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Chapter XXI. SALADS AND SALAD DRESSINGS.

SALADS, which constitute a course in almost every dinner, but a few years since seldom appeared on the table. They are now made in an endless variety of ways, and are composed of meat, fish, vegetables (alone or in combination) or fruits, with the addition of a dressing. The salad plants, lettuce, watercress, chicory, cucumbers, etc., contain but little nutriment, but are cooling, refreshing, and assist in stimulating the appetite. They are valuable for the water and potash salts they contain. The olive oil, which usually forms the largest part of the dressing, furnishes nutriment, and is of much value to the system. 1

Salads made of greens should always be served crisp and cold. The vegetables should be thoroughly washed, allowed to stand in cold or ice-water until crisp, then drained and spread on a towel and set aside in a cold place until serving time. See Lettuce, page 294. Dressing may be added at table or just before sending to table. If greens are allowed to stand in dressing they will soon wilt. It should be remembered that winter greens are raised under glass and should be treated as any other hothouse plant. Lettuce will be affected by a change of temperature and wilt just as quickly as delicate flowers. 2

Canned or cold cooked left-over vegetables are well utilized in salads, but are best mixed with French Dressing and allowed to stand in a cold place one hour before serving. Where several vegetables are used in the same salad they should be marinated separately, and arranged for serving just before sending to table. 3

Meat for salads should be freed from skin and gristle, cut in small cubes, and allowed to stand mixed with French Dressing before combining with vegetables. Fish should be flaked or cut in cubes. 4

Where salads are dressed at table, first sprinkle with salt and pepper, add oil, and lastly vinegar. If vinegar is added before oil, the greens will become wet, and oil will not cling, but settle to bottom of bowl. 5

A Chapon. Remove a small piece from end of French loaf and rub over with a clove of garlic, first dipped in salt. Place in bottom of salad bowl before arranging salad. A chapon is often used in vegetable salads, and gives an agreeable additional flavor. 6

To Marinate. The word marinate, as used in cookery, means to add salt, pepper, oil, and vinegar to a salad ingredient or mixture, then allow to let stand until well seasoned. 7

SALAD DRESSINGS

French Dressing

8

$\frac{1}{2}$ teaspoon salt	2 tablespoons vinegar
$\frac{1}{4}$ teaspoon pepper	4 tablespoons olive oil

Put ingredients in small cream jar and shake. Some prefer the addition of a few drops onion juice. French dressing is more easily prepared and largely used than any other dressing. One tablespoon, each, lemon juice and vinegar may be used.

Parisian French Dressing

9

1/2 cup olive oil	2 tablespoons finely chopped parsley
5 tablespoons vinegar	
1/2 teaspoon powdered sugar	4 red peppers
1 tablespoon finely chopped Bermuda onion	8 green peppers
	1 teaspoon salt

Mix ingredients in the order given. Let stand one hour, then stir vigorously for five minutes. This is especially fine with lettuce, romaine, chiccory, or endive. The red and green peppers are the small ones found in pepper sauce.

Club French Dressing

10

1/2 teaspoon salt	2 tablespoons Tarragon vinegar
1/4 teaspoon pepper	
2 tablespoons brandy	2 tablespoons olive oil

Mix ingredients and stir until well blended.

Curry Dressing

11

3/4 teaspoon salt	1/4 teaspoon pepper
1/4 teaspoon curry powder	5 tablespoons olive oil
	3 tablespoons vinegar

Mix ingredients in order given and stir until well blended.

Cream Dressing I

12

1/4 tablespoon salt	1 egg slightly beaten
1/2 tablespoon mustard	2 1/2 tablespoons melted butter
3/4 tablespoon sugar	3/4 cup cream
	1/4 cup vinegar

Mix ingredients in order given, adding vinegar very slowly. Cook over boiling water,

stirring constantly until mixture thickens, strain and cool.

Cream Dressing II

13

1 teaspoon mustard	Few grains cayenne
1 teaspoon salt	1 teaspoon butter
2 teaspoons flour	Yolk 1 egg
1 ¹ / ₂ teaspoons powdered sugar	1 ¹ / ₃ cup vinegar
1/2 cup thick cream, sweet or sour	

Mix dry ingredients, add butter, egg, and vinegar slowly. Cook over boiling water, stirring constantly, until mixture thickens; cool, and add to heavy cream, beaten until stiff.

Boiled Dressing I

14

1/4 tablespoon salt	1 ¹ / ₂ tablespoon flour
1 teaspoon mustard	Yolks 2 eggs
1 ¹ / ₂ tablespoons sugar	1 ¹ / ₂ tablespoons melted butter
Few grains cayenne	3/4 cup milk
1/4 cup vinegar	

Mix dry ingredients, add yolks of eggs slightly beaten, butter, milk, and vinegar very slowly. Cook over boiling water until mixture thickens; strain and cool.

Boiled Dressing II

15

Yolks 4 eggs	1 tablespoon lemon juice
1/2 cup olive oil	1 ¹ / ₂ teaspoons salt
4 tablespoons vinegar	3 teaspoons powdered sugar
1 pint whipped cream	

Beat yolks of eggs slightly, add gradually one-half of the oil and lemon juice. Cook in double boiler until mixture thickens; chill, and add gradually remaining oil, salt, and sugar. Just before serving add cream.

German Dressing

16

1/2 cup thick cream	1/4 teaspoon salt
3 tablespoons vinegar	Few grains pepper

Beat cream until stiff, using Dover Egg-beater. Add salt, pepper, and vinegar very slowly, continuing the beating.

Chicken Salad Dressing

17

1/2 cup rich chicken stock	1 teaspoon salt
1/2 cup vinegar	1/4 teaspoon pepper
Yolks 5 eggs	Few grains cayenne
2 tablespoons mixed mustard	1/2 cup thick cream
1/3 cup melted butter	

Reduce stock in which a fowl has been cooked to one-half cupful. Add vinegar, yolks of eggs slightly beaten, mustard, salt, pepper, and cayenne. Cook over boiling water, stirring constantly until mixture thickens. Strain, add cream and melted butter, then cool.

Oil Dressing I

18

4 "hard-boiled" eggs	1/2 teaspoon mustard
4 tablespoons oil	1/2 teaspoon salt
4 tablespoons vinegar	Few grains cayenne
1/2 tablespoon sugar	White 1 egg

Force yolks of "hard-boiled" eggs through a strainer, then work, using a silver or wooden spoon, until smooth. Add sugar, mustard, salt, and cayenne, and when well blended add gradually oil and vinegar, stirring and beating until thoroughly mixed; then cut and fold in white of egg beaten until stiff.

Oil Dressing II

19

1 1/2 teaspoons mustard	2 tablespoons oil
1 teaspoon salt	1/3 cup vinegar diluted with cold water to make one-half cup
2 teaspoons powdered sugar	
Few grains cayenne	

2 eggs, slightly beaten

Mix dry ingredients, add egg and oil gradually, stirring constantly until thoroughly mixed; then add diluted vinegar. Cook over boiling water until mixture thickens; strain and cool.

Mayonnaise Dressing I

20

1 teaspoon mustard	Yolks 2 eggs
1 teaspoon salt	2 tablespoons lemon juice
1 teaspoon powdered sugar	2 tablespoons vinegar
Few grains cayenne	1 1/2 cups olive oil

Mix dry ingredients, add egg yolks, and when well mixed add one-half teaspoon of vinegar. Add oil gradually, at first drop by drop, and stir constantly. As mixture thickens, thin with vinegar or lemon juice. Add oil, and vinegar or lemon juice alternately, until all is used, stirring or beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. A smooth consistency may be restored by taking yolk of another egg and adding curdled mixture slowly to it. It is desirable to have bowl containing mixture placed in a larger bowl of crushed ice, to which a small quantity of water has been added. Olive oil for making Mayonnaise should always be thoroughly chilled. A silver fork, wire-whisk, small wooden spoon, or egg-beater may be used as preferred. Mayonnaise should be stiff enough to hold its shape. It soon liquefies when added to meat or vegetables; therefore it should be added just before serving time.

Mayonnaise Dressing II

21

Use same ingredients as for Mayonnaise Dressing I, adding mashed yolk of a "hard-boiled" egg to dry ingredients. *French Chef*

Cream Mayonnaise Dressing

22

To Mayonnaise Dressing I or II add one-third cup thick cream, beaten until stiff. This recipe should be used only when dressing is to be eaten the day it is made.

Green Mayonnaise

23

Color Mayonnaise Dressing I with juices expressed from parsley and watercress, using one-half as much parsley as watercress. To obtain coloring, break greens in pieces, pound in a mortar until thoroughly macerated, then squeeze through cheese-cloth. Lobster coral, rubbed through a fine sieve, added to Mayonnaise, makes *Red Mayonnaise*.

Potato Mayonnaise

24

Very small baked potato	1 teaspoon powdered sugar
1 teaspoon mustard	2 tablespoons vinegar
1 teaspoon salt	3/4 cup olive oil

Remove and mash the inside of potato. Add mustard, salt, and powdered sugar; add one tablespoon vinegar, and rub mixture through a fine sieve. Add slowly oil and remaining vinegar. By the taste one would hardly realize eggs were not used in the making.

SALADS

Dressed Lettuce

25

Prepare lettuce as directed on page 294. Serve with French Dressing.

Lettuce and Cucumber Salad

26

Place a chapon in bottom of salad bowl. Wash, drain, and dry one head lettuce, arrange in bowl, and place between leaves one cucumber cut in thin slices. Serve with French Dressing.

Lettuce and Radish Salad

27

Prepare and arrange as for Dressed Lettuce. Place between leaves six radishes which have been washed, scraped, and cut in thin slices. Garnish with round radishes cut to represent tulips. See page 299. Serve with French Dressing.

Lettuce and Tomato Salad

28

Peel and chill three tomatoes. Cut in halves crosswise, arrange each half on a lettuce leaf. Garnish with Mayonnaise Dressing forced through a pastry bag and tube. If tomatoes are small, cut in quarters, and allow one tomato to each lettuce leaf.

Dressed Watercress

29

Wash, remove roots, drain, and chill watercress. Arrange in salad dish, and serve with French Dressing.

Cucumber Salad

30

Remove thick slices from both ends of a cucumber, cut off a thick paring, and with a sharp pointed knife cut five parallel grooves lengthwise of cucumber at equal distances; then cut in thin parallel slices crosswise, keeping cucumber in its original shape. Arrange on lettuce leaves, and pour over Parisian French Dressing. Serve with fish course.

Watercress and Cucumber Salad

31

Prepare watercress and add one cucumber, pared, chilled, and cut in one-half inch dice. Serve with French Dressing.

Cucumber and Tomato Salad

32

Arrange sliced tomatoes on a bed of lettuce leaves. Pile on each slice, cucumber cubes cut one-half inch square. Serve with French or Mayonnaise Dressing.

Cucumber Cups with Lettuce

33

Pare cucumbers, cut in quarters crosswise, remove centres from pieces, arrange on lettuce leaves, and fill cups with Sauce Tartare .

Cucumber Baskets

34

Select three long, regular-shaped cucumbers; cut a piece from both the stem and blossom end of each; then cut in halves crosswise. Cut two pieces from each section, leaving remaining piece in shape of basket with handle. Remove pulp and seeds, in sufficiently large pieces to cut in cubes for refilling one-half the baskets, the remaining half being filled with pieces of tomatoes. Arrange baskets on lettuce leaves, alternating the fillings, and pour over French Dressing.

Dressed Celery

35

Wash, scrape, and cut stalks of celery in thin slices. Mix with Cream Dressing I.

Celery and Cabbage Salad

36

Remove outside leaves from a small solid white cabbage, and cut off stalk close to leaves. Cut out centre, and with a sharp knife shred finely. Let stand one hour in cold or ice water. Drain, wring in double cheese-cloth, to make as dry as possible. Mix with equal parts celery cut in small pieces. Moisten with Cream Dressing and refill cabbage. Arrange on a folded napkin and garnish with celery tips and parsley between folds of napkin and around top of cabbage.

Asparagus Salad

37

Drain and rinse stalks of canned asparagus. Cut rings from a bright red pepper one-third inch wide. Place three or four stalks in each ring. Arrange on lettuce leaves and serve with French Dressing, to which has been added one-half tablespoon tomato catsup.

Corn Salad

38

Drain one can corn and season with mustard and onion juice. Marinate with French Dressing, let stand one hour, then drain. Arrange on a bed of lettuce or chiccory.

String Bean Salad

39

Marinate two cups cold string beans with French Dressing. Add one teaspoon finely cut chives. Pile in centre of salad dish and arrange around base thin slices of radishes overlapping one another. Garnish top with radish cut to represent a tulip.

Potato Salad I

40

Cut cold boiled potatoes in one-half inch cubes. Sprinkle four cupfuls with one-half tablespoon salt and one-fourth teaspoon pepper. Add four tablespoons oil and mix thoroughly; then add two tablespoons vinegar. A few drops of onion juice may be added, or one-half tablespoon chives finely cut. Arrange in a mound and garnish with whites and yolks of two "hard-boiled" eggs, cold boiled red beets, and parsley. Chop whites and arrange on one-fourth of the mound; chop beets finely, mix with one tablespoon vinegar, and let stand fifteen minutes; then arrange on fourths of mounds next to whites. Arrange on remaining fourth of mound yolks chopped or forced through a potato ricer. Put small sprigs of parsley in lines dividing beets from eggs; also garnish with parsley at base.

Potato Salad II

41

Mix two cups cold boiled riced potatoes and one cup pecan nut meats broken in pieces. Marinate with French Dressing, and arrange on a bed of watercress.

Hot Potato Salad

42

Wash six medium sized potatoes, and cook in boiling salted water until soft. Cool, remove skins, and cut in very thin slices. Cover bottom of baking-dish with potatoes, season with salt and pepper, sprinkle with finely chopped celery, then with finely chopped parsley. Mix two tablespoons each tarragon and cider vinegar and four tablespoons olive oil, and add one slice lemon cut one third inch thick. Bring to boiling-point, pour over potatoes, cover, and let stand in oven until thoroughly warmed.

Potato and Celery Salad

43

To two cups boiled potatoes cut in one-half inch cubes add one-half cup finely cut celery and a medium-sized apple, pared, cut in eighths, then eighths cut in thin slices. Marinate with French Dressing. Arrange in a mound and garnish with celery tip and sections of bright red apple.

Bolivia Salad

44

Cut cold boiled potatoes in one-half inch cubes; there should be one and one-half cups. Add three "hard-boiled" eggs finely chopped, one and one-half tablespoons finely chopped red peppers, and one-half tablespoon chopped chives. Pour over Cream Dressing I and serve in nests of lettuce leaves.

Lettuce Salad

45

Wash one head romaine and cut in pieces, using scissors. Mix two cups cold riced potatoes, one-half pound white mushroom caps peeled and cut in eighths, and one pound Brazil nut meats (from which skins have been removed) cut in pieces. Moisten with French Dressing, made by allowing one-third tarragon vinegar to two-thirds olive oil. Arrange on salad dish, surround with romaine, and garnish with three peeled mushroom caps and six Brazil nut meats.

Macédoine Salad

46

Marinate separately cold cooked cauliflower, peas, and carrots cut in small cubes, and outer stalks of celery finely cut. Arrange peas and carrots in alternate piles in centre of a

salad dish. Pile cauliflower on top. Arrange celery in four piles at equal distances. At top of each pile place a small gherkin cut lengthwise in very thin slices, beginning at blossom end and cutting nearly to stem end. Open slices to represent a fan. Place between piles of celery a slice of tomato.

Almost any cold cooked vegetables on hand may be used for a Macédoine Salad, and if care is taken in arrangement, they make a very attractive dish. 47

Russian Salad 48

Mix one cup each cold cooked carrot cubes and potato cubes, one cup cold cooked peas, and one cup cold cooked beans, and marinate with French Dressing. Arrange on lettuce leaves in four sections, and cover each section with Mayonnaise Dressing. Garnish two sections with small pieces of smoked salmon, one section with finely chopped whites of "hard boiled" eggs, and one section with yolks of "hard-boiled" eggs forced through a strainer. Put small sprigs of parsley or shrimps in lines dividing sections.

Tomatoes Stuffed with Pineapple 49

Peel medium-sized tomatoes. Remove thin slice from top of each, and take out seeds and some of pulp. Sprinkle inside with salt, invert, and let stand one-half hour. Fill tomatoes with fresh pineapple cut in small cubes or shredded, and nut meats, using two-thirds pineapple and one third nut meats. Mix with Mayonnaise Dressing, garnish with Mayonnaise, halves of nut meats, and slices cut from tops cut square. Serve on a bed of lettuce leaves.

Stuffed Tomato Salad I 50

Peel medium-sized tomatoes. Remove thin slice from top of each and take out seeds and some of pulp. Sprinkle inside with salt, invert, and let stand one-half hour. Fill tomatoes with cucumbers cut in small cubes and mixed with Mayonnaise Dressing. Arrange on lettuce leaves, and garnish top of each with Mayonnaise Dressing forced through a pastry-bag and tube.

Stuffed Tomato Salad II 51

Prepare tomatoes same as for Tomatoes Stuffed with Pineapple. Refill with finely cut celery and apple, using equal parts. Serve with Mayonnaise, and garnish with shredded lettuce.

Stuffed Tomato Salad (German Style) 52

Prepare tomatoes same as Tomatoes Stuffed with Pineapple. Shred finely one-half a cabbage. Let stand two hours in salted water, allowing two tablespoons salt to one quart water. Cook slowly thirty minutes one-half cup each cold water and vinegar, with a bit of bay leaf, one-half teaspoon peppercorns, one-fourth teaspoon mustard seed, and six cloves. Strain, and pour over cabbage drained from salt water. Let stand two hours, again drain, and refill tomatoes.

Tomato and Horseradish Salad 53

Peel and chill tomatoes, cut in halves crosswise, arrange on lettuce leaves, and garnish with Horseradish Sauce I.

Hindoo Salad 54

Arrange four slices tomato on a bed of shredded lettuce. On two of the slices pile shaved celery, on the opposite slices, finely cut watercress. Garnish with small pieces of tomato shaped with circular cutter, and serve with French Dressing.

Tomato Ciboulettes 55

Remove skins from four small tomatoes, and cut in halves crosswise. Cover with Mayonnaise, and sprinkle with finely chopped chives. Serve on lettuce leaves.

Tomato and Watercress Salad

56

Peel and chill large tomatoes, cut in slices one-third inch thick, and slices in strips one-third inch wide. Arrange on a flat dish to represent lattice work, and fill in the spaces with watercress. Serve with French Dressing.

Tomato and Cucumber Salad

57

Arrange alternate slices of tomato and cucumber until six slices have been piled one on top of another. Place on lettuce leaves, garnish with strips of red and green peppers. Serve with French and Mayonnaise Dressing. Remove seeds from peppers and parboil two minutes before using.

Salad Chiffonade

58

Cook two green peppers in boiling water to which one-fourth teaspoon soda has been added one minute; cool, and shred. Shred one head of romaine, remove pulp from one large grape fruit, and cut three small ripe tomatoes in quarters lengthwise. Arrange in salad dish and serve with French Dressing.

Wiersbick's Salad

59

Peel small tomatoes of uniform size and scoop out a portion of centres. Arrange in nests of lettuce leaves and garnish top of each with a slice of cucumber, slice of truffle cut in fancy shape, and ring of green pepper. Serve with the following dressing:

Mix three tablespoons Louit Frères mustard, one-fourth teaspoon salt, one-eighth teaspoon paprika, one tablespoon vinegar, and one-half teaspoon Worcestershire Sauce; then add slowly, while stirring constantly, one-half cup olive oil.

60

Tomato and Cheese Salad

61

Peel six medium-sized tomatoes, chill, and scoop out a small quantity of pulp from the centre of each. Fill cavities, using equal parts of Roquefort and Neufchâtel cheese worked together and moistened with French Dressing. Arrange on lettuce leaves and serve with French Dressing.

Tomato Jelly Salad

62

To one can stewed and strained tomatoes add one teaspoon each of salt and powdered sugar, and two-thirds box gelatine which has soaked fifteen minutes in one-half cup cold water. Pour into small cups, and chill. Run a knife around inside of moulds, so that when taken out shapes may have a rough surface, suggesting a fresh tomato. Place on lettuce leaves and garnish top of each with Mayonnaise Dressing.

Frozen Tomato Salad

63

Open one quart can tomatoes, turn from can, and let stand one hour that they may be re-oxygenated. Add three tablespoons sugar, and season highly with salt and cayenne; then rub through a sieve. Turn into one-half pound breakfast-cocoa boxes, cover tightly, pack in salt and ice, using equal parts, and let stand three hours. Remove from mould, arrange on lettuce leaves, and serve with Mayonnaise Dressing.

Salad à la Russe

64

Peel six tomatoes, remove thin slices from top of each, and take out seeds and pulp. Sprinkle inside with salt, invert, and let stand one-half hour. Place seeds and pulp removed from tomatoes in a strainer to drain. Mix one-third cup cucumbers cut in dice, one-third cup cold cooked peas, one-fourth cup pickles finely chopped, one-third cup tomato pulp, and two tablespoons capers. Season with salt, pepper, and vinegar. Put in a cheese-cloth and squeeze; then add one-half cup cold cooked chicken cut in very small dice. Mix with Mayonnaise Dressing, refill tomatoes, sprinkle with finely chopped parsley, and place each on a lettuce leaf.

65

Spinach Salad

Pick over, wash, and cook one-half peck spinach. Drain, and chop finely. Season with salt, pepper, and lemon juice, and add one tablespoon melted butter. Butter slightly small tin moulds and pack solidly with mixture. Chill, remove from moulds, and arrange on thin slices of cold boiled tongue cut in circular pieces. Garnish base of each with a wreath of parsley, and serve on top of each Sauce Tartare.

66

Moulded Russian Salad

Reduce strong consommé so that when cold it will be jelly-like in consistency. Set individual moulds in pan of ice-water, pour in consommé one-fourth inch deep; when firm, decorate bottom and sides of moulds with cold cooked carrots, beets and potatoes cut in fancy shapes. Add consommé to cover vegetables, and as soon as firm fill moulds two-thirds full of any cooked vegetable that may be at hand. Add consommé by spoonfuls, allowing it to become firm between the additions, and put in enough to cover vegetables. Chill thoroughly, remove from moulds, and arrange on lettuce leaves. Serve with Mayonnaise Dressing.

67

Mexican Jelly

Peel four large cucumbers and cut in thin slices. Put in saucepan with one cup cold water, bring to boiling-point, and cook slowly until soft; then force through a purée strainer. Add two and one-half tablespoons granulated gelatine dissolved in three-fourths cup boiling water, few drops onion juice, one tablespoon vinegar, few grains cayenne, and salt and pepper to taste. Color with leaf green, strain through cheese-cloth, and mould same as Fruit Chartreuse. After removing small mould fill space with Tomato Mayonnaise. Garnish sides of mould with thin slices of cucumber shaped with a small round fluted cutter, and on the centre of each slice place a circular piece of truffle. Garnish around base of mould with small tomatoes peeled, chilled, and cut in halves crosswise. On each slice of tomato place a circular fluted slice of cucumber, and over all a circular piece of truffle. Serve with.

Tomato Mayonnaise. Color mayonnaise red with tomato purée.

68

Egg Salad I

Cut six "hard-boiled" eggs in halves crosswise, keeping whites in pairs. Remove yolks, and mash or put through a potato ricer. Add slowly enough Oil Dressing II to moisten. Make into balls the size of original yolks and refill whites. Arrange on a bed of lettuce, and pour Oil Dressing No. II around eggs.

69

Egg Salad II

Cut four "hard-boiled" eggs in halves crosswise in such a way that tops of halves may be cut in small points. Remove yolks, mash, and add an equal amount of finely chopped cooked chicken. Moisten with Oil Dressing I, shape in balls size of original yolks, and refill whites. Arrange on lettuce leaves, garnish with radishes cut in fancy shapes, and serve with Oil Dressing I.

70

Lenten Salad

Separate yolks and whites of four "hard-boiled" eggs. Chop whites finely, marinate with French Dressing, and arrange on lettuce leaves. Force yolks through a potato ricer and pile on the centre of whites. Serve with French Dressing.

71

Crackers and Cheese

Mash a cream cheese, season, and shape in balls, then flatten balls, and serve on butter-thin crackers.

72

NOTE. Cream cheese is very acceptable served with zephyrettes or butter-thins and Bar le Duc currants.

73

Cottage Cheese I

74

Heat one quart sour milk to 100° F., and turn into a strainer lined with cheese-cloth. Pour over one quart hot water, and as soon as water has drained through, pour over another quart; then repeat. Gather cheese-cloth around curd to form a bag and let hang until curd is free from whey. Moisten with melted butter and heavy cream, and add salt to taste. Shape into small balls.

Cottage Cheese II

75

Heat one quart sweet milk to 100° F., and add one junket tablet reduced to a powder. Let stand in warm place until set. Beat with a fork to break curd, turn into a bag made of cheese-cloth, and let hang until whey has drained from curd; then proceed as with Cottage Cheese I.

Cheese Salad

76

Arrange one head lettuce on salad dish, sprinkle with Edam cheese broken in small pieces, and pour over French Dressing.

Neufchâtel Salad I

77

Cut cheese in dice, arrange on lettuce leaves, and garnish with radishes. Serve with French Dressing.

Neufchâtel Salad II

78

Mash one Neufchâtel cheese and moisten with milk or cream. Shape into forms the size of robins' eggs. Sprinkle with finely chopped parsley, which has been dried. Arrange in nests of lettuce leaves, and garnish with radishes. Serve with French Dressing.

Cheese and Olive Salad

79

Mash a cream cheese, moisten with cream, and season with salt and cayenne. Add six olives finely chopped, lettuce finely cut, and one-half a pimento cut in strips. Press in original shape of cheese and let stand two hours. Cut in slices, separate in pieces, and serve on lettuce leaves with Mayonnaise Dressing.

Cheese and Currant Salad

80

Mash a cream cheese and mix with finely chopped lettuce. Shape in balls, arrange on lettuce leaves, pour over French Dressing, and over all Bar le Duc currants.

East India Salad

81

Work two ten cent cream cheeses until smooth. Moisten with milk and cream, using equal parts. Add one-half cup grated Young America cheese, one cup whipped cream, and three-fourths tablespoon granulated gelatine soaked in one tablespoon cold water and dissolved in one tablespoon boiling water. Season highly with salt and paprika, and turn into a border mould. Chill, remove from mould, arrange on lettuce leaves, fill centre with lettuce leaves, and serve with Curry Dressing .

Nut Salad

82

Mix one cup chopped English walnut meat and two cups shredded lettuce. Arrange on lettuce leaves and garnish with Mayonnaise Dressing.

Nut and Celery Salad I

83

Mix equal parts of English walnut or pecan nut meat cut in pieces, and celery cut in small pieces. Marinate with French Dressing. Serve with a border of shredded lettuce.

Nut and Celery Salad II

84

Mix one and one-half cups finely cut celery, one cup pecan nut meats broken in pieces, and one cup shredded cabbage. Moisten with Cream Dressing, and serve in a salad bowl made of a small white cabbage.

Banana Salad

85

Remove one section of skin from each of four bananas. Take out fruit, scrape, and cut fruit from one banana in thin slices, fruit from other three bananas in one-half inch cubes. Marinate cubes with French Dressing. Refill skins and garnish each with slices of banana. Stack around a mound of lettuce leaves.

Orange Salad

86

Cut five thin-skinned sour oranges in very thin slices, and slices in quarters. Marinate with a dressing made by mixing one-third cup olive oil, one and one-half tablespoons each lemon juice and vinegar, one-third teaspoon salt, one-fourth teaspoon paprika, and a few grains mustard. Serve on a bed of watercress.

Orange Mint Salad

87

Remove pulp from four large oranges, by cutting fruit in halves crosswise and using a spoon. Sprinkle with two tablespoons powdered sugar, and add two tablespoons finely chopped mint, and one tablespoon each lemon juice and Sherry wine. Chill thoroughly, serve in glasses, and garnish each with a sprig of mint. Should the oranges be very juicy, pour off a portion of the juice before turning the mixture into glasses.

French Fruit Salad

88

2 oranges	12 English walnut meats
3 bananas	1 head lettuce
1/2 lb. Malaga grapes	French Dressing

Peel oranges, and remove pulp separately from each section. Peel bananas, and cut in one-fourth inch slices. Remove skins and seeds from grapes. Break walnut meats in pieces. Mix prepared ingredients and arrange on lettuce leaves. Serve with French Dressing.

Hungarian Salad

89

Mix equal parts shredded fresh pineapple, bananas cut in pieces, and sections of tangerines, and marinate with French dressing. Fill banana skins with mixture, sprinkle generously with paprika, and arrange on lettuce leaves.

Waldorf Salad

90

Mix equal quantities of finely cut apple and celery, and moisten with Mayonnaise Dressing. Garnish with curled celery and canned pimentos cut in strips or fancy shapes. An attractive way of serving this salad is to remove tops from red or green apples, scoop out inside pulp, leaving just enough adhering to skin to keep apples in shape. Refill shells thus made with the salad, replace tops, and serve on lettuce leaves.

Malaga Salad

91

Remove skins and seeds from white grapes; add an equal quantity of English walnut meats, blanched and broken in pieces. Marinate with French Dressing. Serve on lettuce leaves and garnish with Maraschino cherries.

Brazilian Salad

92

Remove skin and seeds from white grapes and cut in halves lengthwise. Add an equal quantity of shredded fresh pineapple, apples pared, cored, and cut in small pieces, and celery cut in small pieces; then add one-fourth the quantity of Brazil nuts broken in pieces. Mix thoroughly, and season with lemon juice. Moisten with Cream Mayonnaise Dressing .

De John's Salad

93

Pare six Bartlett pears, care being taken not to remove stems. Cut in thin slices, and serve in original shapes on lettuce leaves. Serve with French Dressing.

Pear Salad

94

Wipe, pare, and cut pears in eighths lengthwise; then remove seeds. Arrange on lettuce leaves, pour over French dressing, and garnish with ribbons of red pepper. See Canned Red Peppers p. 581.

Game Salad

95

Drain the syrup from one can peaches. Arrange halves of fruit on lettuce leaves, and pour over all a dressing made by mixing two teaspoons sugar, one teaspoon celery salt, one-fourth teaspoon salt, one eighth teaspoon pepper, a few grains cayenne, five drops Tabasco, and adding gradually four tablespoons olive oil and two tablespoons fresh lime juice. Use fresh fruit when in season.

Pepper and Grape Fruit Salad

96

Cut slices from stem ends of six green peppers, and remove seeds. Refill with grape fruit pulp, finely cut celery, and English walnut meats broken in pieces, allowing twice as much grape fruit as celery, and two nut meats to each pepper. Arrange on chicory or lettuce leaves, and serve with Mayonnaise Dressing.

Grape Fruit and Celery Salad

97

Cut medium-sized grape fruits in fourths lengthwise. Remove the pulp, and add to it an equal quantity of finely cut celery. Refill sections with mixture, mask with Mayonnaise Dressing, and garnish with celery tips or curled celery and canned pimentos cut in strips.

Monte Carlo Salad

98

Remove pulp from four large grape fruits, and drain. Add an equal quantity of finely cut celery, and apple cut in small pieces. Moisten with Mayonnaise, pile on a shallow salad dish, arrange around a border of lettuce leaves, and mask with Mayonnaise. Outline, Using green Mayonnaise, four oblongs to represent playing cards, and denote spots on cards by canned pimentos or truffles; pimentos cut in shapes of hearts and diamonds, truffles cut in shapes of spades and clubs. Garnish with cold cooked carrot and turnip, shaped with a small round cutter to suggest gold and silver coin.

Salmon Salad

99

Flake remnants of cold boiled salmon. Mix with French, Mayonnaise, or Cream Dressing. Arrange on nests of lettuce leaves. Garnish with the yolk of a "hard-boiled" egg forced through a potato ricer, and white of egg cut in strips.

Shrimp Salad

100

Remove shrimps from can, cover with cold or ice water, and let stand twenty minutes. Drain, dry between towels, remove intestinal veins, and break in pieces, reserving six of the finest. Moisten with Cream Dressing II, and arrange on nests of lettuce leaves. Put a spoonful of dressing on each, and garnish with a whole shrimp, capers, and an olive cut in quarters.

Sardine Salad

101

Remove skin and bones from sardines, and mix with an equal quantity of the mashed yolks of "hard-boiled" eggs. Arrange in nests of lettuce leaves and serve with Mayonnaise Dressing.

Lobster Salad I

102

Remove lobster meat from shell, cut in one-half inch cubes, and marinate with a French

Dressing. Mix with a small quantity of Mayonnaise Dressing and arrange in nests of lettuce leaves. Put a spoonful of Mayonnaise on each, and sprinkle with lobster coral rubbed through a fine sieve. Garnish with small lobster claws around outside of dish. Cream Dressing I or II may be used in place of Mayonnaise Dressing.

Lobster Salad II

103

Prepare lobster as for Lobster Salad I. Add an equal quantity of celery cut in small pieces, kept one hour in cold or ice water, then drained and dried in a towel. Moisten with any cream or oil dressing. Arrange on a salad dish, pile slightly in centre, cover with dressing, sprinkle with lobster coral forced through a fine sieve, and garnish with a border of curled celery and watercress.

To Curl Celery. Cut Thick stalks of celery in two-inch pieces. With a sharp knife, beginning at outside of stalks, make five cuts parallel with each other, extending one-third the length of pieces. Make six cuts at right-angles to cuts already made. Put pieces in cold or ice water and let stand over night or for several hours, when they will curl back and celery will be found very crisp. Both ends of celery may be curled if one cares to take the trouble.

104

Lobster Salad III

105

Remove large claws and split a lobster in two lengthwise by beginning the cut on inside of tail end and cutting through entire length of tail and body. Open lobster, remove tail meat, liver, and coral, and set aside. Discard intestinal vein, stomach, and fat, and wipe inside thoroughly with cloth wrung out of cold water. Body meat and small claws are left on shell. Remove meat from upper parts of large claws and cut off (using scissors or can opener) one-half the shell from lowers parts, taking out meat and leaving the parts in suitable condition to refill. Cut lobster meat in one-half inch cubes and mix with an equal quantity of finely cut celery. Season with salt, pepper, and vinegar, and moisten with Mayonnaise Dressing. Refill tail, body, and under half of large claw shells. Mix liver and coral, rob through a sieve, add one tablespoon Mayonnaise Dressing and a few drops anchovy sauce with enough more Mayonnaise Dressing to cover lobster already in shell. Arrange on a bed of lettuce leaves.

Fish Salad with Cucumbers

106

Season one and one-half cups cold cooked flaked halibut, haddock, or cod, with salt, cayenne, and lemon juice. Cover, and let stand one hour. To Cream Dressing II add one-third tablespoon granulated gelatine soaked in one and one-half tablespoons cold water. As soon as dressing begins to thicken, add one-half cup heavy cream beaten until stiff, then fold in the fish. Turn into individual moulds, chill, remove from moulds, arrange on lettuce leaves, garnish each with a thin slice of cucumber, and serve with.

Cucumber sauce. Pare two cucumbers, chop, drain off most of liquor, and season with salt, pepper, and vinegar.

107

Crab and Tomato Salad

108

Remove meat from hard-shelled crabs; there should be one cup. Add two-thirds cup celery, cut in small pieces, and six small tomatoes peeled, chilled, and cut in quarters. Moisten with Mayonnaise. Serve on lettuce leaves, and garnish with Mayonnaise, curled celery, and small pieces of tomato.

Scallop and Tomato Salad

109

Clean one pint scallops, parboil, and drain. Add juice of one lemon, cover, and let stand one hour. Drain, dry between towels, sprinkle with salt and pepper, dip in flour, egg, and stale bread crumbs, fry in deep fat, and drain on brown paper. Cool, cut in halves, marinate with dressing, and serve garnished with sliced tomatoes and watercress.

Dressing. Mix one teaspoon finely chopped shallot, three-fourths teaspoon salt, one-eighth teaspoon paprika, two tablespoons lemon juice, and four tablespoons olive oil.

110

Salmon à la Martin, Ravigôte Mayonnaise

111

Drain one can salmon, rinse, dry, and separate in flakes. Moisten with Ravigôte Mayonnaise, arrange on a bed of lettuce, mask with mayonnaise, and garnish with canned pimientos cut in triangles, and truffles cut in fancy shapes.

Ravigôte Mayonnaise. Mix two tablespoons cooked spinach, one tablespoon capers, one-half shallot finely chopped, three anchovies, one-third cup parsley, and one-half cup watercress. Pound in mortar until thoroughly macerated, then force through a very fine strainer. Add to one-half the recipe for Mayonnaise Dressing I .

112

Oyster and Grape Fruit Salad

Parboil one and one-half pints oysters, drain, cool, and remove tough muscles. Cut three grape fruits in halves crosswise, remove pulp, and drain. Mix oysters with pulp, and season with six tablespoons tomato catsup, four tablespoons grape fruit juice, one tablespoon Worcestershire Sauce, eight drops Tabasco sauce, and one-half teaspoon salt. Refill grape fruit skins with mixture, and garnish with curled celery.

113

Chicken Salad I

Cut cold boiled fowl or remnants of roast chicken in one-half inch cubes, and marinate with French Dressing. Add an equal quantity of celery, washed, scraped, cut in small pieces, chilled in cold or ice-water, drained, and dried in a towel. Just before serving moisten with Cream, Oil, or Mayonnaise Dressing. Mound on a salad dish, and garnish with yolks of "hard-boiled" eggs forced through a potato ricer, capers, and celery tips.

114

Chicken Salad II

Cut cold boiled fowl or remnants of roast chicken in one-half inch dice. To two cups add one and one-half cups celery cut in small pieces, and moisten with Cream Dressing II. Mound on a salad dish, cover with dressing, and garnish with capers, thin slices cut from small pickles, and curled celery.

115

Individual Chicken Salads in Aspic

Cover bottom of individual moulds set in ice-water with aspic jelly mixture. When jelly is firm decorate with yolks and whites of "hard-boiled" eggs cooked as for Harlequin Slices and truffles cut in fancy shapes, or pistachio nuts blanched and cut in halves. Cover decorations with aspic mixture, being careful not to disarrange the designs. Finely chop cold cooked fowl (Preferably breastmeat), moisten with Mayonnaise to which is added a small quantity of dissolved granulated gelatine, shape in balls, put a ball in each mould, and add gradually aspic mixture to fill moulds. Chill thoroughly, remove to lettuce leaves, and arrange around a dish of Mayonnaise Dressing.

116

Swiss Salad

Mix one cup cold cooked chicken cut in cubes, one cucumber pared and cut in cubes, one cup chopped English walnut meats, and one cup French Peas. Marinate with French Dressing, arrange on serving dish, and garnish with Mayonnaise Dressing.

117

Nile Salad

Cut cold boiled or roasted chicken in cubes (there should be one and one-half cups). Put one-half cup English walnut meats in pan, sprinkle sparingly with salt, and add three-fourths tablespoon butter. Cook in a slow oven until thoroughly heated, stirring occasionally; remove from oven and break in pieces.

Mix chicken and nuts and marinate with French Dressing. Add three-fourths cup celery cut in small pieces. Arrange on a bed of lettuce, and mask with Ravigôte Mayonnaise .

118

Berkshire Salad in Boxes

Marinate one cup cold boiled fowl cut into dice and one cup cooked French chestnuts broken in pieces with French Dressing. Add one finely chopped red pepper from which

seeds have been removed, one cup celery cut into small pieces, and Mayonnaise to moisten. Trim crackers (four inches long by one inch wide, slightly salted) at ends, using a sharp knife; arrange on plate in form of box, keep in place with red ribbon one-half inch wide, and fasten at one corner by tying ribbon in a bow. Garnish opposite corner with a sprig of holly berries. Line box with lettuce leaves, put in a spoonful of salad, and mask with Mayonnaise. Any colored ribbon may be used, and flowers substituted for berries.

Chicken and Oyster Salad

121

Clean, parboil, and drain one pint oysters. Remove tough muscles, and mix soft parts with an equal quantity of cold boiled fowl cut in one-half inch dice. Moistened with any salad dressing, and serve on a bed of lettuce leaves.

Sweetbread and Cucumber Salad I

122

Parboil a pair of sweetbreads twenty minutes; drain, cool, and cut in one-half inch cubes. Mix with an equal quantity of cucumber cut in one-half inch dice. Season with salt and pepper, and moisten with German Dressing. Arrange in nests of lettuce leaves or in cucumber cups, and garnish with watercress. To prepare cucumber cups, pare cucumbers, remove thick slices from each end, and cut in halves crosswise. Take out centres, put cups in cold water, and let stand until crisp; drain, and dry for refilling. Small cucumbers may be pared, cut in halves lengthwise, centres removed, and cut pointed at ends to represent a boat.

Sweetbread and Cucumber Salad II

123

Parboil a sweetbread, adding to water a bit of bay leaf, a slice of onion, and a blade of mace. Cool, and cut in small cubes; there should be three-fourths cup. Add an equal quantity of cucumber cubes. Beat one-half cup thick cream until stiff; add one-fourth tablespoon granulated gelatine soaked in one-half tablespoon cold water and dissolved in one and one-half tablespoons boiling water, then add one and one-half tablespoons vinegar. Add sweetbread and cucumber season highly with salt and paprika, mould, and chill. Arrange on lettuce leaves, and serve with French Dressing.

Sweetbread and Celery Salad

124

Mix equal parts of parboiled sweetbreads cut in one-half inch cubes and celery finely cut. Moistened with Cream Dressing, and arrange on lettuce leaves.

Harvard Salad

125

Make lemon baskets, following directions for Orange Baskets. With a small wooden skewer make an incision in centre of each handle and insert a small sprig of parsley. Fill baskets with equal parts of cold cooked sweetbread and cucumber cut in small cubes, and one-fourth the quantity of finely cut celery, moistened with Cream Dressing II. Pare round red radishes as thinly as possible and finely chop parings. Smooth top of baskets and cover with dressing. Sprinkle top of one-half the baskets with chopped parings, the remaining half with finely chopped parsley. Arrange red and green baskets alternately on serving dish, and garnish with watercress.

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