

Recipe - M-A Friends Tossed and Tuna Salad

Yield: Serves four friends

On the line below each ingredient, put the name of the team member that will prepare that ingredient.

Ingredients for the tossed salad base:

1 head romaine lettuce, trim the coarse part of the stem; cut in half lengthwise, and slice crosswise with a French knife

1 cup fresh baby spinach leaves (loosely measured, not packed), stems trimmed

1/3 of a cucumber cut twice lengthwise, sliced 1/4 inch thick

1 large or 2 small tomato, cut into thin wedges

1/4 cup vinaigrette (recipe below)

Ingredients for the tuna salad:

1/2 apple, batonnet cut

1 rib of celery, trimmed and cut into small dice

2 ounces jicama, trimmed and cut into medium dice

2 green onions, sliced on the diagonal

1 (7 ounce) can tuna, drained

1/3 cup house-made mayonnaise (recipe below; make in advance).

Add the following to the mayonnaise before blending into the tuna mixture:

2 tablespoons Parmesan cheese

1/4 teaspoon dried or fresh dill weed OR 1/2 teaspoon dried or fresh parsley

1/8 teaspoon garlic powder

Ingredients for the lemon-mustard vinaigrette:

3 tablespoons olive oil

2 tablespoons lemon juice (juice of 1/2 lemon)

1/2 teaspoon seeded mustard

1 1/2 teaspoons honey

Freshly ground black pepper to taste

Directions for the tossed salad, the tuna salad, and the vinaigrette:

Prepare the vegetables in advance:

1. Wash, trim, and prep the vegetables and fruits:

a. Dry the lettuce and spinach by spinning them in the salad spinner. By hand, trim away brown spots.

b. Peel the cucumber and trim off about 1/2 inch from the rounded end.

c. Wash the tomato and remove the stem.

d. Wash and dry the apple. Peel and core the apple. Slice and then cut into batonnet.

- e. Trim the celery; cut the stalk into thirds; cut each third into 1/8 inch wide lengthwise strips; cut across the strips every 1/8 inch to form small dice.
- f. Peel the jicama. Cut into 1/4 inch slices. Cut slices into 1/4 inch sticks. Cut across the sticks to form medium dice.
- g. Trim the very end of the stems of the onion greens and trim off just the root.
- h. Rinse and dry the lemon. After grating the zest from the lemon rind for the mayonnaise, juice the lemon.

To prepare the vinaigrette:

2. Combine olive oil, lemon juice, mustard, honey, and pepper in a covered container. Shake vigorously to combine. This forms a temporary emulsion; you will need to shake again before dressing the salad.

To prepare the tossed salad base:

3. Prepare each ingredient as described in step 1 above and in the ingredients list and place them in the largest glass bowl; toss.
4. Just before serving, pour all of the vinaigrette over the salad and toss again.

To prepare the tuna salad:

5. Place the apple, celery, jicama, onion, and tuna in a medium bowl; toss to blend.
6. Stir the Parmesan cheese, the dill or parsley, and the garlic powder into the mayonnaise. Stir the mayonnaise into the tuna mixture.

Plating:

5. Divide the tossed salad base equally between four plates. Use a large ice cream scoop to place one fourth of the tuna salad on each plate.
6. Set your table with paper placemats, forks, napkins, glasses (water), and your salad plate.
7. Sit down TOGETHER to eat your salads.
8. Score your performance on the page provided in the packet. Give that page to the teacher.

Directions for Pasteurizing Egg Yolks:

The preparation of mayonnaise, Caesar salad dressing, and hollandaise call for raw eggs which can be contaminated with salmonella bacteria. Pasteurized eggs can be purchased at most grocery stores; however, they are generally egg white only which results in differences in the outcome of the product.

Pasteurization is a process where food is heated to 140°F to kill harmful bacteria. Egg yolks would normally start to cook at 140°F; however, following the process below can result in egg yolks that can be safely used in preparations that require raw egg yolks, without actually cooking the yolks. This is possible by adding acid, such as lemon juice or vinegar, to the egg yolks to raise the temperature at which egg yolks cook. Thus, egg yolks can be heated to 140°F to kill the bacteria, yet they are not cooked.

Equipment and Supplies Needed

- 2 fresh eggs
- 1 tablespoon lemon juice (or white wine vinegar)
- 2 tablespoons water
- 3 clean whisks or forks
- glass bowl that is microwave-safe
- plastic wrap
- microwave oven

Directions:

1. Two teams will work together to Pasteurize 2 egg yolks. After the heating process is complete, divide the product in half (approximately 2 T. per group) and each group will make their own recipe of mayonnaise which only calls for one egg yolk.
2. Separate two eggs and put the yolks in the glass bowl. Bring all of the egg whites to the supply station and pour them into the bowl labeled, "egg whites." Whisk the yolks thoroughly using the first of your three clean whisks or forks.
3. Add 1 tablespoon of lemon juice and whisk again.
4. Add 2 tablespoons of water and whisk again. Seal bowl with plastic wrap and place it in the microwave. Now put away the first whisk/fork and have a clean one ready for the next step.
5. On high, heat the egg mixture until the surface begins to rise (about 15 to 20 seconds). Once you see this, cook for 8 more seconds. Immediately remove the bowl from the microwave and whisk the yolks vigorously with the clean whisk or fork.
6. Immediately return the bowl to the microwave, heat again until the surface begins to rise (another 15 to 20 seconds), and continue to heat for 8 more seconds. Remove and whisk vigorously with another clean whisk/fork until the mixture is smooth and creamy. These egg yolks are now safe to use in mayonnaise or other raw-egg preparations.

M-A House Made Mayonnaise

Don't expect this mayonnaise to taste just like the kind you buy in the grocery store. This mayo will have a zesty-olive flavor because of the addition of lemon zest and the extra virgin olive oil. In addition, you will add more seasonings later, before blending it with the tuna salad.

Ingredients

1 egg yolk*
1/2 teaspoon fine salt
1/2 teaspoon dry mustard
2 pinches sugar
1/4 teaspoon lemon zest
1/2 teaspoon fresh squeezed lemon juice**
1 tablespoon white wine vinegar
1 cup extra virgin olive oil

*Use caution when preparing products with all or part of a raw egg. Do not let the yolk touch the outside of the egg shell when separating the yolk from the egg white. Use only fresh eggs that have been constantly refrigerated.

Pasteurize the egg first following the instructions given above.

**1 1/2 teaspoons of lemon juice have already been added to the egg yolk during the process of Pasteurization, so this recipe has been adjusted to call for less lemon juice.

Directions

1. In a glass bowl, whisk [or use a hand mixer to beat] together the egg yolk, salt, mustard, sugar, and lemon zest.
2. Combine the lemon juice and vinegar in a separate bowl and then thoroughly beat this mixture into the yolk mixture.
3. Start whisking (or beating) briskly as you add the oil a few drops at a time. Beat until the oil droplets disappear into the mixture.
4. Continue to add just a few drops at a time until half the oil is gone and the mixture is thick and lighter in color. At this point, the mixture is becoming emulsified.
5. Now, you can increase the oil flow to a constant (albeit thin) stream. Continue whisking/beating until all of the oil is incorporated.
6. Refrigerate for up to 1 week.

NOTE: To make Aioli Mayonnaise, follow this recipe, but add one minced clove of garlic at the end of the process (#5). Yum.

Lab Evaluation

Table group _____ Period _____

Your name _____

Evaluate your personal performance and experience with this lab. Your evaluation will not be the basis for your grade; however, your honesty and analysis of your experience is one factor in your final grade.

1=poor

2=average

3=above average

1. _____ Teamwork and cooperation
2. _____ Team advance planning
3. _____ My contribution to the preparation
4. _____ My practice of sanitary food preparation practices
5. _____ Flavor and appearance of salad
6. _____ Flavor and appearance of mayonnaise and vinaigrette
7. _____ Reading and following recipe instructions
8. _____ Listening to and following team instructions
9. _____ My knowledge of food preparation terms and techniques
10. _____ My knowledge of lab standards and procedures
11. _____ Proper use of knives
12. _____ Preparation of work station prior to preparation (mise en place)
13. _____ Performed basic knife cuts correctly
14. _____ Listening and note taking during demonstration and verbal directions
15. _____ My contribution to kitchen clean-up

_____ **TOTAL out of 45 possible**

Mandatory comments about the experience of making this recipe:

Teacher's evaluation of your performance: _____ / 100