

## CHAPTER X

### Salads

THE value of salads in the diet cannot be over emphasized, as they provide the best method of serving raw fruits and vegetables. There is no better way of using many raw fruits and vegetables than to serve them in salads, as *vitamin C*, found in nearly all, is so easily destroyed by heat. The importance of this vitamin for growing children can hardly be stressed too much.

There is a tendency to think of salads only as complicated, highly decorated foods. In the true sense, a salad is some fresh green vegetable, as lettuce, endive, watercress, chicory, or celery, served with French dressing. Such a salad is usually served with a dinner. Salads have now come to mean combinations of many kinds of both raw and cooked foods arranged in a decorative manner and served with one of the many salad dressings.

The simple raw salads are in much better taste to serve with dinners than the complicated dishes, which should be reserved to serve at luncheons and parties.

#### PREPARATION OF SALADS

1. All salad greens, as lettuce, etc., should be washed, cleaned in running water, and placed in a clean cloth or cheesecloth bag in the refrigerator to crisp before using.

2. All vegetables, fruits and meats should be thoroly chilled before using.

3. To insure an attractive salad, the importance of cutting the ingredients into thin slices or dainty cubes or finely shredding cannot be too much emphasized. A salad appeals to the eye and may be spoiled in appearance if ingredients are mushy. Tender parts may be cut in larger pieces than the tougher ones.

4. Fruits, such as bananas and apples, darken on standing and should either be prepared at the last moment or sprinkled with lemon juice if they have to stand.

5. Combine ingredients for salad at the last moment before serving, unless you are making a potato, chicken or

meat salad. In that case, the salad is better if marinated before and allowed to stand an hour.

6. To marinate a salad, moisten first with French dressing. With a fork carefully stir the ingredients to allow the dressing to cover all the pieces. Allow to stand an hour before serving in the coldest part of the refrigerator.

7. Salads are either served by the hostess on individual plates at the table or prepared beforehand individually. All salads are more attractive if served on a lettuce leaf or other green. The stem end of lettuce should be removed. It is not in good taste to shred lettuce leaves as a foundation for salads, unless the supply of green is limited or the lettuce is not of the best quality. The serving of salad ought not to be too large. It ought not to be garnished so as to mask its real nature.

8. Salad dressings are usually mixed with ingredients at the last moment, or added as part of the garnish, or passed in a separate dish.

9. Salad may either be served as a separate course, or with the main course. In some parts of the country, salad is served as an appetizer. Salads as a separate course may be accompanied by crisp crackers, cheese straws, bread sticks, dainty sandwiches and a bit of cheese.

10. In seasoning salads with onion, mince into very small pieces. Garlic may be rubbed over dish in which salad is prepared. Discretion in using seasonings is very important. They should add to the flavoring of the salad itself rather than be the most important ingredient.

### *SALAD DRESSINGS*

True salad dressing is made with oil, either combined as French dressing or mayonnaise. Cooked salad dressings, or those combinations of sour or sweet cream, are not a mayonnaise.

The best oil to use for flavor is virgin olive oil or the first extraction of oil from the olive. Other oils have the same food value but lack its particular flavor. The other oils are olive, cottonseed oil, corn oil, sesame oil, peanut oil and the various mineral oils on the market. The use of mineral oils in salad dressings is desirable if one must "count the calories" or there is difficulty with constipa-

tion as these oils are not absorbed by the body and only act as a lubricant to the digestive tract. The acid used in salad dressings is either vinegar or lemon juice. For fruit salads, the latter is preferred. Vinegar containing spices or tarragon vinegar add a piquancy to many salads.

Salt and pepper together with mustard form the principal seasonings in all dressings. The addition to plain dressings of various sauces, chopped onions, peppers, etc., make a variety of dressings under many names.

### LETTUCE SALAD

Leaves of curly leaf lettuce make the most attractive salad.

Head lettuce may be quartered and core removed. Slices may also be cut across the head.

At dinner, the lettuce may be arranged in a salad bowl to be dressed at the table with French dressing by the hostess. The dressing in this case is usually made at the table. The oil is first poured over the lettuce as it is lifted by means of a salad fork; then the seasonings are sprinkled over it. The vinegar is then added. The leaves are tossed in the bowl until each leaf glistens with the dressing. The salad is then served on individual plates to be eaten with crackers and a bit of some cheese, as Roquefort.

The use of lettuce as salad may be varied by using any of the fancy dressings. Chicory, endive, watercress, shredded cabbage, and celery may all be used the same as lettuce.

### ASPARAGUS SALAD

Asparagus may be served alone with any of the salad dressings suited. Either place the stalks on leaf of lettuce or place stalks in ring of green or red pepper or lemon rind before placing on lettuce leaf. Asparagus tips may be placed on a slice of tomato.

### STRING BEAN SALAD

String beans, cooked in boiling salted water and cooled, to which a little minced onion has been added, may be used as a salad.

### KIDNEY BEAN SALAD

1 c. canned kidney beans	1 tbsp. chopped pickle
½ c. diced celery	¼ tsp. salt

Wash kidney beans and allow to drain. Add celery, pickles and salt. Marinate with French dressing and arrange on lettuce leaves. Garnish either with mayonnaise or cooked salad dressing.

### BEET SALAD

Beets cut in attractive cubes may be used as salad. A garnish of hard cooked eggs is attractive. Mixing beets with other

ingredients is not pleasing to the eye as the beet color runs thru the rest of the ingredients. If beets are combined with other vegetables it is best to use in the form of a garnish.

### CAULIFLOWER SALAD

Cooked cauliflower makes an attractive salad, if garnished with pieces of pimento.

### CARROT SALAD

Raw carrots are especially desirable as a salad. Grate rather coarsely and mix with Malaga raisins and French dressing. Carrots may also be cubed, mixed with diced celery and pickle and served with any plain dressing.

### CUCUMBER SALAD

Cucumbers ought to be thinly sliced and marinated with French dressing before serving. By carefully removing the pulp from green cucumbers, the shell may be used to hold the salad. Mix the diced pulp with cubed tomatoes, celery, a bit of minced onion and marinate with French dressing. Return to cucumber shell and place on ice an hour before serving.

### CABBAGE SALAD

All cabbage should be finely shredded for use in salads. Combinations for cabbage salad:

Cabbage, green peppers and celery.

Cabbage and pineapple.

Cabbage, pineapple and marshmallows.

Cabbage and nuts.

The inner part of the cabbage may be removed and finely shredded. Mix with a little pimento, cut in small pieces and add salad dressing. Return to cabbage shell and garnish with strips of pimento.

### ONION SALAD

Oranges and minced Bermuda onions make a good combination as a salad. Oranges should be diced.

### POTATO SALAD

3 c. cubed cold potato	$\frac{3}{4}$ c. diced celery
1 tbsp. minced onion	or
1 tbsp. chopped parsley	$\frac{1}{4}$ c. capers
French dressing	or
3 hard cooked eggs, chopped	$\frac{3}{4}$ c. diced cucumber
or	

Cube potato, onion, and any one of the other ingredients desired. Marinate with French dressing. Allow to stand an hour and serve on a leaf of lettuce with a little salad dressing as a garnish after having sprinkled the chopped parsley over it.

If eggs are the additional ingredient, then slices may be used as a garnish. Pimento and green peppers cut in strips may also be used. The slices of stuffed olives are also attractive..

## TOMATO SALAD

1. Slice tomatoes in thin slices and arrange on lettuce leaf with salad dressing.

2. Cut a medium sized tomato, so as to have eight sections, like an orange. Do not cut apart. Arrange spread open on a lettuce leaf and put salad dressing in center as a garnish.

3. Remove the pulp from tomato with a spoon, after cutting off a slice. Mix pulp with diced cucumbers, celery a little onion and salt, together with a salad dressing. Fill shells and place on ice for an hour before serving. Arrange on leaf of lettuce and garnish with salad dressing.

## COMBINATION VEGETABLE

The success of this salad depends on the appearance.. Care should be taken not to allow the salad to look mushy. Almost any combination may be made, as long as it is well seasoned with onion and garnished attractively.

*FRUIT SALADS*

## WALDORF SALAD

Dice the apples and sprinkle with lemon juice to preserve color. Add an equal amount of diced celery and one half as much chopped nuts. Serve with plain salad dressing. This salad is attractive served in red apples which have been hollowed out.

## DATE SALAD

Wash and stone dates after drying. Fill dates with either cream or cottage cheese and serve on a bed of lettuce with a cooked salad dressing.

## PEAR SALAD

Halves of canned pears may be used or raw ones peeled, cored and sprinkled with lemon juice to prevent darkening. Fill centers with cream cheese; put it in with a pastry tube. Cream cheese may have salt paprika and a little salad dressing added to it. Garnish with half a nut after arranging on lettuce leaf, and pass the salad dressing separately.

Halves of pears may be sprinkled with nuts for a salad or served alone with French dressing.

## PINEAPPLE SALAD

Slices of pineapple may be arranged on a lettuce leaf. Small balls made of cream cheese may be arranged on top and a garnish of salad dressing added. Pineapple, cut in small pieces, and an equal amount of diced celery may be used.

## BANANA SALAD

Cut a banana in halves lengthwise. Arrange on lettuce leaf, sprinkle with nuts and garnish with cooked salad dressing.

## COMBINATION FRUIT SALAD

Combinations of fruits may be used in a salad. Care must be taken not to allow them to look mushy. The arrangement adds much to the salad. Such salads are especially good with the whipped cream salad dressings.

## PRUNE SALAD

Use the same as dates.

## SALADS MADE WITH GELATINE

## PERFECTION SALAD

- |                             |                        |
|-----------------------------|------------------------|
| 2 tbsp. granulated gelatin. | 1½ tsp. salt           |
| ⅓ c. cold water             | 1½ c. shredded cabbage |
| ¼ c. sugar                  | ½ c. chopped celery    |
| ⅓ c. vinegar                | ¼ c. chopped pimento   |
| 1¼ c. boiling water         | Stuffed olives         |

Soak the gelatin in the cold water for five minutes. Add the sugar. Have the vinegar and water boiling and pour over the soaked gelatin. Stir until the gelatin has dissolved. Chill. Mix the rest of the ingredients. Add to the gelatin mixture and pour into a shallow mold which has been moistened with cold water.

Set in a cold place to stiffen. Cut with a heart shaped mold and serve on lettuce leaves. Top with salad dressing and serve very cold.

## GINGER ALE FRUIT SALAD

- |                        |                                   |
|------------------------|-----------------------------------|
| 2½ tbsp. gelatin       | ½ c. white grapes, cut and seeded |
| 3 tbsp. cold water     |                                   |
| ⅓ c. boiling water     | ½ c. pineapple, diced             |
| ¼ c. lemon juice       | ½ c. apples, diced                |
| 2 tbsp. sugar          | 1 c. gingerale                    |
| 1 tbsp. candied ginger |                                   |

Soak the gelatin in cold water and add boiling water, being sure it is dissolved. Add the gingerale, lemon juice and sugar. When the mixture begins to thicken, add the other ingredients. Turn into a mold dipped in cold water. Serve on a bed of lettuce, garnish with whipped cream dressing.

## TOMATO ASPIC JELLY

This is a useful salad in winter if a color scheme is to be carried out. Cook one quart of tomato with three whole cloves, 2 peppercorns, a small bay leaf, 1 teaspoon salt, and a generous slice of onion. When tender, rub thru a fine sieve. To each cup of this puree, allow 1½ teaspoons gelatin. Soak the gelatin in as little cold water as possible. Add the hot puree and mix well. If color is dull, add a few drops of red coloring, season and pour into small molds. When set, serve on lettuce leaves and garnish with a bit of dressing.

## General Rule for Molded Gelatin Salad

Meats, fruits or vegetables may be molded for salads either by adding 2 teaspoons of gelatin to the cup of stock, fruit or

vegetable juice (usually tomato). The diced ingredients are added after the gelatin begins to stiffen. Then the salad is put in a mold. Such salads are usually served at the table.

### MEAT SALADS

Any cold meat, cut in cubes, may be combined with an equal amount of diced celery and salad dressing. Chopped pickles, capers and hard cooked eggs may also be added.

### CHICKEN AND TURKEY SALADS

Consult the index for chicken and turkey salad.

### TUNA FISH SALAD

2 c. flaked tuna fish	2 tbsp. chopped pimento
1 c. diced celery	Salt
4 tbsp. capers	Paprika

Combine all the above ingredients by mixing with a fork. Marinate with French dressing and allow to stand an hour. Arrange on a bed of lettuce leaves in a bowl and garnish with slices of hard cooked eggs and chopped parsley.

### EGGS

Hard cooked eggs may be sliced or quartered and arranged on lettuce. The yolks of hard cooked eggs may be rubbed thru a sieve and added to salad dressings, while the whites may be chopped and added to salad itself. By this plan the addition of eggs to various salads is more attractive. .

### DEVEILED EGGS

Hard cook eggs, and as soon as done put into cold water until cool. Cut in halves across and remove yolks. Add salad dressing, salt and pepper until the consistency is soft enough to spread. Fill centers of whites of eggs. Arrange on a platter, garnish with parsley.

## CHEESE SALADS

### GREEN PEPPER SALAD

Remove a slice from the top of a green pepper and take out seeds. Soak in salt water a half hour. Fill the pepper with well seasoned cream cheese and allow to stand on ice an hour. Then slice into thin slices and serve with French dressing on lettuce.

### CREAM CHEESE SALAD

1 c. French dressing	2 small cream cheeses
1 tbsp. gelatin	Salt and paprika
3 tbsp. cold water	$\frac{1}{2}$ c. whipped cream

Soak gelatin in cold water and add French dressing. Put over boiling water until gelatin is melted. Allow to cool, then add gradually to the cream cheese, mixing until a uniform consistency is made. Season with salt and paprika. Add the whipped cream after it begins to set. Mold in a fancy wet mold. When stiff serve in a mound of lettuce leaves and garnish with strips of pimento.

**SALAD DRESSINGS**

The salad dressing most prized by epicures is French dressing. It is one made use of the most in the best cookery.

**FRENCH DRESSING**

1 tsp. salt	$\frac{1}{2}$ c. oil
$\frac{1}{8}$ tsp. pepper or	$\frac{1}{4}$ c. vinegar
Few drops Tabasco Sauce	Pepper

Gradually add the salt to the oil, stirring until it is dissolved. Then add the vinegar, drop by drop, stirring constantly so as to make a smooth, well emulsified dressing. Add the pepper last. The Tabasco sauce gives a better flavor, however.

**VARIATIONS FOR FRENCH DRESSING****FRENCH DRESSING WITH LEMON JUICE**

Make French dressing according to the above recipe, substituting lemon juice for vinegar and paprika for pepper.

**FRUIT FRENCH DRESSING**

Make French dressing with lemon juice instead of vinegar and add  $\frac{1}{4}$  c. orange juice and 1 tsp. powdered sugar.

**SAVORY FRENCH DRESSING**

Make French dressing and add  $\frac{2}{3}$  tsp. mustard, 2 tsp. Worcestershire sauce and  $\frac{1}{3}$  tsp. onion juice, secured by scraping the cut edge of an onion with a silver teaspoon.

**ROQUEFORT CHEESE DRESSING**

Substitute 1 tbsp. water for 1 tbsp. vinegar in French dressing. Add  $\frac{1}{2}$  tsp. Worcestershire sauce and 2 tbsp. Roquefort cheese, mixed until smooth with 3 tbsp. heavy cream.

**RUSSIAN FRENCH DRESSING**

Make French dressing, using only 1 tbsp. vinegar, and add 2 tbsp. chili sauce, 1 tsp. chopped olives, and a few grains cayenne.

**MAYONNAISE**

1 tsp. salt	$\frac{1}{2}$ tsp. mustard
2 egg yolks	About 3 tbsp. vinegar or
$\frac{1}{4}$ tsp. pepper	Juice of 1 lemon
$\frac{1}{4}$ tsp. paprika	2 cups oil

Choose a round bottom bowl, which is thoroly chilled. It may be placed in a pan of ice water as having all ingredients cold prevents curdling. A spoon, fork, egg beater or patent mayonnaise mixer may be used for beating.

Add the seasonings to the egg yolks and beat thoroly. A few drops of vinegar or lemon juice may now be added. Begin adding, drop by drop, the oil beating thoroly. If mayonnaise begins to curdle, take another egg yolk and add this mixture little by little to it, before continuing. After the first half cupful of oil is added, the oil may be put in by teaspoons and the beating continued vigorously. If the mixture becomes too thick, thin with a little vinegar and continue. The mixture should



be thick enough to stand alone when finished. Place in a jar in the refrigerator.

### VINAIGRETTE SAUCE

Make French dressing, using  $\frac{2}{3}$  tbsp. tarragon vinegar instead of 1 tbsp. vinegar, and then add  $\frac{2}{3}$  tbsp. chopped pickle,  $\frac{2}{3}$  tbsp. chopped green pepper,  $\frac{1}{2}$  tsp. finely chopped parsley and  $\frac{1}{2}$  tsp. finely chopped olives. This is especially good on chilled cooked asparagus.

### VARIATIONS TO MAYONNAISE DRESSING

#### CREAM MAYONNAISE

To mayonnaise dressing add 3 tablespoons or more of heavy cream beaten stiff.

#### THOUSAND ISLAND DRESSING WITH MAYONNAISE

To mayonnaise dressing add slowly  $\frac{1}{2}$  c. salad oil, 1 tbsp. tarragon vinegar,  $\frac{1}{4}$  tsp. paprika, 1 tbsp. chopped olives or onion, 1 tbsp. chopped parsley, 1 tbsp. chopped green pepper and  $\frac{1}{3}$  c. chili sauce.

### OTHER SALAD DRESSINGS

#### WHIPPED CREAM SALAD DRESSING

1 tsp. mustard	Yolks of 2 eggs
1 tsp. salt	Paprika
2 tsp. flour	$\frac{1}{2}$ c. vinegar
1 tsp. sugar	$\frac{1}{2}$ c. thick cream
1 tbsp. butter	

Melt butter in saucepan and stir in dry ingredients, mixed together. Add the vinegar gradually and boil 3 minutes. Stir in the beaten egg yolks and remove from the fire. When cool, fold in the whipped cream.

#### BOILED SALAD DRESSING

1 tsp. salt	2 egg yolks or 1 egg
1 tsp. mustard	$\frac{3}{4}$ c. milk
2 tbsp. flour	$\frac{1}{4}$ c. mild vinegar
2 tbsp. sugar	2 tbsp. butter
$\frac{1}{4}$ tsp. paprika	

Melt the butter and stir in the dry ingredients which have been mixed together. Add gradually the scalded milk; bring to a boil. Add the egg yolks and lastly the vinegar. Cook over hot water after egg yolks are added.

### UNCOOKED SALAD DRESSINGS

#### CREAM DRESSING

Beat  $\frac{1}{2}$  c. heavy cream until stiff, add  $\frac{1}{4}$  tsp. salt, a few grains pepper and 3 tbsp. vinegar very slowly, beating constantly.

#### MUSTARD CREAM DRESSING

Mix  $\frac{1}{2}$  tbsp. mustard,  $\frac{1}{2}$  tsp. salt and 1 tbsp. lemon juice; then add  $\frac{1}{2}$  c. heavy cream slowly, beating until the dressing is stiff enough to hold its shape.