice
<i>wilt, wilting</i>	Go floppy or soft due to losing water