

# 10.1

## Dressings & Dips

### READING PREVIEW

#### Key Concepts

- Understanding the garde manger station
- Identifying and preparing dressings and dips

#### Vocabulary

- baba ghanoush
- balsamic vinegar
- basic vinaigrette
- dip
- emulsified vinaigrette
- emulsifier
- emulsion
- extra-virgin olive oil
- garde manger
- guacamole
- herbes de Provence
- mayonnaise
- salad dressing
- salsa
- tapenade
- vinaigrette

“**S**alad dressings may not require hours of simmering on the stove, but they demand the same level of skill and care on the part of the chef.”

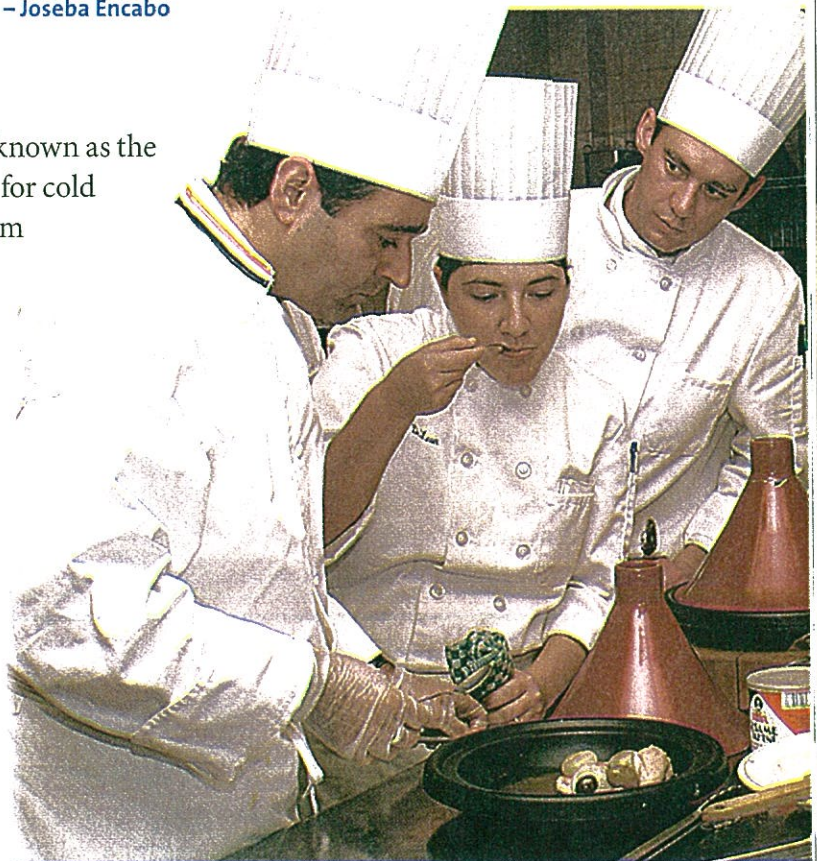
— Joseba Encabo

### Garde Manger

The **garde manger** (GAHRD mohn-ZHAY), also known as the pantry chef, is the person (or persons) responsible for cold food preparations. In professional kitchens, the term garde manger is typically extended to include all the types of food for which the garde manger is responsible. Today, with diners becoming increasingly familiar with ethnic and imported foods, the garde manger is usually responsible for the foods discussed in this chapter:

- Salad dressings and dips
- Salads
- Cheeses
- Cold food presentations and garnishes

However, kitchens may have different requirements for their particular garde manger station. For example, if a salad requires a grilled chicken breast that is presented sliced and cold on the salad, the grill station would first grill the chicken and then deliver it to the garde manger to cool and use in the salad.



Joseba Encabo (left)  
The Culinary Institute of America

Within a particular kitchen, the work flow determines which responsibilities are assigned to the garde manger. Cold sandwiches, cold hors d'oeuvres and appetizers, and preserved meats (all of which are discussed in the next chapter) are often assigned to the garde manger as well.



What is the garde manger?

## CULINARY HISTORY

### Origins of Garde Manger

When prehistoric people became farmers, they needed to develop ways to save food for winter use. At far back as 3000 B.C., the Sumerians (su-MAR-ee-uhns) were salting meats. After the Sumerians, the Greeks and the Chinese salted their fish, and they passed on their secrets to the Romans.

Salt production was rigorously controlled and taxed, so farmers devised ways to preserve food by drying, smoking, and pickling foods; turning milk into hard cheeses that kept for long periods; putting up preserves; preserving meat by covering it in fat; and using cold storage. The French term "garde manger," translates as "keeping to eat." The term goes back to the Middle Ages when households stored food in rooms below ground level to keep it cool.

Many of these techniques have been passed down through the ages and are still used today. For example, in the mountainous Apennine (AP-pen-ee-n) region in Umbria (UHM-bree-uh), Italy, farmers developed a way of air-curing ham, using as little salt as possible, so they could avoid the salt tax. The technique resulted in the production of prosciutto crudo (proh-SHOOT-toh CROOD-oh), the famous air-cured Italian ham. It is still made using the same technique. The process is also used



▲ Prosciutto

to make the famous silky hams of Parma and San Daniele that are considered to be among the finest in the world.

Today, garde manger signifies more than just the preparation of cold food items. It is a crucial link to our culinary past, to a time when people's lives depended on their ability to preserve food.

### Research

1. Research one of the methods of preserving food previously mentioned.
2. Research the importance of salt in early civilizations (including the controls put on salt production and the taxes on salt use).
3. Research the technique of making prosciutto crudo in the Apennine region in Umbria, Italy.

### Salad Dressings and Dips

A **salad dressing** is used primarily to flavor salads and, sometimes, to hold a salad together. Many salad dressings are also used as dips. A **dip** is a sauce or condiment served with raw vegetables, crackers, bread, potato chips, or other snack foods. Typically these foods are eaten as appetizers, often while the diner is standing.

Salad dressings and dips fall into five main categories:

- Vinaigrettes (both basic and emulsified vinaigrettes)
- Mayonnaise
- Dairy-based dressings and dips
- Cooked dressings and dips
- Vegetable- or fruit-based dressings and dips

**Vinaigrettes** A vinaigrette (vin-eh-GRETT) is a salad dressing made by combining oil and vinegar into an emulsion. An **emulsion** (e-MULL-shon) is a mixture of uniform consistency made with two ingredients that would otherwise not combine together.

There are two types of vinaigrettes:

- Basic vinaigrette
- Emulsified vinaigrette

A **basic vinaigrette** is a temporary emulsion, typically of some type of oil and some type of vinegar. The process of stirring or vigorously mixing the vinaigrette permits the vinegar and oil to mix together. However, over time, the individual ingredients will separate.

To make an emulsion permanent, an **emulsifier** (e-mull-si-FY-er) is added, resulting in an **emulsified vinaigrette**. Examples of emulsifiers used for salad dressings are egg yolks, mustard, cornstarch, potato starch, or arrowroot. These substances attract both the oil and vinegar in the vinaigrette, thus binding the two ingredients together.

The standard proportion of oil to vinegar in a vinaigrette is three parts oil mixed with one part vinegar. Using an electric blender or mixer forms a basic vinaigrette more quickly and stays emulsified longer than if blended by hand. To keep a basic vinaigrette well blended, mix it before each use.

The principle behind making a good vinaigrette is to achieve a balance between the mouth-coating texture and rich flavor of the oil and the sharp acidity of the vinegar. Because it can be a simple combination of just a few ingredients, a vinaigrette is only as good as its ingredients.

## FOCUS ON SANITATION

### Storing Salad Dressings

Salad dressings should be stored in tightly covered containers to prevent outside contamination. Make sure they have air circulation and are cooled below 41°F.



**FIGURE 10-1**  
**Mise en Place for Vinaigrette**

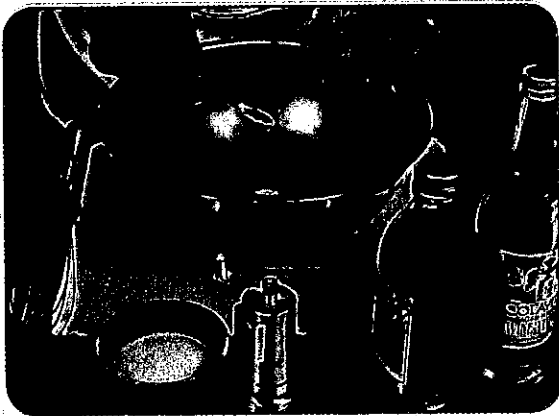
It's important to achieve a balance of textures and flavors in a vinaigrette.

**Drawing Conclusions** Why should you try to use the best ingredients possible for a vinaigrette?

## BASIC CULINARY SKILLS

### Vinaigrette

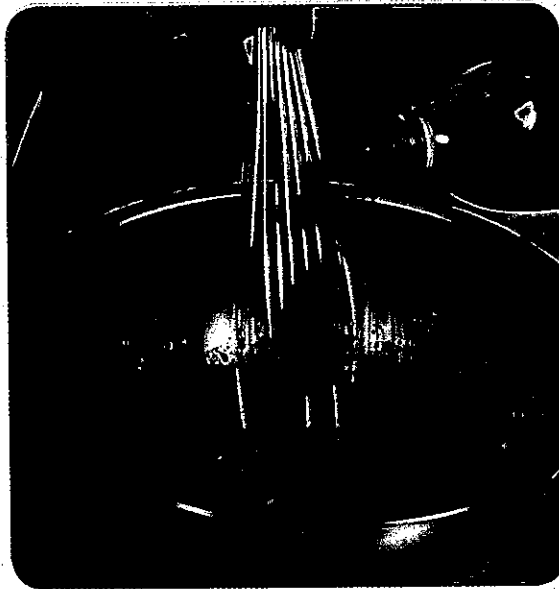
- 1 Combine seasonings, such as mustard and salt.



- 2 Add vinegar and whisk to blend.



- 3 Whisk in the oil gradually, in a fine steady stream.



- 4 Continue blending ingredients until the mixture has a uniform consistency.
- 5 Adjust seasonings, if necessary.



See Recipe Card 28,  
"Red-Wine Vinaigrette."

### FOCUS ON NUTRITION

#### Reduced-Fat Vinaigrette

For a lower-fat, lower-calorie vinaigrette, substitute up to half of the oil called for by the recipe with a lightly thickened vegetable juice, such as tomato.

Although a vinaigrette can be nothing more than oil and vinegar that enhance the flavor of perfect salad greens, a vinaigrette can also be a complex mixture of unusual oils, fruit juices, herbs, and other components that provide a unique flavor experience on their own. Some of the ingredients you can use in creating vinaigrettes are:

- **Olive Oil.** The classic oil used in a vinaigrette is a flavorful olive oil. Olive oil is produced in many grades. Some chefs use a grade designated **extra-virgin olive oil**. This is the finest grade of olive oil, produced by pressing olives once without using any heat. It has a fruity, grassy, or peppery taste with a pale yellow to bright green color and a very low acid content. Other chefs feel that extra-virgin olive oil, because of its expense, is wasted in a vinaigrette where its delicate taste is masked by other ingredients.

The shelf life of extra-virgin olive oil is one year if stored in a cool, dark place, but the fresher it is, the better. For the best flavor, keep olive oil in a dark bottle, capped or corked, and away from direct heat. If pouring from a large can or bottle, pour off as much as you need for the day or the week into a smaller bottle. Keep the larger can or bottle capped, in a cool pantry or cellar.

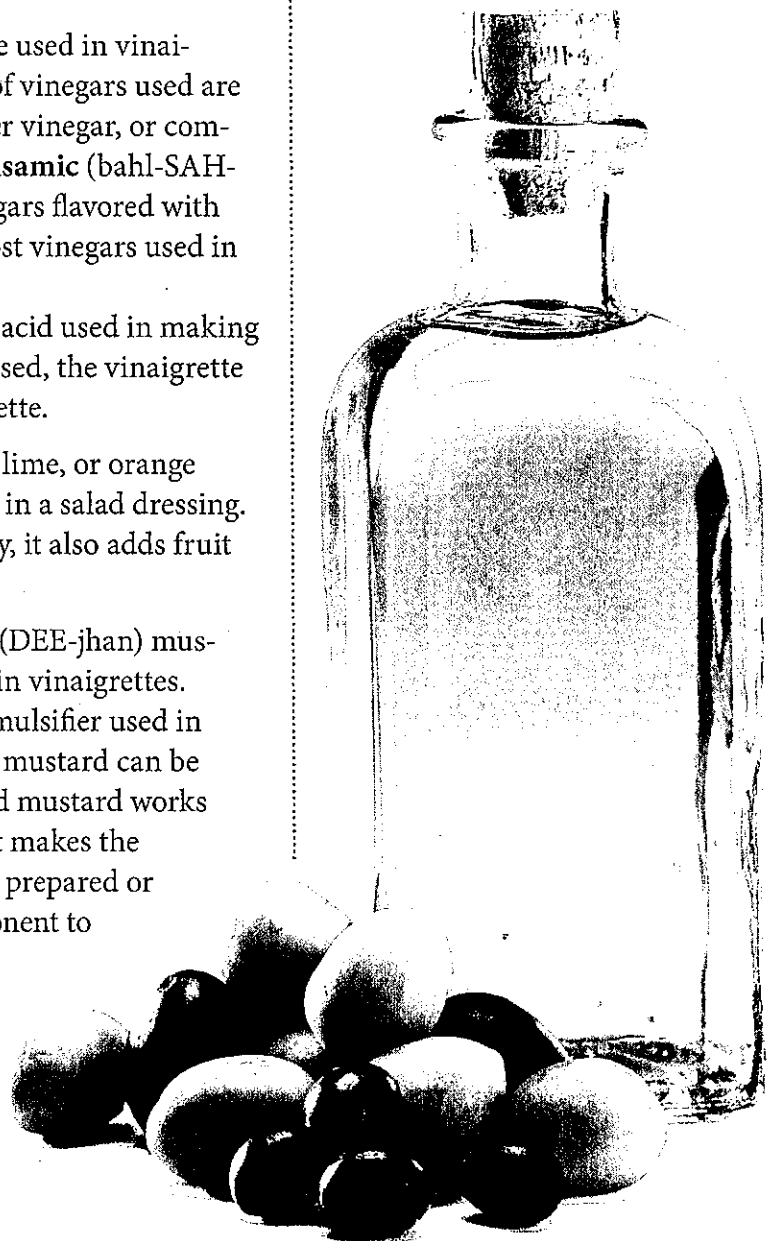
- **Other Oils.** Although olive oil is a traditional choice for vinaigrettes, many other types of oils can be used. Some that are often used are walnut oil, hazelnut oil, and sunflower oil. Oils that are flavored with herbs and aromatics are also available. Oils should be of high quality for the best flavor and nutritional value. Olive oil and another type of oil are also sometimes mixed together.
- **Vinegar.** A wide variety of vinegars can be used in vinaigrettes. Some of the most common types of vinegars used are red-wine vinegar, white-wine vinegar, cider vinegar, or commercial balsamic vinegar. Commercial **balsamic** (bahl-SAH-mek) **vinegar** has a sweet-sour taste. Vinegars flavored with herbs and aromatics are also available. Most vinegars used in a vinaigrette have a mellow taste.

A vinaigrette is typically named for the acid used in making it. So, for example, if red-wine vinegar is used, the vinaigrette would be referred to as a red-wine vinaigrette.
- **Other Acids.** Citrus juice, such as lemon, lime, or orange juice, is sometimes substituted for vinegar in a salad dressing. While each type of citrus juice adds acidity, it also adds fruit flavor to the vinaigrette.
- **Mustard.** Of all types of mustards, Dijon (DEE-jhan) mustard is the most commonly used mustard in vinaigrettes. Mustards are the most common type of emulsifier used in creating emulsified vinaigrettes. Prepared mustard can be added to a vinaigrette, but a dry, powdered mustard works just as effectively as an emulsifier. While it makes the emulsion more permanent, mustard, both prepared or dry, also adds a savory, spicy flavor component to the vinaigrette.
- **Herbs.** Fresh herbs can provide another dimension to a vinaigrette. However, herbs discolor and change flavor when added too far in advance. For this reason, add herbs at the last minute.

## CHEF'S TIP

### TOO CREATIVE?

Although creativity is the mark of a distinguished garde manger, too many seasonings and conflicting ingredients can mask the taste of fine olive oil and good vinegar.



Herbs suitable for use in a vinaigrettes include tarragon, thyme, dill, chives, chervil, mint, basil, or **herbes de Provence** (AIRBS duh proh-VAWNS), a dried herb mixture traditionally associated with France's Provence region that can include such herbs as basil, thyme, marjoram, rosemary, sage, fennel seeds, and lavender.

- **Salt and Pepper.** Salt is important in maintaining the balance of flavor in a vinaigrette. Without adequate salt, a vinaigrette often tastes too harsh. Because it has no additives, kosher salt is often used in vinaigrettes. White or black pepper is also added to a vinaigrette. Even though salt and pepper were added in making the vinaigrette, it is still necessary to taste the salad with the vinaigrette to see if additional salt and pepper are needed.

## BASIC CULINARY SKILLS

### Mayonnaise

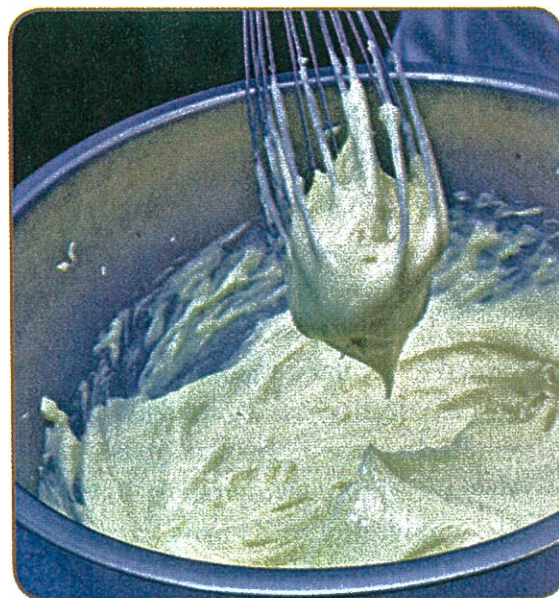
- 1 Blend egg yolks with a little water.



- 2 Whisk in one-fourth of the oil a little at time until a creamy and consistent texture forms.



- 3 Mix in additional flavoring ingredients (such as vinegar, lemon juice, mustard), if using.
- 4 Add remaining oil gradually, beating continually until soft peaks form.



- 5 Store in the refrigerator.



See Recipe Card 33,  
"Mayonnaise."

- **Sugar.** Vinaigrettes sometimes contain a small pinch of honey or sugar (or other sweetener) to temper the acidity of the vinegar. Honey is also a common component in an emulsified vinaigrette where the honey and mustard combination produce a combination of savory, spicy, sweet, and sour flavors.

Although vinaigrettes are usually thought of as salad dressings, they have many other uses. Depending on the composition of the vinaigrette, it can be used for such things as:

- Adding flavor and moisture when grilling meat or fish
- Dressing cooked vegetables
- Dipping raw or cooked vegetables
- Dressing bean, grain, or rice salads
- Enhancing the flavor of sandwiches

**Mayonnaise** Mayonnaise (MAY-oh-nayz) is a cold, thick, creamy emulsion of oil and egg yolks. Mayonnaise has many uses in the pantry, either on its own or in combination with other ingredients. For example, combined with vinaigrette, it makes a creamy dressing for salads and other cold foods. Combined with canned tuna, it is used to make tuna salad. Combined with hard boiled eggs, it is used to make egg salad.

Commercial mayonnaise is convenient and has a long shelf life. It suits many purposes but does not compare in flavor or consistency to properly made, fresh mayonnaise. Freshly made mayonnaise is often more richly flavored and looser in consistency than the commercial variety.

Although the recipe for mayonnaise involves only a few ingredients, care is necessary when combining the oil with the egg yolk. Initially, you need to whisk in the oil a drop at a time. The oil must be worked vigorously into the egg to create very small droplets that begin to form the foundation of the emulsion. If the oil is added too quickly and the droplets are too large, an emulsion will not form and the mayonnaise will separate. When about one-fourth of the oil has been incorporated properly, you can add the remaining oil in a steady stream while whisking continually. Whether working by hand with a whisk or using an electric mixer or food processor, you should add the oil very gradually in the beginning and more steadily at the end.

Liquids such as lemon juice, vinegar, or water may be added to adjust for taste and consistency.

## CHEF'S TIP

### OILS FOR MAYONNAISE

When making mayonnaise for use as a base sauce, use a relatively flavorless oil such as vegetable oil, so the oil's flavor will not conflict with flavorings added later.

**FIGURE 10-2**  
**Mise en Place for Mayonnaise**  
Making mayonnaise results in a looser, more richly flavored product than most commercial mayonnaise.

**Applying Concepts** When might it make sense for a kitchen to use commercially prepared mayonnaise?



## FOCUS ON SAFETY

### Pasteurized Eggs

Eggs used for making mayonnaise in an institutional setting should be processed and pasteurized in USDA-inspected plants to ensure against the possibility of salmonella.

Be sure to add these liquids before the oil is added, to ensure the stability of the emulsion. The mayonnaise is finished when soft peaks form. It may be thinned further by beating in additional water if a dressing consistency is desired. Any additional flavorings, such as chopped herbs, pickles, or capers, can be added to the finished mayonnaise.

Because the egg yolk is raw, mayonnaise must be made and stored with care to prevent contamination. Commercial kitchens typically use pasteurized eggs to prevent the possibility of rapid deterioration and the possibility of salmonella poisoning.

If the mayonnaise begins to separate (chefs refer to this as breaking), the problem can be corrected by gradually incorporating beaten pasteurized egg yolk into the mixture. Introduce the egg yolk slowly, whisking continually until the mixture becomes thick and homogeneous.

**Dairy-Based Dressings and Dips** Dairy products are sometimes used as the basis for salad dressings and dips. For a dip, you could start with a soft cheese such as cream cheese. (You will learn more

## Common Mayonnaise Dressings and Dips

Dressing or Dip	Description	Use
Aïoli (aye-YOH-lee)	Garlic mayonnaise, possibly with flavoring such as herbs or sun-dried tomatoes	Cold poached fish, snails, fish soup, boiled meats or cooked vegetables, hard-cooked eggs, salads, or cold meats
Green Goddess	Mayonnaise mixed with tarragon vinegar and anchovies; flavored with parsley, chives, tarragon, scallions, and garlic	Salads, fish, shellfish
Russian Dressing	Mayonnaise mixed with ketchup and possibly relish or pickles	Salads, sandwiches, hard-cooked eggs, cooked meats and vegetables
Tartar (TAR-ter) Sauce	Mayonnaise mixed with dill pickles, capers, onions, lemon juice, or vinegar	Fried fish

about cheeses in section 10.3.) To obtain a thinner consistency, you could use cultured milks such as sour cream, crème fraîche, buttermilk, or yogurt.





## CHEF'S TIP

### DIPS THAT DRIP

For finger foods served to standing guests, thick dairy dips that don't drip are best.

Dairy-based salad dressings or dips can be flavored with lemons, pepper, poppy seeds, herbs, shallots or other members of the onion family, capers, olives, truffles, nuts, pimiento, pickles, or artichokes. Fruit or vegetable purées are sometimes added to change the color of the dressing or dip, while also adding flavor.

**Cooked Dressings and Dips** Some cold dishes call for hot dressings. A category of cooked dressings is the type that evolved in America to moisten cole slaw and potato salad. This type of cooked dressing has become popular because it contains little or no oil. Instead, it relies on milk, flour or cornstarch, vinegar, and eggs or mayonnaise. Cooked dressings may include mustard, bacon, or other flavoring ingredients, but they usually have a more acidic flavor than a mayonnaise-based dressing.

A separate category of dips is the light-bodied, warmed Asian dipping sauce served with dumplings. This type of sauce is often based on soy sauce, seaweed, or vegetable stock, and may contain vinegar or some type of wine.

Wilted salads also use cooked dressings. Wilted salads are typically made by pouring a hot vinaigrette on a cold salad so the salad greens become wilted. They often feature other heated components, such as bacon or roasted vegetables. Cooked broccoli, which may be served at room temperature, can be topped with a sizzling dressing made of hot olive oil and garlic. A radicchio (rah-DEEK-kee-oh) salad is traditionally topped with a hot dressing made with olive oil, vinegar, and bacon.

**FIGURE 10-3**  
**Yogurt and Mint Dip**

This refreshing dip is served with raw vegetables.

**Applying Concepts** *Should you consider whether your guests are sitting or standing when you think about the consistency of a dip?*

**FIGURE 10-4**  
**Wilted Spinach Salad**

In a wilted spinach salad, do not allow the greens to lose their texture.

**Comparing/Contrasting** *How would this salad differ in texture without the bacon? Would it be as appealing?*





**FIGURE 10-5**  
**Three Dips**

(Clockwise from top) Aioli, tapenade, and guacamole.

**Predicting** Why would you serve three different types of dip at once?

## Vegetable- or Fruit-Based Dressings and Dips

Vegetable- or fruit-based dressings or dips may be cooked or uncooked. They may be puréed, or chunky. In many cases, these dressings and dips can also be used as sauces as well.

- **Salsa.** Usually uncooked, a **salsa** is based on tomatoes or other fruits or vegetables with some tartness or acidity that is heightened by the addition of an acid (vinegar, citrus, or wine). Salsas are flavor-packed and typically also include hot peppers, spices, and herbs.
- **Guacamole.** A Mexican dip, **guacamole** (gwa-kah-MOH-lee) is made from mashed avocado typically seasoned with a combination of lemon or lime juice, tomatoes, cilantro, onions, and chiles.
- **Tapenade.** A dip made from black olives, capers, anchovies, garlic, herbs, lemon juice, and olive oil, **tapenade** (top-en-ODD) is originally from France's Provence region.
- **Baba Ghanoush.** Made from roasted eggplant that has been pureed and seasoned with olive oil, tahini, lemon juice, and garlic, **baba ghanoush** (BAH-bah gha-NOOSH) originated in the Middle East, where it is served as a dip or a spread.



### Reading Checkpoint

What are five kinds of dressings or dips?

## 10.1 ASSESSMENT

### Reviewing Concepts

1. What is the garde manger?
2. What are the five kinds of dressings and dips?

### Critical Thinking

3. **Forming a Model** What are the steps in making a vinaigrette?
4. **Communicating** What is an emulsion?
5. **Comparing/Contrasting** What is the difference between a basic and an emulsified vinaigrette?
6. **Forming a Model** What are the basic steps in making mayonnaise?
7. **Comparing/Contrasting** How does a dip differ from a salad dressing?

### TEST KITCHEN

Prepare a vinaigrette, using extra-virgin olive oil and red-wine vinegar. Compare it with the flavor of purchased red-wine vinaigrette. Evaluate the differences. Prepare mayonnaise. Compare it with the flavor and texture of purchased mayonnaise. Evaluate the differences.

### LANGUAGE ARTS

#### Descriptive Writing

Research the process used for pasteurizing eggs. Describe what is done to ensure harmful bacteria cannot grow.