

Brown Bag Demonstrations

Dressing Up a Salad

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Supplies Needed:

- Ingredients for recipe
- 3 trays

What to Do	What to Say
Chart #1	<p>Boy there's just nothing like a fresh tossed green salad. I can almost taste it now. Do you have a favorite salad dressing? I do. My favorite is a buttermilk dressing.</p>
Bring Tray #1	<p>At first, I made this dressing with mayonnaise and buttermilk mixed with this package of dry seasonings. Then I found a similar bottled buttermilk dressing. And now I have this great recipe for homemade buttermilk dressing.</p> <p>Since all of the dressings are good, I wondered which was the best buy. In the store you can buy this little package and add mayonnaise and buttermilk to it. The bottle of buttermilk dressing comes with chives and there is also a country spice.</p> <p>If I buy an 8 oz. bottle of dressing, the cost will be about \$1.03. The package mixed with mayonnaise and buttermilk will cost 56¢ for the same amount, but if I make the seasoning mix myself the same amount of dressing can be made for about 35¢.</p> <p>Note: May need to update these prices.</p>
Chart #2 Bring Tray #2	<p>As you can see homemade buttermilk dressing is much more economical and quite simple to make. (Bring tray #2) Today I am going to demonstrate how to make the buttermilk dressing.</p> <p>Here is the recipe for the dry mix:</p> <ul style="list-style-type: none"> • 1 tablespoon salt • 2 tsp. monosodium glutamate • 2 tsp. dehydrated parsley flakes • 1 tsp. garlic powder • 1 tsp. black pepper • ½ tsp. onion powder <p>Stir together all ingredients. Store in an airtight container. Stir mix each time before using.</p> <p>This is enough dry mix for 4 pints of dressing. I will mix 1 pint now and store the rest for later use.</p> <p>Buttermilk Dressing</p> <ul style="list-style-type: none"> • 3 1/8 tsp. dressing mix • 1 cup real mayonnaise

	<ul style="list-style-type: none"> • 1 cup buttermilk <p>Stir together all ingredients. Store in an airtight container in the refrigerator. Stir or shake well before serving.</p>
Take back tray #2 and get tray #3	<p>A nice addition would be fresh or freeze dried chives. I am adding 1 tablespoon of fresh chives chopped fine.</p> <p>A salad is no better than the quality of its basic ingredients. There are many types of fixing salad greens. For instance, salad greens should be torn, for a salad, not cut, because cutting causes the lettuce to wilt much more rapidly. The core of the head of lettuce should be cut out and have cold water run on it. Drain well and gently blot the lettuce. Refrigerate in a tightly closed bag.</p> <p>Now don't forget that special decorative touch. A salad just isn't complete without a simple garnish. A few that I suggest are croutons, which I have made, sprouts and super salad seasoning. You may think of others to add that special touch.</p>
Take tray #3 back, leave food	<p>I have told you how to prepare salad greens and how to garnish a green salad. I have made a simple inexpensive buttermilk dressing. Let's review the recipe –</p>
Chart #3 Summary	<p>I found my information from my local MU Extension Center.</p> <p>Today I would like you to fix your own salad with these special ingredients.</p> <p>This concludes my demonstration. Are there any questions?</p>
Closing	<p>Remember – dressing up a salad is easy!</p>

Dressing Up a Salad



Dry Mix

- 1 Tbsp Salt
- 2 tsp. Monosodium Glutamate
- 2 tsp. Dehydrated Parsley Flakes
- 1 tsp. Garlic Powder
- 1 tsp. Black Pepper
- ½ tsp. Onion Powder

Buttermilk Dressing

- 3 1/8 tsp. Dressing Mix
- 1 cup Real Mayonnaise
- 1 cup Buttermilk

Summary

- Nutritious
- Economical
- Easy to Make

