



FOOD ID FROM CIA

BITTER SALAD GREENS



- | | |
|-----------------------------------|-------------------------|
| 1. Escarole | 5. Arugula |
| 2. Radicchio | 6. Watercress |
| 3. Frisée | 7. Mâche/lamb's lettuce |
| 4. Belgian endive (red and white) | |

Bachelor's and Associate Degree Programs for the Food and Hospitality Industry

Intellectual property of The Culinary Institute of America | From the pages of The Professional Chef®, 8th Edition
Courtesy of the Admissions Department Items can be reproduced for classroom purposes only and cannot be altered for individual use.