

## Service and Production

### In-service training for back of house

#### Pre-test:

#### FREEKEH NATURE SALAD

1. To prepare the vegetables:
  - a. Defrost the frozen edamame and leave as is
  - b. Dice the plum tomatoes to a 1/4"
  - c. Julienne the yellow peppers
2. Place the mesculin mix, arugula, and romaine in the center of the bowl, in that order.
3. Place the freekeh mix in the center of the bowl.
4. Place the edamame, tomatoes, and peppers around the freekeh. Each group of vegetables should stand alone (not mixed with each other).
5. Salad dressing should be placed at the side of the bowl.

#### VEGETABLE FREEKEH RETAIL

1. Place the freekeh in a medium sauce pan with 14 oz of water (about 2 cups). Bring to a boil then simmer 15–20 minutes or until al dente. Strain if necessary. The freekeh should be nutty and plump, not hard nor soft.
2. Meanwhile:
  - a. Wash kale and chiffonaide.
  - b. Wash mushrooms and slice, then quarter the slices.
3. Heat 1 oz of olive oil in a large frying pan. Add the kale and saute gently for 2 minutes until soft consistency. Add mushrooms and saute until tender, golden brown and the kale is wilted. Stir in pinch of black pepper.
4. Add mushroom and kale mix to the freekeh and mix well. There should be an even distribution between the mushrooms, kale, and freekeh.

#### DRESSING PESTO LEMON RETAIL

1. Cook navy beans by covering dry beans in water, bring to a boil, then let sit for an hour.

2. Once cooked, combine all ingredients in a blender. Pulse until blended. It should have a light green color, and a lemony taste with a hint of basil.

#### Post-test:

1. How should the edamame, tomatoes, and peppers be placed around the freekeh?
2. What should the texture of the freekeh be like once cooked?
3. What should be cooked first in the freekeh sub assembly, the kale or the mushrooms?

### **In-service training for front of house**

#### Pre-test:

- This salad is vegan, meaning: Clear of all animal products (dairy free, egg free, meat free, lard free, etc)
- Freekeh is an Arabic ancient grain from the Middle East / North Africa region dating back to the 13th century. It is a green wheat, with 4g of fiber per serving and 8g of protein per serving. Freekeh is NOT gluten free.
- This is a Mediterranean style salad. The peppers should give it a sweet taste, and the salad dressing should give it a tangy taste. It should overall have a light taste.
- This salad is high in protein, fiber, vitamins, and minerals. It is very low in calories, fat, and sodium. It offers a large enough serving of protein for vegans / vegetarians to not need a chicken breast or other protein source served with it.
- The freekeh subassembly is cooked in olive oil. All other vegetables are served plain and raw.
- Common allergens to be aware of: wheat, soy
- Nutritional information: 137.5 kcal, 19.8g CHO, 8.5g protein, 4.5g fat, 66 mg Na

#### Post-test:

1. What is freekeh?
2. What are the allergens in this salad?
3. Can someone who is vegetarian or vegan eat this salad?
4. Can someone who is gluten-free eat this salad?

## Customer Feedback Tool:

Name of Salad: Freekeh Nature Salad

	Poor					Excellent
Appearance:	1	2	3	4	5	
Flavor:	1	2	3	4	5	
Temperature:	1	2	3	4	5	
Would you buy again?	Yes	No				
Comments:						

## Service and Production

### In-service training for back of house

#### Pre-test:

#### JICAMA WITH A KICKAMA SALAD.

1. To prepare the tortilla chip strips:
  - a. Cut  $\frac{1}{2}$  of a tortilla into julienne strips and place on greased baking sheet
  - b. Bake at 350 degrees F for 10 minutes
2. To prepare the vegetables:
  - a. Chop the romaine lettuce
  - b. Julienne the jicama
  - c. Drain the black beans
  - d. Slice the avocado into  $\frac{1}{4}$  inch lengthwise slices
  - e. Dice Roma tomatoes into  $\frac{1}{2}$  inch pieces
  - f. Dice cucumbers into  $\frac{1}{2}$  inch pieces
  - g. Crumble the feta cheese
  - h. Chop the green onions
3. Toss romaine lettuce and mesclun mix together and place in the center of the bowl.
4. Arrange the jicama, avocado, black beans, feta cheese, cucumbers, and tomatoes around the center of the bowl in a clockwise direction. All of the ingredients should stand alone and not be mixed with each other in order to separate the different colors.
5. Place tortilla chip strips in the center of the bowl.
6. Sprinkle green onions on top of the tortilla chip strips in the center of the bowl as a garnish.
7. Package dressing in a 2 oz. cup and place at the bottom of the bowl in an empty space.

#### DRESSING CHIPOTLE LIME RETAIL

1. Finely chop cilantro.

2. Strain the yogurt to remove liquid.
3. Blend chipotle adobo peppers to create a paste.
4. Combine all ingredients together in a bowl except for the yogurt and mix to create a uniform consistency.
5. Fold in the yogurt and stir to create a dressing consistency.
6. Chill and hold at 40 degrees F.

Post-test:

1. How should the jicama be prepared?
2. Where should the green onions be placed?
3. What ingredient should be prepared first during the salad assembly?

**In-service training for front of house**

Pre-test:

- This salad is vegetarian.
- Jicama is a root vegetable of Mexican / South American origin. The tough outer skin must be removed before eating. Jicama has a similar texture, water content, and taste to a cross between a water chestnut and an apple.
- This is a Southwestern style salad. The jicama should give it a light and sweet taste, and the salad dressing should give it a spicy and tangy kick. Overall, the salad should have a crunchy, spicy taste.
- This salad is high in fiber, potassium, and Vitamin C due to the jicama. Overall, the salad is low in calories and provides a moderate amount of fat, carbohydrate, and protein.
- All vegetables in the salad are served raw.
- Nutritional information: 173 kcal, 26.5g CHO, 6.9g protein, 5.8g fat, 203.2 mg Na

Post-test:

1. What is jicama?
2. What must be done to the jicama before eating?

3. Can someone who is vegetarian eat this salad?

4. Can someone who is sensitive to spicy foods eat this salad?

Customer Feedback Tool:

Name of Salad: **Jicama With a Kickama Salad**

	Poor			Excellent	
Appearance:	1	2	3	4	5
Flavor:	1	2	3	4	5
Temperature:	1	2	3	4	5

Would you buy again?    Yes        No

Comments:

## Service and Production

### In-service training for back of house

Pre-test:

#### ROASTED PINEAPPLE NAPA CABBAGE SALAD

1. To prepare the vegetables:
  - a. Defrost the frozen edamame and leave as is
  - b. Chop napa cabbage
  - c. Chop red cabbage
  - d. Blanch pea pods
  - e. Thinly slice radishes
  - f. Slice baby portabella mushroom to ¼ in slice
  - g. Thinly slice green onion
  - h. Finely chop cilantro
2. Place spinach in the center of the bowl
3. Place napa cabbage in the center of the spinach
4. Place red cabbage in the center of the napa cabbage
5. Place pea pods, radishes, roasted pineapple, and edamame around the red cabbage. Each group of vegetable should stand alone and not be mixed with each other.
6. Garnish with green onion, cilantro, and black sesame seed
7. Salad dressing should be placed at the side of the bowl

#### ROASTED PINEAPPLE RETAIL

1. Peel and dice pineapple in to ¼ inch cubes
2. Spray sheet pan with nonstick spray and roast at 400 F until caramelized

#### SESAME SOY VINAGAIRETTE

1. Combine minced ginger root, minced garlic, rice vinegar, sugar, soy sauce, pineapple juice, chili paste sambal, sesame oil and cornstarch in a sauce pan

2. Bring to a boil in sauce pan until thickened
3. Refrigerate and hold below 40 F

Post-test:

1. What do you need to do to the pea pods before they are placed in the salad?
2. What order do the base ingredients go in the salad? ( napa cabbage, spinach, and red cabbage )
3. What is the end goal of roasting the pineapple?

### **In-service training for front of house**

Pre-test:

- 8) Ingredients should look and taste as follows:
  - a) The napa cabbage should be pale greenish yellow in color, crisp, and chopped in to thin strips.
  - b) The red cabbage should be reddish purple in color, crisp, and cut in to thin strips.
  - c) The spinach should be bright green in color and free from any soggy pieces.
  - d) The snow peas should be crisp and bright green in color.
  - e) The radishes should be sliced thinly in to circles and uniform throughout.
  - f) The mushrooms should be thinly sliced and uniform throughout.
  - g) The edamame should be bright green in color and thoroughly thawed.
  - h) The pineapple should be browned and caramelized.
  - i) The salad will be garnished with thinly sliced green onion, black sesame seeds, and finely chopped cilantro.
- 9) Napa cabbage usually used in East Asian cuisine. It is sweet and crunchy and a low calorie food.
- 10) Napa cabbage is high in dietary fiber, folate, vitamin C, vitamin K, and antioxidants
- 11) This is a Polynesian inspired salad. The vegetables should give it a good crunch and the roasted pineapple should add a layer of caramelization / sweetness.
- 12) This salad is low in sodium, calories, and fat
- 13) The common allergens are gluten, soy, and seeds

Post-test:

1. What cuisine is napa cabbage usually used in?
2. What are the allergens in this salad?
3. What are the characteristics of napa cabbage?
4. Is this salad high in dietary fiber?

## Customer Feedback Tool:

Name of Salad: Roasted Pineapple Napa Cabbage Salad

Poor					Excellent
Appearance:	1	2	3	4	5
Flavor:	1	2	3	4	5
Temperature:	1	2	3	4	5
Would you buy again?	Yes	No			
Comments:					

## Service and Production

### In-service training for back of house

#### Pre-test:

#### STRAWBERRY SUNRISE SALAD

1. To prepare the fruit and vegetables:
  - a. Peel the mangos and cut into 1/8" lengthwise slices
  - b. Cut tops off strawberries and cut in half
  - c. Slice the green onions 1/8" lengthwise
2. Place the spinach in the center of the bowl.
3. Place the strawberries in the center of the bowl, on top of the spinach.
4. Place the mandarin oranges, whole blueberries, green onions, and mangos around the strawberries. Each group of fruit/vegetable should stand alone (not mixed with each other).
5. Sprinkle toasted almonds over the strawberries.
6. Salad dressing should be placed at the side of the bowl.

#### ALMONDS TOASTED RETAIL

1. Spread almonds on lined sheet pan so they are only one layer thick.
2. Place in 350 F convection oven and roast for 5-5 minutes or until almonds begin to brown. Remove and cool.

#### DRESSING LEMON POPPY RETAIL

1. Drain the yogurt over a fine mesh strainer for 15 minutes until moisture has been removed and is the consistency of thick Greek yogurt.
2. Place lemon juice, mustard, shallots, and sugar into blender and blend until smooth.
3. In a bowl, mix together strained yogurt and lemon juice blend using a whisk until just combined. Stir in the poppy seeds until combined.

#### Post-test:

1. How should the mandarin oranges, blueberries, green onions, and mangos be placed around the strawberries?

2. How and where should the almonds be placed?
3. What items should not be blended in the Lemon Poppy dressing subassembly?

### **In-service training for front of house**

#### Pre-test:

- This salad is a light, primarily fruit salad. The fruits should provide a sweet taste, as the almonds provide more of a crunch, and the lemon poppy dressing adds a tart flavor to balance the sweetness of the fruits.
- All of the fruits /vegetables in the salad are fresh, aside from the mandarin oranges, which are canned.
- This salad is gluten free.
- This salad is high in several vitamins and minerals. It is very low in calories, fat, sodium, and cholesterol.
- The toasted almonds are not roasted with any other ingredient, aside from the almonds.
- Common allergens to be aware of: milk, tree nuts
- Nutritional information: 179.4 kcal, 31.3g CHO, 5.6g protein, 5.6g fat, 76.9mg Na

#### Post-test:

1. What fruits /vegetables are fresh in this salad?
2. What are the allergens in this salad?
3. What gives the dressing a tart flavor?
4. Can someone who is gluten-free eat this salad?

## Customer Feedback Tool:

Name of Salad: Strawberry Sunrise Salad

	Poor				Excellent
Appearance:	1	2	3	4	5
Flavor:	1	2	3	4	5
Temperature:	1	2	3	4	5
Would you buy again?	Yes	No			
Comments:					