

E1. Making Salad Dressings

Pupils research recipes, from cookery books, for coleslaw. They can conduct a survey of the ingredients of commercially produced coleslaw from the containers in supermarkets, etc.

Design a recipe

In this section pupils have to make up their own recipe for coleslaw. They have to choose the proportions of vegetables, etc. They may decide to add other ingredients, e.g. nuts, fruit or other vegetables.

They can use ready prepared dressings or one of their own (without the use of the stabiliser).

They must decide how to test their product for taste, appearance, etc. (not necessarily coating ability).

Design the label

Pupils have to design the packaging for their product including a label which conforms to legal requirements as to the ingredients in their product. Pupil activity sheet *15 Reading the label* may help.

The label could also include any of the other information, such as storage, nutrition, etc. that is found on packaging.

KS4
project in food technology

Timing - various

Pupil activity sheet E1 accompanies this activity.

There are many recipes for home-made dressings for salads. They are often made and added to dishes just before serving.

Home-made French dressing easily separates out into the two main ingredients. Home-made mayonnaise does not do this as easily if it is made carefully.

Home-made dressings and mayonnaise do not have very good keeping qualities.

One property that dressings need to have when used in dishes, such as coleslaw, is that they should have good coating ability. This means that they will cling to the ingredients. The dressing should not become watery or 'run off' the ingredients. Commercial dressings often contain **food additives** called **stabilisers** which help to give the dressing desirable properties.

Dressing = oil and vinegar mixture

Mayonnaise = oil and vinegar mixture, plus egg yolk, or similar, to stabilise.

Research

Find out, from recipe books, the main ingredients that are used in coleslaw salad. Try to find more than one recipe.

Compare these with some recipes for salad dressings.

From packaging, find the ingredients used in commercial coleslaw salads. The packaging may give you nutritional information as well. Include other information from the packaging such as storage instructions and the length of time the product will remain suitable for eating.

Investigation

The function of **emulsifiers and stabilisers** - see separate sheet, E2.

Design a recipe

Imagine that you are in charge of preparing all the salads for a restaurant. You have been given the task of producing a brand new coleslaw salad which will be on sale to the general public throughout the summer.

You have already researched into the sort of ingredients that go into such a salad. You now have to come up with an original recipe. You may decide to alter the proportions of the ingredients or add new ingredients.

You may make your own dressing for the salad or use a commercially available product (if you make your own dressing it must not contain a stabiliser).

Once you have designed your recipe and made some trial salads, you will have to test your product to make sure it is suitable for sale.

Two of the most important aspects are likely to be what the salad tastes like and what it looks like. You may decide to carry out some sort of testing on your friends and teachers.

Design a label and packaging

The label for your new coleslaw salad must conform to the present legal requirements for labels. The worksheet I5, Reading the label may help you.

You may like to work out the nutritional value (using appropriate tables of information) of your product. You should design an attractive style of packaging for your product.