

# CULINARY ARTS

## SALAD PREP PROJECT

Salad Prep Group: \_\_\_\_\_

Salad Prep Demo Day & Time: \_\_\_\_\_

Using the knowledge and skills gained in Culinary Arts 1, groups will prepare a salad and a dressing to demonstrate to the class and provide samples.

A 15-minute prep time will be given to prepare ingredients and set up equipment. This will be scheduled prior to your demonstration. Groups will have 20 minutes to prepare the salad and dressing in front of the class. A timer will keep track and indicate remaining time in increments.

To indicate the start of the demonstration state “We will be making a \_\_\_\_\_ salad with a \_\_\_\_\_ dressing.

To indicate the end of the demonstration, hold up the prepared salad and state, “This is our completed product”.

Ingredients requiring cooking may be cooked, but no further preparation is allowed until the assigned demonstration time. The cooking must be done at school prior to assigned prep time. Arrange with your teacher a time prior to his time to cook the items. Any cooking method used, as well as the seasonings, must be included in the recipe.

Work together to show acquired prep skills. Partners need to demonstrate at least 2 different skills that have been learned. Examples include but not limited to: chop, dice, whisk, etc.

Typed recipes with ingredients needed as well as directions and an additional typed list of utensils needed are to be submitted to teacher a minimum of two days prior to assigned demonstration. All group members names must be included. Completed project must include the following:

1. Cover page with Salad & Dressing Recipe name, names of all students in the group and kitchen group number.
2. Complete shopping list with ingredients and exact amounts needed.
3. Equipment list of all items that will be used during the demonstration. Only items on the list will be allowed to be used.
4. Complete a nutritional analysis for your salad and dressing for 1 serving.

Present salad in a serving dish and garnish it appropriately with ingredients that are part of the recipe. Distribute sample and have students’ complete evaluations.