

The only authorized location of this file is <http://biology.clc.uc.edu/>

[PRINT THIS PAGE](#)

BIOLOGICAL ASPECTS OF SALAD MAKING

Protocol and background information Copyright © 1987 D. B. Fankhauser

I. BACKGROUND:

Nutrition is the outstanding biological consideration which makes salads important. Raw dark green leafy vegetables are superb sources of vitamins A, C, E, (the anti-cancer vitamins) and K (needed for blood clotting), as well as possessing respectable quantities of the B complex. Vitamin C is particularly difficult to obtain in adequate quantities in winter months, making the consumption of salads at that time even more valuable. In addition, one's susceptibility to colds and infection increases when supplies of C and A are diminished. An excellent source of fresh salad makings during the winter months is sprouted alfalfa or other sprouted seeds (see a previous handout on sprouting seeds.)

Additional salad ingredients which

II. MATERIALS NEEDED:

For four salad eaters:

- 1 clove garlic minced
- 1 cup coarsely chopped, deveined kale or spinach
- 1/3 cup chopped parsley
- 1/2 small onion thinly sliced
- 1 cup fresh alfalfa sprouts and/or other sprouts
- 2 carrots, finely grated
- 4-5 Tbsp 1:1 or 1:2 olive-soy oil mixture (or all olive for a stronger taste)
- 1 1/2-2 Tbsp fresh lemon juice (2 Tbsp wine vinegar or apple vinegar will do.)
- 1/4-1/2 tsp salt
- 1/2 tsp freshly ground black pepper (one turn of the pepper grinder per person)

III. PROCEDURE:

Rub bowl with garlic, crushing pieces against side of bowl. Add greens and onion, then distribute the sprouts. Gently distribute carrots throughout salad (do not mash), stirring with your hands. Drizzle oil over, toss to completely coat. At this point, the salad can wait several hours in the refrigerator for the last steps. Add lemon juice, salt and pepper, and toss (by hand) to disperse. Serve as first course for optimum

are notable from a nutritional standpoint include: kale (more vitamin C than orange juice), spinach, green pepper, grated carrots, grated apples, parsley, onion and of course, garlic. Note that lighter greens such as lettuce are nutritionally relatively poor.

Important to proper dressing of a salad is to remember to use relatively dry makings. If they are dripping with water, the hydrophobic component (oil) will not stick to the greens, and will puddle in the bottom. After the greens are properly coated with oil, then add the acid, either vinegar or lemon juice, in the proportion of 1:2 or 1:3 to oil. Do not add the acid until shortly before serving since the acid will draw out the liquid from the greens by osmosis, resulting in a wilted salad.

pleasure and digestion.

Some people may miss the sugar found in large amounts in prepared salad dressings. In that case, you may wish to add additional grated carrots or apples. For a hearty salad, small cheese cubes, ham cubes, bacon, sunflower seeds or other addition can be considered. More elegant salads have raw ingredients however. *Bon Appétit!*

See also: Ester Munroe. 1974. Sprouts. Steven Greene Pr., Brattleburo, VT.

STIR FRY

Protocol and background information Copyright © 1993 J. L. Stein Carter

I. BACKGROUND:

In this dish, brown rice provides protein and the various greens are sources of fiber and various vitamins such as vitamins A,

C, and E. For "traditional" Chinese flavor, use a combination of coriander (also known as cilantro) leaf and gingerroot.

II. MATERIALS NEEDED:

oil	brown rice	sprouts
garlic, smashed	kale	soy sauce
fresh gingerroot	spinach	wok
onion	mushrooms	knife and cutting board
carrot	parsley	cast-iron rice pot
coriander leaf	snow pea pods	wooden spoon(s)

III. PROCEDURE:

1. Start brown rice cooking – this will take about an hour to cook. Put 1 1/2 C rice and 3 C H₂O (double for large lab section) in a pot with a tight-fitting lid (here in the lab, we use a heavy cast-iron pot). Bring to a boil, turn down and simmer for 45 min. to 1 hr. until all the water is absorbed, and don't peek too often or too much water will evaporate rather than go into the rice.

2. Wash and chop all vegetables, smash garlic.

3. Heat oil in the wok, then add the garlic (here in lab, use the garlic left over from rubbing the salad bowl) and gingerroot, stirring almost constantly if needed.

4. When garlic is translucent, add the heavier vegetables such as onion, carrot, coriander leaf, celery if available, etc. Stir and cook until onion is starting to turn translucent.

5. Add medium-weight vegetables such as kale, spinach, mushrooms, parsley, etc. Stir and cook for a couple minutes.

6. Add quick-cooking, light-weight vegetables such as sprouts and pea pods. Stir and cook for a couple minutes.

7. If rice gets done first, turn it off and let it sit, covered, for a while until the stir-fry is done. To serve, place some rice on a plate, place some stir-fry on top, and season with soy sauce to taste.

IV. DATA & CONCLUSIONS:

Take notes on the making of the stir-fry and salad. Take notes on your reaction to and comments on the taste, etc. Make any suggestions for changes, improvements, etc. Draw pictures and/or obtain samples of any "new" veggies with which you, previously, were unfamiliar.