

# SWEET-CHILI CABBAGE SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
24 Quart	Napa Cabbage	Thick Chiffonade
6 Quart	Carrots	Shredded
4 Quart	Red Onion	Julienne Thin
4 Quart	Red Pepper Raw	Julienne Thin
4 Quart	Scallions	Chop
2 Quart	Cilantro	Rough Chop
2 Quart	Pickled Ginger	Rough Chop
DRESSING TO ASSEMBLE SALAD		
1 Cup	Soy Sauce	Don't add until ready to mix and serve salad!!
1 Cup	Teriyaki Sauce	
2 Cup	Rice Vinegar	
1 Cup	Sweet Sour Sauce	
1/4 Cup	Sriracha Sauce	
2 Cup	Sweet Chili Sauce	
2 Tbls	Salt	

**METHOD FOR PREPARING BASE SALAD**

- 1) Cut all vegetables per instructions and mix only vegetables herbs, ginger together as a base. Place in cooler to keep cold.
- 2) Sauces, seasonings are mixed with salad, 20 minutes before serving, mix well.
- 3) Recommend mixing in batches to keep cabbage crunchy.

**CULINARY NOTES: DRESSINGS/SPICES/SAUCES ARE MIXED RIGHT BEFORE SERVING SALAD - NOT BEFORE**

**No dairy / No Nuts / Spicy / Vegan**

**HARVEST SALADS**

Station: E1  
 Position: 1  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 1 Day

**ASSIGNED VESSEL**



5OZ PLASTIC CUP



SAUCES AND VINEGARS TO BE MIXED WITH SALAD RIGHT BEFORE SERVING.  
 DON'T MIX AND LET SIT OVERNIGHT!





1 JULIENNE CABBAGE PLACED IN CONTAINER



2 ADD SHREDDED CARROTS TO CABBAGE



3 ADD REST OF INGREDIENTS AND MIX AS A BASE, KEEP COLD UNTIL NEEDED



4 SALAD BASE MIX ADDING SAUCES, VINEGARS AND SPICES TO BE MIXED



5 ALL SAUCES, VINEGARS LISTED



6 LAYER GLASSES TO BE FILLED



7 FILL GLASSES 3/4 UP TO RIM OF GLASS



8 GARNISH WITH CRISPY FRIED WONTON STRIPS



9 FINAL PRESENTATION



# FRENCH LENTIL SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
12 Quart	Dry Green Lentils	Soaked in water
24 Quart	Water	
5 Each	Carrot	Split Whole
5 Each	Celery	Whole Stalks
1 Each	Onion	Cut in Half
4 Ounce	Salt	
<b>To Prepare Salad w/ Dressing</b>		
24 Quart	Cooked Green Lentil	Cooked & drained
4 Quart	Roasted Red Pepper	1/2" Dice
4 Quart	Scallions	Chopped
3 Quart	Red Onions	1/2" Dice
6 Quart	Cherry Tomato	3pc Slice
8 Quart	Spinach Leaf	Rough chop
4 Quart	Roasted Carrots	1/2" Dice
1.5 Quart	Olive Oil	
1.5 Quart	Red Vinegar	
3/4 Cup	Salt	
1/2 Cup	Black Pepper	
4 Tbls	Citric Acid	
2 Tbls	Cayenne Pepper	

METHOD FOR PREPARING SALAD
1) Soak lentils in cold water overnight in cooler to keep cold.
2) Place lentils in a large pot, add vegetables, salt, water and cook at medium heat for 30 minutes or until cooked. Remove from heat, drain through colander.
3) Spread out lentils on a sheet-pan, blast chill to cool down.
4) Once lentils are cold, place in large lexan container.
5) Combine rest of ingredients, mix well and blast chill again to cool.
** Log salad temp.
6) Display salad as indicated in pictures.

**CULINARY NOTES: When cooking lentils, ensure not to over cook or salad will be mushy. Must drain and cool lentils immediately after cooked. Don't keep in hot liquid!**

COMPOSED SALAD
Station: E1
Position: 2
Production: Deck 14
Period: Lunch
Yield:
Shelve Life: 3 Days

ASSIGNED VESSEL

<p>8OZ MELAMINE FLOWER POT CT NO:</p>







**1**  
LENTILS ARE COOKED IN A POT WITH WATER VEGETABLES, SALT UNTIL FULLY COOKED.



**2**  
IMMEDIATELY DRAIN LENTILS AFTER COOKED AND RINSE UNDER COLD WATER, LET DRAIN



**3**  
PLACE DRAINED LENTILS ON A SHEET-PAN IN BLAST CHILLER TO COOL QUICKLY



**4**  
DICE ROASTED RED PEPPERS BY HAND



**5**  
CHOP GIADINIERA VEGETABLES IN BUFFALO CHOPPER, REMOVE WHEN DONE



**6**  
COMBINE ALL INGREDIENTS WITH COOKED LENTILS IN A LEXAN AND MIX WELL BY HAND



**7**  
SPOON 3/4CUP OF LENTIL SALAD IN VESSELS AS SHOWN



**8**  
GARNISH SALAD WITH SLICED CHERRY TOMATO FINAL PRESENTATION IN FLOWER POT SHOWN



**9**  
SALAD ALSO PLATED IN VINTAGE MELAMINE BOWL COMPOSED SALADS E2 - POSITION 3



# ROASTED BEET & GOAT CHEESE



QUANTITY	BASE INGREDIENTS	PREPARATIONS
15 Kg	Red Beets Whole	Roasted, peeled
<b>Beet Salad Batch Ingredients</b>		
16 Quart	Roasted Red Beets	1/4" Dice
2 Quart	Olive Oil	
1/2 Cup	Chili Flakes	
1/2 Cup	Salt	
1/4 Cup	Pepper	
3 Tbls	Citric Acid	
<b>Individual Portion Assembling</b>		
3/4 Cup	Roasted Beet Salad	From recipe
1 tsp	Balsamic Reduction	Purchased
1 Tbls	Goat Cheese	Crumbled
1 Tbls	Pickled Red Onion	From Recipe
1/2 tsp	Chives	Chopped

## METHOD FOR PREPARING BASE SALAD


- 1) Place beets in roasting pan and bake at 180°C - 45min or until cooked. Remove and let cool after fully cooked.
- 2) Once beets are cool, cut ends, peel and dice in 1/4".
- 3) Place beets in lexan container, add rest of ingredients and mix well.
- 4) Once base salad is mixed, keep cold in cooler.
- 5) To Plate: spoon 5oz or 3/4cup portion in vessel, garnish balsamic reduction, goat cheese and pickled red onion.
- 6) Serve as shown in picture.

**CULINARY NOTES: BEETS MUST BE FULLY COOKED BEFORE PEELING SKIN. ENSURE SALAD IS COLD BEFORE ADDING BATCH INGREDIENTS**

**Gluten Free / Dairy Free (no topping) / Nut Free / Vegan**



ROASTED AND DICED BEETS SHOWN WITH SPICES AND INGREDIENTS TO MIX FOR THE BASE SALAD PREP

HARVEST SALADS	ASSIGNED VESSEL
Station: E1 Position: 2 Production: Deck 14 Period: Lunch Yield: Shelve Life: 3 Days	 <p>8OZ MELAMINE FLOWER POT CT NO:</p>





1

BEETS SHOWN ROASTED WITH SKIN ON



2

CUT ENDS OF BEETS AND REMOVE SKIN



3

ROASTED BEETS COMPLETELY PEELED



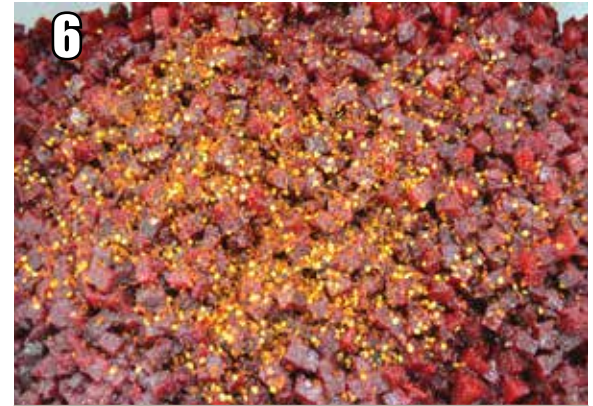
4

1/4" DICE ROASTED BEETS AND PLACE IN LEXAN CONTAINER



5

ADD OLIVE OIL TO ROASTED BEETS



6

ADD REST OF SPICES TO BEETS AND MIX WELL PLACE BACK IN COOLER TO KEEP COLD



7

SPOON ROASTED BEETS IN CUPS, DRIZZLE WITH BALSAMIC REDUCTION



8

GARNISH BEETS WITH CRUMBLED GOAT CHEESE



9

GARNISH WITH PICKLED RED ONIONS AND CHIVES

# ASIAN NOODLE-PEANUT SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
5 Kg	Ramen Noodles	Raw, thawed
<b>Assembling Batch Ingredients</b>		
16 Quart	Ramen Noodles	Cooked, drained
1 Quart	Rice Vinegar	
6 Quart	Carrots	Shredded
4 Quart	Bean Sprouts	Canned
3 Quart	Scallions	Chopped
3 Quart	Cilantro	Chopped
1 Quart	Pickled Ginger	Rough chopped
2 Quart	Peanuts	Chopped
3 Cup	Satay Peanut Sauce	Roland product
2 Cup	Sesame Oil	
1 Cup	Soy Sauce	
4 Tbls	Chili Flakes	
<b>Garnishing Plated Salad</b>		
8 Pieces	Wonton Triangles	Fried
4 Tbls	Peanut Sauce	Garnish
4 Tbls	Peanuts	Garnish

## METHOD FOR PREPARING BASE SALAD

- 1) Fully cook ramen noodles in boiling water, let drain and cool.
- 2) Once noodles are cold it will be clinging and sticking together, use the rice vinegar in recipe, pour over noodles and separate.
- 3) Place noodles in a lexan container, add rest of ingredients and by hand, mix well, place back in blast chiller to cool.
- 4) Keep salad cold and marinated overnight with ingredients.

To Plate: Spoon salad in assigned vessel, drizzle with peanut sauce, garnish with peanuts, fried wontons and sesame seeds.

**CULINARY NOTES: ONCE NOODLES ARE COOKED AND COLD, USE RICE VINEGAR TO SEPARATE NOODLES STICKING TOGETHER. DON'T USE WATER TO SEPARATE**

Contains **Peanuts** / No Dairy / Vegan /



FINAL PLATED SALAD WITH GARNISHES

## COMPOSED SALAD

Station: E2  
 Position: 2  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 2 Days

## ASSIGNED VESSELS



SQUARE SLATE BOWL  
 CT NO:





1

COOKED NOODLES COOLED AND STICKING TOGETHER AS SHOWN



2

USE RICE VINEGAR FROM RECIPE TO SEPARATE FIRST BEFORE ADDING ANY OF THE OTHER INGREDIENTS



3

ADD SESAME OIL TO NOODLES RIGHT AFTER USING RICE VINEGAR



4

SCALLIONS AND CILANTRO CHOPPED



5

ROUGH CHOP PEANUTS IN CHOPPER



6

ROUGH CHOP PICKLED GINGER



7

COMBINE REST OF INGREDIENTS WITH NOODLES IN LEXAN AND TOSS WELL WITH HANDS



8

PLATE SALAD IN ASSIGNED VESSEL, GARNISH WITH PEANUT SAUCE, PEANUTS, WANTONS



9

COMPLETE PLATES SALAD SHOWN



# MANGO SESAME-CHILI FRUIT SALAD

QUANTITY	BASE INGREDIENTS	PREPARATIONS
6 Quart	Mango Fruit	Thawed, cubed
6 Quart	Peaches Poached	Drain, sliced
6 Quart	Pears Poached	Drain, sliced
1 Quart	Cilantro	Chop
1 Cup	Jalapeno	Thin sliced
1 Quart	Scallions	Chop
4 Tbls	Chili Flakes	
2 Tbls	Citric Acid	
5 Tbls	Star Anise	Ground
2 Tbls	Salt	
1 Cup	Soy Sauce	
2 Cup	Olive Oil	

## METHOD FOR PREPARING BASE SALAD

- 1) Combine fruits with rest of ingredients in lexan container, mix well and place in cooler to keep cold.
- 2) Place salad on assigned vessel as shown.

**CULINARY NOTES: GRIND STAR ANISE IN SPICE GRINDER OR IN BLENDER TO FINE GROUND**

**Gluten Free / Dairy Free / Nut Free / Vegan**



SALAD SHOWN WITH ALL INGREDIENTS COMBINED READY TO MIX

## COMPOSED SALAD

Station: E2  
 Position: 1  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 3 Days

## ASSIGNED VESSEL



RECTANGULAR WHITE & BLUE MELAMINE  
 CT NO:





1

DICE MANGOES



2

POACHED PEARS CANNED, DRAINED AND SLICED



3

POACHED PEACHES CANNED, DRAIN AND SLICED



4

COMBINE ALL INGREDIENTS



5

ADD OLIVE OIL TO INGREDIENTS



6

ADD SOY SAUCE TO SALAD AND TOSS ALL ITEMS TOGETHER UNTIL PROPERLY MIXED

7

SALAD COMPLETELY MIXED

8

PLATE SALAD IN ASSIGNED VESSEL

9

SALAD SHOWN COMPLETE PLATED



# CALIFORNIA KALE & QUINOA SALAD

QUANTITY	BASE INGREDIENTS	PREPARATIONS
18 Quart	Kale Lettuce	Chopped
4 Quart	Celery	1/4" Diced
3 Quart	Dried Figs	Chopped
3 Quart	Dried Apricots	Chopped
2 Quart	Dark Raisins	Whole
8 Quart	Quinoa Grains	Cooked, drained
2 Quart	Sliced Almonds	Toasted
1.5 Quart	Olive Oil	
1 Quart	Orange Concentrate	
3 Tbls	Citric Acid	
3 Tbls	Cayenne Pepper	
3/4 Cup	Salt	

## METHOD FOR PREPARING BASE SALAD

- 1) Cook quinoa in water, drain and cool in blast chiller.
- 2) Place cold quinoa in lexan container.
- 3) Combined rest of ingredients to quinoa, with hands mix well.
- 4) Once mixed, place in cooler, keep cold until need to serve.

\*\*Ensure almonds are toasted before adding to salad.

To Plate: Spoon 3/4 salad in a cup and garnish with toasted almonds.

**CULINARY NOTES: SALAD CAN BE MIXED THE DAY BEFORE WITH ALL INGREDIENTS AND KEPT IN COOLER.**

**Gluten Free / Dairy Free / Contains Nuts / Vegan**



SALAD SHOWN WITH ALL INGREDIENTS

## HARVEST SALADS

Station: E1  
 Position: 3  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 2 Days

## ASSIGNED VESSEL



5OZ CLEAR PLASTIC CUP  
 CT NO:





1 CHOP KALE AS SHOWN, RINSE COLD WATER



2 FIGS AND APRICOTS CAN BE CHOPPED IN CHOPPER TO FINE DICE



3 COMBINE INGREDIENTS IN LEXAN CONTAINER



4 LIGHTLY TOAST ALMONDS ON SHEET-PAN IN OVEN



5 COOL TOASTED ALMONDS AND ADD TO SALAD



6 ADD ALL WET INGREDIENTS, SPICES & SALT



7 WITH HANDS, TOSS SALAD UNTIL PROPERLY MIXED



8 SPOON SALAD 3/4 FULL IN GLASS



9 GARNISH SALAD WITH TOASTED ALMONDS



# TIJUANA BLACK BEAN SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
20 Quart	Black Beans	Cooked, drained
4 Quart	Corn Kernels	Roasted
3 Quart	Red Onions	1/2" Dice
3 Quart	Red Peppers	1/2" Dice
4 Quart	Cherry Tomatoes	Sliced
2 Quart	Scallions	Chop
1 Quart	Cilantro	Rough Chop
1.5 Quart	Olive Oil	
1 Quart	Lemon Juice	
4 Tbls	Citric Acid	
2 Tbls	Cayenne Pepper	
6 Tbls	Cumin	Ground
4 Tbls	Coriander	Ground
6 Tbls	Salt	

## METHOD FOR PREPARING BASE SALAD

- 1) Place cold, cooked and drained black beans in lexan container.
- 2) Add rest of vegetables, spices, oils, vinegar and mix together.
- 3) Once properly mixed, place in cooler to keep cold.

To Plate: place 3/4cup of salad in assigned container and garnish with fried corn tortilla strips as shown.

**CULINARY NOTES: PREPARE SALAD ONE DAY IN ADVANCE TO MARINADE AND KEEP COLD.**

**Gluten Free / Dairy Free / Nut Free / Vegan**



SALAD SHOWN WITH ALL INGREDIENTS TO BE MIXED

## COMPOSED SALAD

Station: E1  
 Position: 2  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 3 Days

## ASSIGNED VESSEL



8OZ MELAMINE FLOWER POT  
 CT NO:





1

COOK BLACK BEANS, DRAIN AND LET COOL



2

TOSS CORN KERNELS WITH OLIVE OIL, SALT, PEPPER AND ROAST UNDER SALAMANDER LIGHT BROWN



3

COOL CORN AND COMBINE WITH REST OF INGREDIENTS TO BLACK BEANS



4

ADD SPICES PER RECIPE



5

ADD CHILI FLAKES



6

ADD CITRIC ACID



7

PROPERLY MIX SALAD WITH HANDS



8

SALAD IS ALSO SERVED AT THE COMPOSED SALAD STATION E2 - POSITION: 2



9

SPOON SALAD 3/4 CUP AND GARNISH WITH FRIED CORN TORTILLA STRIPS

# KENTUCKY COBB SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
8 Quart	Carrots	1/4" Dice
8 Quart	Celery	1/4" Dice
6 Quart	Red Radish	1/4" Dice
4 Quart	Red Onions	1/4" Dice
8 Quart	Cherry Tomatoes	Sliced
8 Quart	Cucumbers	1/4" Dice
2 Quart	Scallions	Chop
	Olive Oil	
Garnishing Plated Salad		
1/4 Cup	Iceberg Lettuce	1" Dice
1/2 Cup	Base Salad Mix	From Recipe
2 Tbls	Blue Cheese Dress	PCL Product
1 Tbls	Blue Cheese	Crumbled
1 Tbls	Crispy Bacon	Chopped

## METHOD FOR PREPARING BASE SALAD

1) Combine all cut vegetables in a lexan container, mix with olive oil and set aside in cooler. Base salad is ready.


To Plate: Place cubed iceberg lettuce in plastic cup, spoon base mix salad on top of lettuce. Dress with blue cheese dressing, garnish crumbled blue cheese, chop bacon and ready to serve.

**CULINARY NOTES: DON'T ADD SALT OR PEPPER TO BASE MIX SALAD WHEN MIXING, ONLY OLIVE OIL .**

**Gluten Free / Nut Free / Vegetarian**



SALAD MIXTURE

HARVEST SALADS	ASSIGNED VESSEL
Station: E1 Position: 1 Production: Deck 14 Period: Lunch Yield: Shelve Life: 1 Day	 <p>5oz PLASTIC CUP CT NO:</p>





1

COMBINE ALL VEGETABLES TOGETHER



2

ONLY ADD OLIVE OIL TO VEGETABLE



3

LIGHTLY TOSS VEGETABLES WITH OIL, COVER AND KEEP COLD IN COOLER

4

5

6

DICED ICEBERG LETTUCE

PLACE ICEBERG LETTUCE IN BOTTOM OF CUP

START ASSEMBLING SALADS AS SHOWN



7

PLACE DICED ICEBERG LETTUCE IN BOTTOM OF GLASS AS SHOWN, SPOON SALAD BASE ON TOP



8

DRESS SALAD WITH BLUE CHEESE DRESSING, THEN BLUE CHEESE CRUMBLES & CHOPPED BACON



9

INDIVIDUAL SALAD SHOWN COMPLETE

# SICILIAN HAM & PASTA SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
24 Quart	Congili Pasta	Cooked, drained
6 Quart	Pullman Ham	Small Julienne
4 Quart	Red Onions	1/4" Dice
2 Quart	Parsley	Chop
4 Quart	Green Olives	Rough Chop
4 Quart	Giardiniera Pickles	Rough Chop
3 Quart	Sundried Tomato	Pureed
3 Quart	Parmesan Cheese	Grated
2 Quart	Olive Oil	
2 Quart	Red Wine Vinegar	
4 Tbls	Citric Acid	
1/2 Cup	Lemon Pepper	
5 Tbls	Chili Flakes	Ground
3 Tbls	Black Pepper	
3 Tbls	Salt	

## METHOD FOR PREPARING BASE SALAD

- 1) Cook, drain and cool pasta.
- 2) In lexan container, combine pasta with rest of ingredients.
- 3) Mix all ingredients well and keep cold until needed.

To Plate: Place pasta in assigned vessel and serve cold.

**CULINARY NOTES: MAKE PASTA ONE DAY IN ADVANCE THIS CREATES AN INCREASED FLAVOR PROFILE. KEEP CHILLED.**

**Contains Dairy / Nut Free**



FINAL PRESENTATION SHOWN

## Composed Salads

Station: E2  
 Position: 2  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 3 Days

## Assigned Vessel



VINTAGE MELAMINE BOWL  
 CT NO:





1

PASTA COOKED, DRAINED AND CHILLED



2

SLICE HAM THIN, CUT SQUARES IN 3PC AND CUT IN SHORT ONE INCH STRIPS



3

PLACE SUNDRIED TOMATO IN CHOPPER WITH OIL AND PUREE UNTIL SMOOTH PASTE



4

COMBINE ALL INGREDIENTS AS SHOWN IN LEXAN



5

ADD ALL SPICES, VINEGARS & OILS



6

ADD PARMESAN AND MIX



7

ADD CITRIC ACID AND MIX PROPERLY



8

PASTA SHOWN IN BOWL



9

FINAL ASSEMBLY OF PASTA SALAD

# APRICOT & CRANBERRY SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
10 Quart	Apricots Poached	Whole
3 Quart	Cranberries	Whole, thawed
1 Quart	Raisins Dark	Whole
1 Quart	Coconut Flakes	Sweetened
1 Quart	Cilantro	Chop
2 Quart	Pistachio Nuts	Whole
2 Cups	Olive Oil	

## METHOD FOR PREPARING BASE SALAD

- 1) Drain apricots and place in container.
- 2) Add rest of ingredients, lightly toss together.
- 3) Place in cooler and keep cold until service.

To Plate: Arrange salad on plate as shown.

**CULINARY NOTES: SALAD CAN BE MIXED ONE DAY AHEAD**

## COMPOSED SALAD

Station: E2  
 Position: 1  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 2 Days

## ASSIGNED VESSEL



RECTANGULAR WHITE & BLUE MELAMINE  
 CT NO:

**Gluten Free / Contains Nuts / Dairy Free / Vegan**



SALAD SHOWN COMPLETE AND PLATED





1 DRAIN APRICOTS FROM JUICE, PLACE IN LEXAN  
ADD THE COCONUT FLAKES



2 COMBINE REST OF INGREDIENTS WITH APRICOTS



3 ADD CITRIC ACID TO SALAD



4 ADD OLIVE OIL TO SALAD



5 MIX SALAD PROPERLY AND PLATE



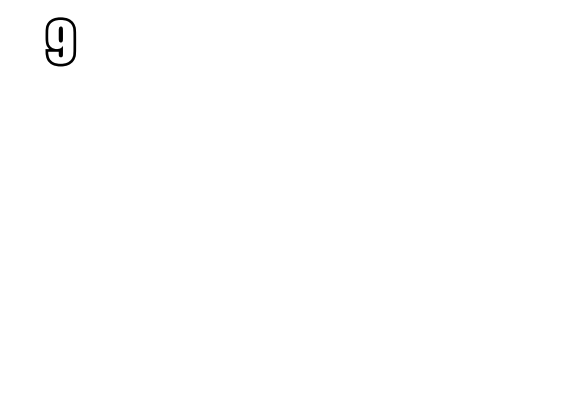
6 SALAD SHOWN PLATED



7 FINAL DISH



8 DESCRIPTION



9 DESCRIPTION


# TABBOULEH SALAD

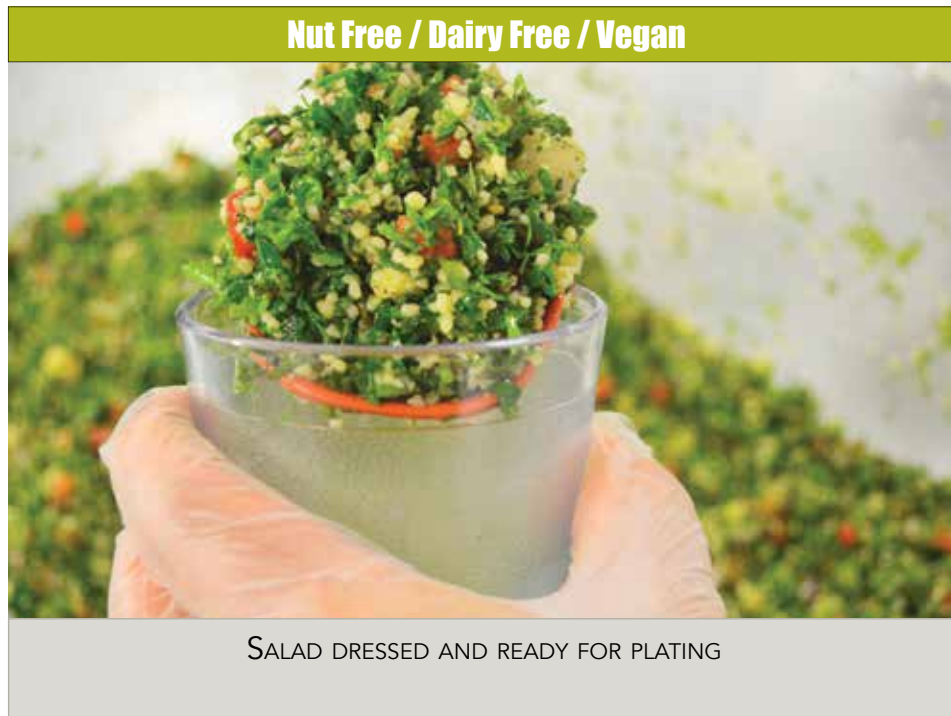


QUANTITY	BASE INGREDIENTS	PREPARATIONS
18 Quart	Parsley	Rough Chop
4 Quart	Scallions	Chopped
4 Quart	Mint	Chunks chop
4 Quart	Red Onion	1/4" Chop
8 Quart	Red Tomato	1/2" Dice
8 Quart	Couscous	*Bloomed
Dressing Salad Batch		
46 Quart	Tabbouleh Salad	From recipe
2 Quart	Olive Oil	
2 Quart	Lemon Juice	
4 Tbls	Citric Acid	
4 Tbls	Salt	
4 Tbls	Lemon Pepper	
4 Tbls	Black Pepper	

METHOD FOR PREPARING BASE SALAD
1) Prepare Tabbouleh Salad Base Mix: In large container, combine parsley, scallions, mint, onion, tomato and cooked couscous together.
2) Set base salad in cooler until ready for service.
To Plate: 1) Toss salad with olive oil, lemon juice, salt, spices and mix thoroughly with hands.
2) Spoon 3/4 cup in container and serve as shown.

**CULINARY NOTES: ONLY MIX SALAD WITH DRESSING INGREDIENTS 30 MINUTES BEFORE SERVICE. NEVER MIX DRESSING THE NIGHT OR DAY PRIOR WITH SALAD BASE.**

HARVEST SALADS	ASSIGNED VESSEL
Station: E1 Position: 1 Production: Deck 14 Period: Lunch Yield: Shelve Life: 2 Days	 <p>8OZ PLASTIC CUP CT NO:</p>







1

RINSE PARSLEY AND DRAIN THOROUGHLY, THEN  
ROUGH CHOP PARSLEY - NOT FINE CHOP



2

BLOOM COUSCOUS WITH HOT WATER, THEN LET  
COOL IN BLAST CHILLER



3

COMBINE PARSLEY, MINT, SCALLIONS, ONION,  
TOMATO AND COUSCOUS IN CONTAINER



4

LEXAN SHOWN WITH INGREDIENTS



5

THOROUGHLY MIX INGREDIENTS TOGETHER



6

ONCE SALAD IS MIXED, PLACE IN COOLER UNTIL  
SERVICE.



7

RIGHT BEFORE SERVICE, MIX BASE SALAD WITH  
OLIVE OIL, LEMON JUICE AND SPICES



8

FILL CUP 3/4 FULL WITH DRESSED SALAD



9

SALAD SHOWN IN SERVICE VESSEL



# TUNISIAN QUINOA SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
18 Quart	Quinoa Grains	*Bloomed
6 Quart	Cherry Tomatoes	Sliced
3 Quart	Scallions	Chop
3 Quart	Cilantro	Chop
6 Quart	Spinach	Rough Chop
3 Quart	Apricots Dried	Chopped
3 Quart	Pistachio Nuts	Whole
2 Quart	Olive oil	
2 Quart	Orange Concentrate	
1 Cup	Curry Powder	
1/2 Cup	Turmeric Powder	
1/2 Cup	Cardamom	
4 Tbls	Cayenne Pepper	
5 Tbls	Cinnamon Powder	
4 Tbls	Citric Acid	
4 Tbls	Salt	
3 Tbls	Saison Seasoning	

## METHOD FOR PREPARING BASE SALAD

- 1) Bloom quinoa with hot water and let cool once cooked.
- 2) Place bloomed quinoa in lexan container.
- 3) Add rest of ingredients to quinoa and mix thoroughly with hands.
- 4) Once mixed, place in cooler until needed to plate.

To Plate: 1) Fill 3/4 cup of vessel with salad, garnish with pistachios.

**CULINARY NOTES: SALAD CAN BE PREPARED ONE DAY IN ADVANCE, KEPT COLD IN COOLER.**

**Gluten Free / Dairy Free / Contains Nuts / Vegan**



SALAD SHOWN PLATED IN VESSEL

## HARVEST SALADS

Station: E1  
 Position: 2  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 3 Days

## ASSIGNED VESSELS



8OZ MELAMINE FLOWER POT  
 CT NO:





1 PLACE QUINOA WITH REST OF INGREDIENTS IN LEXAN CONTAINER



2 INGREDIENTS SHOWN TOGETHER IN LEXAN



3 ADD ORANGE CONCENTRATE & SPICES



4 ALL SPICES SHOWN USED IN THE SALAD



5 WITH HANDS THOROUGHLY MIX SALAD



6 SALAD IS COMPLETELY MIXED TOGETHER, PLACE IN COOLER TO KEEP COLD



7 FILL VESSEL 3/4 FULL WITH SALAD



8 USE PISTACHIOS AND GARNISH ON SALAD



9 FINAL PRODUCT SHOWN

# TURKISH CHICKPEA SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
16 Quart	Chickpeas Cooked	Rinsed, drained
3 Quart	Red Onion	1/2" Dice
2 Quart	Red Pepper	1/2" Dice
2 Quart	Green Pepper	1/2" Dice
2 Quart	Yellow Pepper	1/2" Dice
4 Quart	Carrots	1/2" Dice
2 Quart	Red Tomato	1/2" Dice
4 Quart	Cucumbers	1/2" Dice
2 Quart	Red Radishes	1/2" Dice
1 Quart	Olive Oil	
1 Quart	Lemon Juice	
1 Quart	Red Vinegar	
1 Cup	Smoked Paprika	
5 Tbls	Chili Flakes	
1/2 Cup	Lemon Pepper	
3 Tbls	Citric Acid	
6 Tbls	Salt	

## METHOD FOR PREPARING BASE SALAD

- 1) Rinse chickpeas under cold water and drain thoroughly.
- 2) Place drained chickpeas in lexan container, combine all vegetables, oil, lemon juice, vinegar and spices together.
- 3) Gently mix salad with hands, cool down and keep in cooler.

To Plate: Place mixed salad in assigned vessel and serve chilled.

**CULINARY NOTES: SALAD CAN BE PREPARED ONE DAY IN ADVANCE, KEPT COLD IN COOLER.**

**Gluten Free / Nut Free / Dairy Free / Vegan**



ALL INGREDIENTS SHOWN COMBINED IN CONTAINER

## COMPOSED SALAD

Station: E1  
 Position: 1  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 2 Days

## ASSIGNED VESSEL



8OZ PLASTIC CUP  
 CT NO:





1

COOKED CHICKPEAS, RINSED & DRAINED



2

ADD ONIONS & VEGETABLES



3

TRI-COLORED PEPPERS MIXED



4

DICED RED TOMATO



5

DICED CARROTS MIXED



6

ADD ALL SPICES, OLIVE OIL, LEMON JUICE VINEGAR AND MIX GENTLY



7

VINTAGE MELAMINE BOWL ALSO USED FOR SALAD  
STATION E2 - POSITION 3



8

PLACE SALAD IN MELAMINE POT 3/4 FULL



9

FINAL PRESENTATION OF SALAD

# MEDITERRANEAN PASTA SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
24 Quart	Pasta	Cooked, drained
8 Quart	Green Zucchini	1/2" Dice, roast
4 Quart	Roasted Red Pepper	1/4" Dice
3 Quart	Green Olives Pitted	Rough Chop
3 Quart	Kalamata Olives	Rough Chop
2 Quart	Scallions	Chop
2 Quart	Parsley	Chop
3 Cups	Basil Pesto	PCL Spec
3 Cups	Parmesan Cheese	Grated
1.5 Quart	Olive Oil	
1.5 Quart	Red Vinegar	
1/2 Cup	Lemon Pepper	
4 Tbls	Chili Flakes	
3 Tbls	Citric Acid	
5 Tbls	Salt	

METHOD FOR PREPARING BASE SALAD
<ol style="list-style-type: none"> <li>1) Cook pasta, drain and cool.</li> <li>2) Place cold cooked pasta in large lexan container.</li> <li>3) Toss diced zucchini with olive oil, salt, pepper and roast under salamander to golden brown, let cool before use.</li> <li>4) With pasta, combined roasted zucchini, pepper, olives, spices and all other ingredients.</li> <li>5) Thoroughly mix salad with hands, keep cold until needed.</li> </ol> <p>To Plate: Place salad in assigned vessel as shown and serve.</p>

**CULINARY NOTES: SALAD CAN BE PREPARED A DAY IN ADVANCE**

**Contains Dairy / Gluten / Pine Nuts**



PASTA SALAD COMPLETE SHOWN IN ASSIGNED VESSEL

## COMPOSED SALAD

Station: E2  
 Position: 2  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 3 Days

## ASSIGNED VESSEL



VINTAGE MELAMINE BOWL  
 CT NO:





1  
TOSS DICED ZUCCHINI WITH OLIVE OIL, SALT, PEPPER AND PLACE ON SHEET-PAN



2  
SEASONED ZUCCHINI SPREAD OUT EVENLY ON A SHEET-PAN



3  
LIGHTLY BROWN AND ROAST ZUCCHINI



4  
ADD INGREDIENTS TO PASTA IN LEXAN CONTAINER



5  
ADD COLD ROASTED ZUCCHINI TO PASTA



6  
ADD BASIL PESTO, PARMESAN, OLIVE OIL AND REST OF SPICES TO SALAD



7  
GENTLY TOSS SALAD WITH HANDS



8  
SALAD IS COMPLETELY MIXED AND KEPT COLD



9  
PLATE SALAD IN ASSIGNED VESSEL

# SPICY PEAR & PINEAPPLE SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
12 Quart	Poached Pears	Drained, sliced
6 Quart	Fresh Pineapple	Peel, 1/2" dice
1 Quart	Red Onions	1/2" Dice
1 Quart	Scallions	Chop
1 Quart	Cilantro	Rough Chop
1 Cup	Olive Oil	
2 Tbls	Chili Flakes	
1 Tbls	Citric Acid	

## METHOD FOR PREPARING BASE SALAD

- 1) Drain canned pears & cut in quarter slices
- 2) Peel pineapple, dice 1/2" pieces.
- 3) Combine pears, pineapple, spices, olive oil in lexan container and gently mix with hands.
- 4) Keep cold in cooler until service.

To Plate: Arrange in assigned vessel as shown.

**CULINARY NOTES: SALAD CAN BE PREPARED ONE DAY IN ADVANCE**

**Gluten Free / Dairy Free / Nut Free / Vegan**



SALAD SHOWN MIXED WITH ALL INGREDIENTS

## COMPOSED SALAD

Station: E2  
 Position: 1  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 3 Days

## ASSIGNED VESSEL



WHITE & BLUE MELAMINE  
 CT NO:





1

COMBINE ALL INGREDIENTS IN A LARGE LEXAN CONTAINER



2

SEASONINGS AND OIL TO MIX SALAD



3

LIGHTLY TOSS SALAD



4

CHILI FLAKES MIXED WITH SALAD



5

COMPLETE SALAD MIXED



6

SALAD KEPT IN LEXAN PLACED IN COOLER TO KEEP COLD

7

SALAD ARRANGED ON PLATTER

8

FINAL PRESENTATION

9

FINAL PRESENTATION

# CHILI-LIME CABBAGE SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
18 Quart	Green Cabbage	Shredded
12 Quart	Red Cabbage	Shredded
6 Quart	Carrot	Shredded
4 Quart	Red Onion	Julienne
3 Quart	Cilantro	Rough Chop
2 Quart	Scallions	Chop
6 Each	Lime Zest	Zest julienne
Dressing Salad Batch		
6 Each	Lime Juice	
2 Tbls	Liquid Smoke	
1.5 Qt	Olive Oil	
1 Quart	Rice Vinegar	
3 Cups	Sweet & Sour Sauce	
1/2 Cup	Chili Powder	
4 Tbls	Chili Flakes	
5 Tbls	Salt	
2 Tbls	Citric Acid	

## METHOD FOR PREPARING BASE SALAD

- 1) In lexan container, mix cabbage, carrots, onion, cilantro, scallion and lime zest together. Place base mix in cooler.
  - 2) Dressing ingredients are only added one hour before service with base salad mix - DON'T ADD TO SIT OVERNIGHT!
- To Plate: Fill cups 3/4 full, garnish with fried seasoned tortilla strips.

## CULINARY NOTES:

**Gluten Free (no chips) / Dairy Free / Nut free / Vegan**



INDIVIDUAL PORTION SALAD SHOWN COMPLETE

## HARVEST SALADS

Station: E1  
 Position: 3  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 1 Days

## ASSIGNED VESSEL



8OZ PLASTIC CUP  
 CT NO:





1

COMBINE SHREDDED CABBAGE IN LEXAN



2

ADD SHREDDED CARROTS



3

ADD ONIONS, CILANTRO AND MIX



4

PEEL ZEST OF LIMES



5

THIN JULIENNE LIME ZEST AS SHOWN



6

ONE HOUR BEFORE SERVICE, ADD ALL DRESSING INGREDIENTS AND THOROUGHLY MIX SALAD



7

SALAD SHOWN MIXED TOGETHER WITH DRESSING



8

TORTILLA'S CUT, FRIED AND SEASONED WITH LEMON PEPPER AND CHILI POWDER



9

FILL GLASS 3/4 FULL AND GARNISH WITH TORTILLA CHIPS



# LOUISIANA WHITE BEAN SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
18 Quart	White Beans Cook	Fully cook, drain
6 Quart	Yellow Corn Kernels	Season, roasted
4 Quart	Red Tomato	1/2" Dice
3 Quart	Red Onion	1/2" Dice
2 Quart	Scallions	Chop
2 Quart	Basil	Rough chop
6 Quart	Spinach Fresh	Rough Chop
2 Quart	Pickles	Rough Chop
1 Cup	Chipotle Adobo	Pureed
1 Quart	Olive Oil	
1 Quart	Red Vinegar	
2 Tbls	Smoked Liquid	
1 Cup	Cumin	Ground
1/2 Cup	Lemon Pepper	
5 Tbls	Salt	

## METHOD FOR PREPARING BASE SALAD

- 1) Once white beans are cooked, make sure to drain and cool.
- 2) Place cold white beans in lexan container.
- 3) Add rest of vegetables, olive oil, vinegar, spices to beans.
- 4) With hands, thoroughly mix salad ingredients together.
- 5) Keep salad in cooler until needed.

To Plate: Place salad in assigned container and serve chilled.

**CULINARY NOTES: SALAD CAN BE PREPARED A DAY IN ADVANCE**

**Gluten Free / Dairy Free / Nut free / Vegan**



SALAD SHOWN COMPLETE AND PLATED IN ASSIGNED VESSEL

## HARVEST SALADS

Station: E1  
 Position: 1  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 3 Days

## ASSIGNED VESSEL



5OZ PLASTIC CUP  
 CT NO:





1 FULLY COOKED BEANS, DRAIN AND COOLED



2 TOSS YELLOW CORN WITH OLIVE OIL, SALT, PEPPER PLACE ON SHEET-PAN AND ROAST SALAMANDER



3 COOL CORN AND ADD TO BEANS WITH REST OF INGREDIENTS



4 ADD ALL INGREDIENTS, INCLUDING OLIVE OIL, VINEGARS, SEASONINGS AND SPICES TO SALAD



5 GENTLY TOSS SALAD WITH HAND UNTIL FULLY MIXED WITH INGREDIENTS



6 ONCE SALAD IS MIXED, PLACED IN COOLER AND KEEP COLD UNTIL NEEDED



7 SALAD SHOWN PLATED IN BOWL AS WELL STATION E2 - POSITION 3



8 SALAD ALSO PLATED INDIVIDUALLY GARNISHED WITH TORTILLA CORN CHIP



9 FINAL INDIVIDUAL PRESENTATION



# CAPRESE SALAD W/BALSAMIC



QUANTITY	BASE INGREDIENTS	PREPARATIONS
10 Quart	Red Tomatoes	1/2" Diced, drain
6 Quart	Cucumbers	1/2" Diced
3 Quart	Red Onions	1/2" Diced
2 Quart	Basil Fresh	Rough Chop
8 Quart	Spinach	Rough Chop
<b>Marinating Mozzarella Cubes</b>		
4 Quart	Fresh Mozzarella	1/2" Diced
1 Cup	Olive Oil	
3 Tbls	Salt	
3 Tbls	Black Pepper	Ground
<b>Assembling Individual Salads &amp; Garnishing</b>		
3/4 Cup	Caprese Salad Mix	From recipe
2 Tbls	Balsamic Dressing	PCL Spec
5 Cubes	Mozzarella Cubes	Marinated, season
1 tsp	Balsamic Reduction	PCL Spec

## METHOD FOR PREPARING BASE SALAD

- 1) In container, combine and mix together; tomatoes, cucumbers red onions, basil and spinach - set aside and keep cold.
- 2) In a separate container, toss cubed mozzarella with olive oil, salt pepper, set aside and keep cold in cooler.

To Plate Salad: Fill container 3/4 full with salad, drizzle balsamic dressing over salad. Garnish with cubed marinated mozzarella on salad, then drizzle with balsamic reduction over mozzarella. Serve.

**CULINARY NOTES: DON'T MIX SALAD WITH ANY SALT OR DRESSING. ONLY WHEN ASSEMBLING SALAD, DRESSING IS SERVED ON SALAD.**

**Gluten Free / Contains Dairy / No Nuts**



INDIVIDUAL SALADS SHOWN COMPLETELY PLATED

## HARVEST SALADS

Station: E1  
 Position: 2  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 1 Day

## ASSIGNED VESSEL



8OZ MELAMINE FLOWER POT  
 CT NO:





1

DICED CUCUMBERS ADD TO SALAD



2

PLACE DICED TOMATOES IN PERFORATED PAN TO DRAIN FROM JUICES OVERNIGHT



3

IN LEXAN, COMBINE ONLY TOMATOES, ONIONS CUCUMBERS, BASIL, SPINACH & PLACE IN COOLER



4

SALAD SHOWN COMPLETELY MIXED - NO SALT PEPPER OF VINEGAR ADDED TO SALAD BASE MIX



5

DICE FRESH MOZZARELLA IN 1/2" CUBES PLACE IN CONTAINER



6

MARINADE MOZZARELLA WITH OLIVE OIL, SALT BLACK PEPPER OVERNIGHT



7

SPOON BASE MIX SALAD IN CUP, FILL 3/4



8

SQUEEZE BALSAMIC DRESSING OVER SALAD



9

GARNISH SALAD WITH MARINATED CHEESE AND DRIZZLE WITH BALSAMIC REDUCTION

# TUSCAN PASTA SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
20 Quart	Penne Pasta	Cooked, drain
3 Quart	Kalamata Olives	Pitted, chop lg
4 Quart	Cherry Tomatoes	Sliced
3 Quart	Red Onions	1/2" Dice
4 Quart	Artichokes	Cook, quartered
2 Quart	Sundried Tomato	Pesto, recipe
6 Quart	Spinach	Rough chop
2 Quart	Parsley	Rough chop
2 Quart	Parmesan Cheese	Grated
1.5 Quart	Olive Oil	
1.5 Quart	Red Vinegar	
1/2 Cup	Lemon Pepper	
3 Tbls	Citric Acid	
5 Tbls	Salt	

## METHOD FOR PREPARING BASE SALAD

- 1) Cook pasta, drain well and cool down.
- 2) Lightly chop kalamata olives and chop vegetables as indicated.
- 3) Place pasta in lexan container, combine and add rest of ingredients.
- 4) Gently mix all ingredients together until thoroughly mixed.
- 5) Cover and keep salad cold in cooler.

To Plate: Spoon pasta in assigned container as shown and serve chilled on station.

**CULINARY NOTES: PREPARE SALAD 1 DAY IN ADVANCE - KEEP CHILLED.**

## COMPOSED SALAD

Station: E2  
 Position: 2  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 3 Days

## ASSIGNED VESSEL



VINTAGE MELAMINE BOWL  
 CT NO:

**Contains Gluten & Dairy / Nut Free / Vegetarian**



SALAD SHOWN WITH ALL INGREDIENTS





1

COOK AND COOL PASTA



2

COMBINE ALL INGREDIENT TO COOKED PASTA



3

ADD ALL SPICES AND SEASONINGS



4

ADD OLIVE OIL TO PASTA



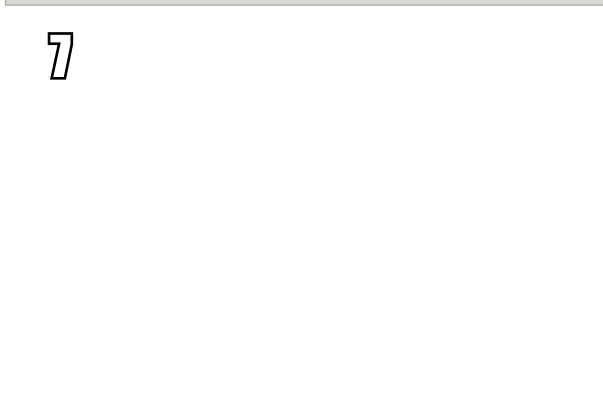
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ADD SUNDRIED TOMATO PASTE AND MIX SALAD UNTIL INGREDIENTS ARE FULLY INCORPORATED



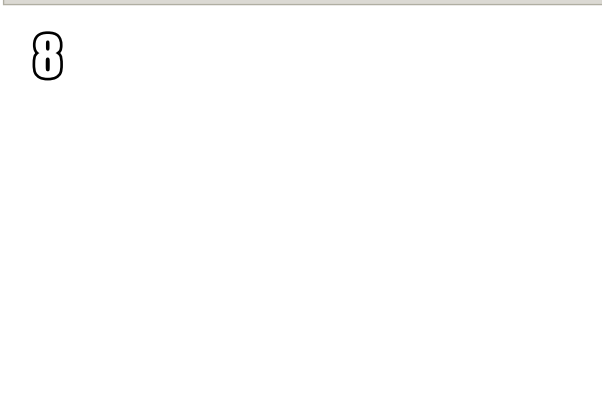
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COVER MIXED SALAD AND KEEP IN COOLER UNTIL NEEDED FOR SERVICE



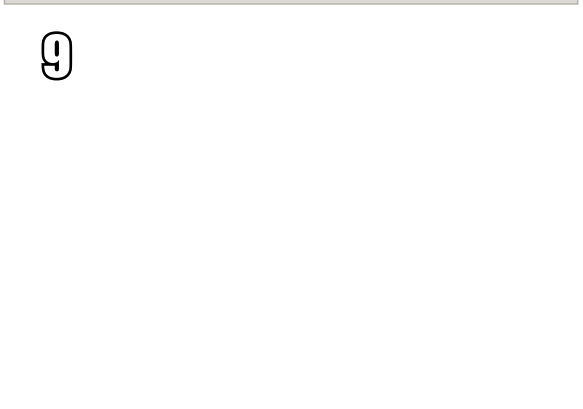
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PLATE SALAD IN ASSIGNED VESSEL AS SHOWN



8

FINAL PRODUCT DISPLAYED



9

COMPLETE SALAD DISPLAYED

# CAJUN PEACH SALAD



QUANTITY	BASE INGREDIENTS	PREPARATIONS
12 Quart	Peaches Poached	Drained, sliced
5 Each	Jalapenos	Thin sliced
1 Quart	Red Onion	Chopped
2 Cups	Cilantro	Rough Chop
5 Tbls	Cajun Seasoning	
1/2 Cup	Olive Oil	
2 Tbls	Star Anise	Ground
2 Tbls	Chili Flakes	
1 Tbls	Citric Acid	

## METHOD FOR PREPARING BASE SALAD

- 1) Drain and cut peaches accordingly.
- 2) Place peaches in lexan container.
- 3) Add remaining ingredients to peaches.
- 4) Gently mix salad with hands, cover, place in cooler and keep cold.

To Plate: Spoon salad on platter as shown and spread out evenly. Serve chilled.

**CULINARY NOTES: SALAD CAN BE PREPARED IN ADVANCE**

## COMPOSED SALAD

Station: E2  
 Position: 1  
 Production: Deck 14  
 Period: Lunch  
 Yield:  
 Shelve Life: 2 Days

## ASSIGNED VESSEL



WHITE & BLUE MELAMINE PLATE  
 CT NO:

**Gluten Free / Dairy Free / Spicy / Vegan**



SALAD SHOWN COMPLETE AND PLATED