

## Winter salad training workshop at Channing School - October 2011

Catering staff at Channing School took part in a winter salad training workshop during half term as part of the school's annual training plan for the catering team. Chris Stanley, ISCC's Managing Partner, led the workshop.



The day started with an introduction and welcome from Chris and was followed by a group brainstorming session about the new service system for the staff room and the new layout in the kitchen. The group discussed their ideas on how to make the best use of the new equipment and how to minimise the amount of time taken to transport the food to the new staff room.

Chris then demonstrated how to make good use of seasonal ingredients when preparing the salad bar for pupils. Catering staff from the Senior School, Sixth Form and Fairseat took part and soon got involved in the preparation of some new twists on popular salad dishes. These included:

**Chicken Caesar:** Believed to be invented by Italian restaurant owner Caesar Cardini and made with cos lettuce, shaved parmesan, garlic croutons, anchovies and to complete as a main course grilled chicken all layered with lashings of freshly made Caesar dressing.

**Tuna Niçoise:** A very colourful salad made up of French beans, new potatoes, boiled hen eggs, chunks of tuna, black olives, cucumber and tomato, and dressed with olive oil and lemon juice.

**Moroccan Butternut Squash Couscous:** An interesting vegetarian winter salad prepared with fluffed-up couscous and roasted spiced butternut squash finished with a yoghurt, mint and coriander dressing.

**Crudités:** A colourful platter of raw salad vegetables with various dips. Small pieces of vegetables specially selected for their contrasting colours and textures are simply tossed together without dressing. Dips can include aioli (garlic mayonnaise) or tapenade (olive paste).



By lunchtime everyone was ready to sample their hard work and all agreed that the pupils at Channing School would enjoy the new dishes. In the afternoon, the group spent some time going through the latest top-selling recipe books looking for other new ideas that pupils might like. The staff all agreed that the day had been well spent and that they are looking forward to trying out their new ideas once the term reconvenes.