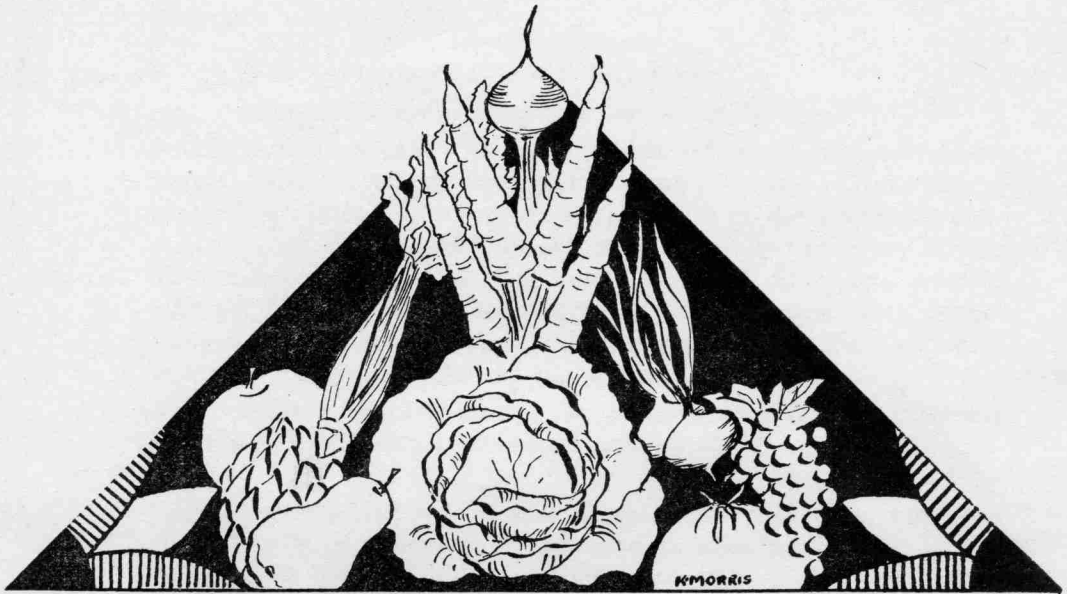


# SALADS



NORTH CAROLINA STATE COLLEGE OF AGRICULTURE AND ENGINEERING

AND

U. S. DEPARTMENT OF AGRICULTURE, CO-OPERATING

N. C. AGRICULTURAL EXTENSION SERVICE

I. O. SCHAUB, DIRECTOR  
STATE COLLEGE STATION

RALEIGH

# SALADS

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MARY E. THOMAS, *Extension Nutritionist*

SALLIE BROOKS, *Assistant Extension Nutritionist*

Salads have come to take an important place in the daily meals. They are appetizing; they are economical and easy to prepare; they give variety to the diet and they can be used for almost every occasion.

A fresh green vegetable combined with vinegar, salt and other condiments was the original salad. Now we think of a salad as a combination of any suitable foods, either raw or cooked, and served with a salad dressing. Salads are interesting because of the variety of foods from which to choose and of the unlimited combinations which give the home maker the opportunity to originate new ideas.

## FOOD VALUE OF SALADS

The food value of salads varies with the ingredients used.

1. Salads furnish an excellent way in which to include more fruits and vegetables in the meals, thereby increasing the mineral and vitamin content of the diet. Raw foods supply more of these valuable substances than the cooked ones because minerals and some of the vitamins are soluble in the water in which they are cooked. Vitamin C, so necessary for the health of bones and teeth, is destroyed in most foods by heat. A raw vegetable or fruit each day is a practice which cannot be too strongly urged.
2. Many vegetables, particularly the green leafy ones are excellent sources of iron which is necessary to keep the blood in good condition.
3. Vegetable and fruit salads provide bulk and mild acids for regulating the body processes. They have an alkaline reaction in the blood which off-sets the excess acidity caused by a diet of too much protein.
4. Salads made of meat, fish, cheese, and nuts supply protein for muscle building.
5. Salad dressings provide fat for energy.

## PLACE IN THE MENU

Salads may be served for the main dish for luncheon or supper; to accompany the main course of dinner, luncheon or supper; for a separate course for luncheon or dinner; or for party refreshments.

1. When a salad is used as the main dish for a meal, meat, fish or egg salads are selected.
2. To accompany the main course of a heavy meal a light salad, usually a salad green, with simple dressing is used.
3. Salads may be served as the first course of a meal; as a salad course following the main course; or as a combination salad and dessert course.

4. Chicken salad, fruit salad, congealed and frozen salads are popular as refreshments for parties.

Salads may be simple or elaborate to suit the occasion. They have a definite place in the menu, and should not be considered an accessory.

#### ESSENTIALS OF A GOOD SALAD

1. A salad should be wholesome, economical and attractive.
2. It should be cold, crisp and free from surplus moisture.
3. It should be attractively arranged on plate or dish—not too fixed.
4. It should harmonize in flavor and color with the rest of the meal.
5. It should be perfectly seasoned, the ingredients well blended and served with a well made and appropriate dressing.

#### PREPARATION OF SALADS

1. Have all the ingredients cold and the salad greens crisp and dry. Fresh vegetables for salads should be carefully washed, wrapped in a clean towel or placed in a vegetable bag, and put in a cool place. If wilted they should soak in cold water for twenty or thirty minutes. Salad greens, including parsley, will stay crisp if sprinkled with cold water, put in an air tight container and kept in a cool place.
2. Canned fruits and vegetables should be well drained before being used in a salad. A watery salad is unappetizing.
3. Have materials in salads uniform in size and shape and in well-defined pieces. Vegetables and fruits should be diced, sliced or cut in sections. Meat and fish should be cut in cubes or flakes. The one eating the salad should be able to distinguish what was used in the mixture. Grating or shredding is better than grinding foods for a salad. To shred leaves roll them in to a firm roll. Shred with a silver or stainless steel knife or with scissors. Leaf lettuce and large leaves from head lettuce often need shredding to overcome a flat appearance. Leave the shredding until the last thing before combining.
4. Fruits may be prevented from becoming discolored after peeling by putting lemon juice over them or by dropping the peeled fruit into water to which a little lemon juice or vinegar has been added.
5. To insure crisp salads, do not add salad dressing until just before serving or pass the dressing at the table. Exceptions to this are potato, fish and meat salads.
6. Marinate and drain meat and fish salads before serving. To marinate, put French dressing over materials and let stand for one hour, or until the flavors are blended.
7. Season salads with care. An intriguing seasoning for a salad may be obtained by rubbing the salad bowl with onion or a bit of garlic.
8. Never repeat a vegetable or fruit in a salad that is used in any other way in the meal.
9. The salad dressing and the garnish should be chosen according to the characteristics of the salad.

### SALAD GARNISHES

Garnishes are used to enhance the appearance of the salad and should be used with care. Too much garnish spoils a salad. The garnish may add to the food value and should blend in flavor. The following are a few suggestions for garnishes.

Beets—finely chopped	Carrot sticks	Hard cooked egg (sliced)
Pickled beets	Grated carrots	Devilled eggs
Radish roses	Celery	Paprika
Sliced radishes	Parsley	Grated cheese
Green pepper	Mint leaves	Cherries
Pimentos	Jelly	Olives
		Pickle

### SERVING OF SALADS

Much of the success of a salad depends on the arrangement and serving of it. Choice ingredients may be thrown together in such an unattractive way or served so carelessly that the salad is unpalatable. Keep in mind the following suggestions when arranging and serving salads.

1. Arrange salad artistically in bowl or plate, using crisp finely shredded salad greens or individual lettuce leaves as bed for salad.
2. Salad dressing should not be added until just before time of serving as materials wilt if allowed to stand after dressing is added. When shredded greens are used as a bed for the salad, a little dressing sprinkled over the greens before adding the salad will help to make them more palatable.
3. Avoid very large servings and salad plates too small for the salads served.
4. Never let the garnish extend beyond the edge of the plate.
5. Salads may be served on the table in individual salad plates, or they may be served from a salad bowl by the hostess on individual salad plates or on the dinner plates at the table.
6. When served in individual plates as an accompaniment to the main course, the salad plate is placed at the left above the napkin or the dinner plate. When served as a separate course, the salad plate is set at the center of the individual cover.
7. Crisp crackers, wafers, cheese straws, dainty sandwiches or hot rolls may be served with the salad when it is served as a separate course.
8. The salad is eaten with a fork. If the salad is easily cut, the fork only is used. If it is difficult to cut, it is proper to use a knife.

### SALAD DRESSINGS

There are three main types of salad dressings, cooked, mayonnaise and French. The others are variations of these. Salad dressings may be used to give variety to salads but care must be taken in their use.

1. With fruit salads use: (Cream Salad Dressing  
(Mayonnaise  
(Cooked Salad Dressing

2. With vegetable salads use: (Cooked  
(French  
(Mayonnaise)
3. With potato salad use: (Cooked  
(Mayonnaise)
4. With egg or meat salads used: (Cooked  
(Mayonnaise)

### Cooked Salad Dressing

1½ T. sugar	2 egg yolks
1½ T. flour	or 1 whole egg
½ t. salt	1½ T. butter
1 t. mustard	¾ c. milk
Few grains cayenne	¼ c. vinegar

Mix dry ingredients, add egg yolks slightly beaten, butter, milk. Then add very slowly the vinegar. Cook in top of double boiler until mixture thickens; strain and cool.

*Variation:* If a richer dressing is desired, add one-fourth cup of whipped cream just before serving.

### Mayonnaise Dressing

½ t. sugar	1 egg yolk
½ t. mustard	1 T. vinegar
½ t. salt	1 T. lemon juice
Speck of cayenne	¾ c. salad oil

Mix dry ingredients, add egg yolk; add vinegar and beat until well mixed. Add oil slowly, beating constantly until all oil is added. Add lemon juice and beat until smoothly blended.

Variations of Mayonnaise Dressing:

(1) *Thousand Island Dressing*

1 c. stiff mayonnaise	1 c. chilli sauce
1 T. minced onion	Paprika—a dash
1 T. chopped pimento	Salt
1 T. chopped green pepper	1 hard cooked egg—chopped

Combine the above ingredients just before serving. Serve with green vegetable salads or as a sauce for fish and meats.

(2) *Russian Dressing*

Add ⅓ c. tomato catsup or ⅓ c. chili sauce to 1 cup mayonnaise. Hard cooked eggs and chopped pickles may be added to this dressing. Serve with lettuce salad.

(3) *Tartar Sauce*

To 1 c. mayonnaise add 3 T. finely chopped pickles and olives and 1 T. finely chopped parsley. Serve with fish.

(4) *Horseradish Dressing*

To 1 c. mayonnaise add 2 T. grated horseradish. Serve with meat salads.

### French Dressing

½ t. salt	2 T. vinegar
¼ t. paprika	4 T. oil

Mix in order given and shake well just before serving. Serve on any kind of vegetable salad.

*Variations of French Dressing:* French dressing plus any of the following:

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|-------------------------|-------------------------|
| (1) ½ t. minced parsley | (5) 2 T. grated cheese  |
| (2) ½ T. chopped pepper | (6) 2 T. chopped celery |
| (3) 1 T. tomato catsup  | (7) 2 T. chopped pickle |
| (4) 2 T. minced egg     |                         |

#### **Cream Salad Dressing**

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|--|-----------------|
| 1 c. thick cream, sweet or sour                    | 1 to 2 T. sugar |
| 2 T. lemon juice                                   | 1 t. salt       |
| 2 T. vinegar                                       | ¼ t. paprika    |
| 1 t. prepared mustard or few grains dried mustard. |                 |

Beat the cream with an egg beater until smooth, thick and light. Mix other ingredients together and gradually add to the cream, beating all the time.

*Variation of Cream Dressing:* Omit vinegar and mustard and add ½ c. tomato catsup and 2 T. oil. This dressing is suitable for fish salad.

#### **Cole Slaw Dressing**

- |              |               |
|--------------|---------------|
| 1½ t. salt   | ½ 1 T. butter |
| ⅛ t. pepper  | 2 eggs        |
| 1 t. sugar   | 2 T. cream    |
| 2 T. vinegar |               |

Mix dry ingredients, add vinegar and melted butter. Pour slowly into beaten eggs, stirring constantly. Cook over hot water until thickened. Add cream and pour over 3 cups finely chopped cabbage.

#### **Golden Dressing**

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|----------------------|-------------|
| 1 c. pineapple juice | 2 T. sugar  |
| Juice of 1 lemon     | 2 egg yolks |
| 2 T. flour           | ¼ t. salt   |
| 1 c. cream           |             |

Mix sugar, flour and salt, add to the fruit juices. Then add the slightly beaten egg yolks. Cook in a double boiler until thick. When cold fold in the whipped cream. Serve with fruit salad.

### **SALAD COMBINATIONS**

#### **Vegetable:**

- (1) Shredded cabbage, carrots and chopped nuts.
- (2) Cabbage, apple or pineapple, and celery.
- (3) Cabbage, celery, onion, green pepper.
- (4) Cabbage, carrot, cheese.
- (5) Cabbage with shredded spinach and onion.
- (6) Tomato with cucumbers and radishes.
- (7) Tomatoes with onions.
- (8) Turnips, carrots and beets.
- (9) Potato, green peppers, cucumber, radishes.
- (10) Potato, hard cooked egg, celery, green pepper, tomato.

**Fruit:**

- (1) Apple, carrot, raisins and nuts.
- (2) Peach, or pear and cottage cheese.
- (3) Bananas and peanuts.
- (4) Prune and cottage cheese.
- (5) Pineapple and cheese.
- (6) Pineapple, banana, grapefruit and nut.
- (7) Peach, pear and nuts.
- (8) Cooked apple with center filled with cheese mixed with nuts.
- (9) Oranges, bananas, cherries.

**Meat, Cheese and Egg**

- (1) Chopped meat with celery and cucumbers.
- (2) Stuffed eggs with green pepper.
- (3) Cottage cheese with tomato or green pepper.
- (4) Fish as tuna, salmon, etc., and celery or cabbage, hard cooked eggs, pickle, or stuffed olives.

**RECIPES****Tomato Salad**

Peel, quarter or slice large ripe tomatoes. Serve on lettuce or shredded cabbage with French dressing or mayonnaise.

**Stuffed Tomatoes**

Peel tomatoes and scrape out centers. Sprinkle with salt, invert to drain, and chill. When thoroughly chilled, fill with any of the following combinations and serve on lettuce leaf.

1. Cucumber diced and mixed with cream dressing.
2. Shredded cabbage, chopped celery, minced onion mixed with French dressing.
3. Tomato pulp, onion and crisp bacon mixed with cooked dressing.
4. Cottage cheese, chopped green pepper, mixed with mayonnaise.
5. Chicken salad.
6. Potato salad.

**Leafy Vegetable Salad**

2 c. raw spinach, shredded	Salt
3 c. raw cabbage, shredded	French dressing
3 T. grated onion	

Shred crisp spinach and cabbage. Add onion. Just before serving add the salt and salad dressing. Mix and serve on lettuce leaf. Top with a bit of mayonnaise and a dash of paprika.

**Spinach and Tomato Salad**

Raw spinach	6 tomatoes
2 cucumbers	French dressing

Shred very fine the crisp tender inside leaves of raw spinach, and make beds of the shredded spinach on salad plates. Arrange quartered tomatoes and sliced cucumbers on the beds of the spinach. Serve with French dressing.

**Spring Salad**

1 small cabbage (shredded)	1 head lettuce
6 green onions (chopped)	12 radishes
1 green pepper (chopped)	Cooked dressing
1 cup carrots (grated)	

Mix cabbage, onion, pepper and carrots. Just before serving add the dressing and toss lightly so as to mix in the vegetables. Serve on lettuce, garnish with radishes.

**Beet Salad**

12 - 15 small beets	Lettuce
Hard cooked eggs	Horseradish dressing

Cook beets in boiling water until tender, peel and chill. Slice and marinate with French dressing. Arrange on lettuce. Serve with horseradish dressing. Garnish with hard-cooked egg.

**Potato Salad**

6 medium potatoes (cooked and diced)
2 hard cooked eggs
1 green pepper
2 firm tomatoes (diced and drained)
2 c. chopped celery
Cooked salad dressing
Parsley

Mix all together, let chill. Mix well with dressing, garnish with parsley or radish roses. Serve on lettuce.

**Mrs. McKimmon's Favorite Supper Salad**

3 c. potatoes	Onion juice to season
1 c. butterbeans	Salt
1 c. stringbeans	Pepper
3 tomatoes	Salad dressing

Remove any bits of fat from potatoes, butterbeans and stringbeans by pouring hot water over them. Drain immediately and set vegetables in a cool place until ready to mix salad. Prepare salad as follows: cube potatoes and tomatoes, add butterbeans, stringbeans and seasoning. Add salad dressing and toss lightly together until well blended. Serve family style.

**Stuffed Egg Salad**

Cut hard cooked eggs in halves lengthwise, remove yolks and cream. Add minced cooked ham, a bit of onion, and bind together with a small amount of cream and a little vinegar. Refill the whites and serve on lettuce leaves with mayonnaise. These may be used as garnishes for other meat or potato salads.

**Egg Salad**

Chop the whites of hard cooked eggs, keeping the yolks whole. Arrange whites on lettuce leaves in form of nests; place a yolk on each mound. A small cooked beet and cottage cheese balls at the side make a nice variation. Serve with mayonnaise dressing.



**Chicken Salad**

Cut cold cooked chicken in cubes. Marinate with French dressing. Just before serving toss together with one-half as much celery as chicken. Mix with cooked or mayonnaise dressing. Serve on lettuce, garnish with hard cooked eggs, pimento, pickle or celery tips.

**Salmon Salad**

Flake salmon and combine with half as much chopped celery; moisten with salad dressing. Serve on lettuce, garnish with yolk of hard cooked eggs forced through a strainer, and the white of eggs cut in strips. Thin slices of lemon dipped in finely cut parsley may be used as a garnish.

**Ham Salad**

2 c. cooked ham (diced)	2 hard cooked eggs
$\frac{3}{4}$ c. cooked peas	Horseradish dressing
1 c. celery, cut in small pieces	

Mix ham, peas, and celery together and marinate with French dressing. Chill. Arrange on a lettuce leaf. Serve with horseradish or Russian dressing.

**Waldorf Salad**

2 c. diced apple	$\frac{1}{2}$ c. chopped nuts
1 T. lemon juice	Cooked dressing
1 c. diced celery	

Peel and dice apples and sprinkle with lemon juice or mix immediately with dressing to prevent discoloration. Add other ingredients, blend with cooked dressing to which whipped cream has been added.

**Fruit Salad**

1 can pineapple	4 apples
3 bananas	$\frac{1}{4}$ lb. marshmallows
3 oranges	Salad dressing

Drain and dice pineapple. Dice other fruit and cut marshmallows. Mix all ingredients and combine with Golden Dressing or Cream Dressing.

**CONGEALED SALADS****Tomato Aspic**

Cook a can of tomatoes with a sliced onion, 1 tablespoon vinegar,  $\frac{1}{2}$  teaspoonful sugar, a few sprigs of parsley, three or four cloves, salt and pepper to taste. Strain and add half a package of soaked gelatine. Pour into a mold which has been rinsed in clear cold water. Serve on lettuce with mayonnaise.

**Perfection Salad**

2 T. granulated gelatin	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. cold water	1 t. salt
$1\frac{1}{2}$ c. boiling water	2 c. finely shredded cabbage
$\frac{1}{2}$ c. vinegar	1 c. finely chopped celery
Juice of 1 lemon	$\frac{1}{4}$ c. chopped pimentos

Soak gelatin in cold water until soft. Add boiling water and stir until gelatin is dissolved. Add vinegar, lemon juice and sugar. Cool. When

mixture begins to thicken add vegetables. Mold. Serve on lettuce leaf with mayonnaise dressing.

#### Molded Chicken Salad

2 T. gelatin	¼ c. chopped pimentoes
¼ c. cold water	½ t. salt
2 c. chicken (cooked and cubed)	1 c. mayonnaise or cooked dressing
¾ c. celery cut in small pieces	

Soak gelatin in cold water five minutes and dissolve over boiling water. Add chicken, celery, pimento, and salt, mix with a part of dressing, enough to moisten, and place in a mold. Serve on lettuce with dressing and garnish with green pepper rings.

#### Golden Glow Salad

1 package lemon gelatin	1 c. grated carrot
1 c. boiling water	½ c. pecans, cut fine
1 c. canned fruit juice	½ t. salt
1 c. canned peaches, diced or grated pineapple	1 T. vinegar or lemon juice

Dissolve gelatin in hot water, add fruit juice. Chill. When slightly thickened add peaches, carrots and nuts. When firm, slice and serve on lettuce with mayonnaise dressing.