

SALAD TRAINING SCHEDULE #4 AM

1. CHOP PREWASHED ROMAINE LETTUCE

- a. Stack leaves of Romaine, cut lengthwise down center. Remove any brown or wilted parts.
- b. Chop into 1" wide strips from end to end or the width of the sandwich knife.
- c. Place in 18 qt white buckets with lids.

ROMAINE HEADS

- a. Prepare sink with cold water, add ice and 1 tsp red vinegar.
- b. Slice head in half lengthwise. Cut out triangular core. Slice in half lengthwise again.

Chop into 1" wide strips or the width of the sandwich knife.

- c. Place trimmed lettuce in cold water. Agitate lettuce to clean it. Transfer washed lettuce to salad spinner to remove any excess water. Transfer to 18 qt buckets for storage.

2. NATURE'S TABLE PASTA SALAD (RAINBOW ROTINI PASTA SALAD)

- a. Utilize the salad recipe book for Nature's Table Pasta Salad recipe.
- b. Put finished salad in a black 2" or 4" half pan and date with a lid and a date sticker. Put in the cooler to chill to 41 degrees.

3. SPECIALTY SALAD

- a. Utilize the salad recipe book for your choice of specialty salad.
- b. Put finished salad in a black 2" half pan and date with a lid and a date sticker. Put in the cooler to chill to 41 degrees.

4. MAKE AVOCADO-JALAPENO CUMIN MAYONNAISE

- a. In mixing bowl blend with wire whisk 6 cups of mayo with 6 tablespoons of cumin and 1 cup of chopped jalapenos.
- b. Blend (in bowl) equal parts fresh avocado and jalapeno cumin mayo. Make only enough for the day. Put contents in to shallow 6th pan and place in sandwich bar.

5. MAKE BLUEBERRY POMEGRANATE. Utilize recipe in book).

6. MAKE FIESTA DRESSING. Equal parts Ranch and Latin Citrus.

7. MAKE SET UPS OF FANDANGLED SALAD. Weigh 3oz of fruit (strawberries should be utilized) Blueberries and raspberries or blackberries if in season. Wrap cut fruit in plastic wrap but leave open so fruit can "breathe". Make only enough for the day.