

Salads, Vinaigrettes and Dressings Course

 Subject Count: **6**

 Lesson Count: **14**

SUBJECT: 1

Salad Greens

LESSONS

Identifying Different Salad Greens

LEARNING OUTCOMES

- Learners can identify different salad greens.
- Learners can practice identifying different types of salad greens.

Preparing Salad Greens

- Learners can explain how to wash and spin salad greens.
- Learners can explain how to cut salad greens.
- Learners can explain how to store prepared salad greens.
- Learners can practice washing, cutting and storing different types of salad greens.

Preparing a Simple Tossed Salad

- Learners can explain how to prepare a simple tossed salad.
- Learners can explain how to assess the quality of a tossed salad.
- Learners can practice preparing and assessing the quality of a simple tossed salad.

SUBJECT: 2

Simple Vinaigrette

LESSONS

Simple Vinaigrette Components and Theory

LEARNING OUTCOMES

- Learners can define 'vinaigrette'.
- Learner can list the components of a simple vinaigrette and the role each component plays.
- Learners can explain the ratios of a simple vinaigrette.

Making a Simple Vinaigrette

- Learners can list the equipment needed to make a simple vinaigrette.
- Learners can explain how to make a simple vinaigrette.
- Learners can explain how to assess the quality of a simple vinaigrette.
- Learners can practice preparing and assessing the quality of a simple vinaigrette.

SUBJECT: 3

Emulsified Vinaigrette

LESSONS

Emulsified Vinaigrette Components and Theory

LEARNING OUTCOMES

- Learner can list the components of an emulsified vinaigrette and the role each component plays.
- Learners can explain the ratios of an emulsified vinaigrette.



Making an Emulsified Vinaigrette

- Learners can list the equipment needed to make an emulsified vinaigrette.
- Learners can explain how to make an emulsified vinaigrette.
- Learners can explain how to assess the quality of an emulsified vinaigrette.
- Learners can practice preparing and assessing the quality of an emulsified vinaigrette.



PROCHEF® 1

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SUBJECT: 4

Creamy Dressings

LESSONS

Creamy Dressing Components and Theory

Creamy Dressings: Mayonnaise

LEARNING OUTCOMES

- Learners can define 'dressings' and compare the definition to a vinaigrette.
- Learner can list the components of a creamy dressing and the roles each play.
- Learners can explain the ratios of a creamy dressing.
- Learners can list the equipment needed to make a creamy dressing.
- Learners can explain how to make a mayonnaise.
- Learners can explain how to make a creamy dressing.
- Learners can explain how to assess the quality of a creamy dressing.
- Learners can practice preparing and assessing the quality of a creamy dressing.

SUBJECT: 5

Pairing and Holding Salad Dressings

LESSONS

Pairing and Holding Vinaigrette and Dressing

LEARNING OUTCOMES

- Learners can explain how to hold a simple vinaigrette, emulsified vinaigrette and creamy dressing for service.
- Learners can identify the appropriate serving size of simple vinaigrette, emulsified vinaigrette and creamy dressing.

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SUBJECT: 6

Salad Garnishes and Accompaniments

LESSONS

LEARNING OUTCOMES

Introducing Salad Garnishes: Croutons

- Learners can explain the purpose of salad garnishes and accompaniments.
- Learners can explain what to consider when selecting ingredients to be used as garnishes and accompaniments.
- Learners can explain what croutons are and their role as a garnish.
- Learners can explain the mise en place for croutons.
- Learners can explain how to make croutons.
- Learners can explain how to assess the quality of croutons.
- Learners can explain how to hold or store croutons.

Fried Legumes

- Learners can explain what fried legumes are and their role as a garnish.
- Learners can explain the mise en place for fried legumes.
- Learners can explain how to make fried legumes.
- Learners can explain how to assess the quality of fried legumes.

Toasted and Candied Seeds and Nuts

- Learners can explain what toasted and candied seeds and nuts are and their role as a garnish.
- Learners can explain the mise en place for toasted and candied seeds and nuts.
- Learners can explain how to make toasted and candied seeds and nuts.
- Learners can explain how to assess the quality of toasted and candied seeds and nuts.
- Learners can explain how to hold or store toasted and candied seeds and nuts.
- Learners can practice making toasted and candied seeds.

Crisped Cheeses and Rendered Meats

- Learners can explain what crisped cheeses and rendered meats are and their role as a garnish.
- Learners can explain the mise en place for crisped cheeses and rendered meats.
- Learners can explain how to make crisped cheeses and rendered meats.
- Learners can explain how to assess the quality of crisped cheeses and rendered meats.
- Learners can explain how to hold or store crisped cheeses and rendered meats.
- Learners can practice making crisped cheeses and rendered meats.