

EVERY DAY SALADS

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Salads occupy an important place in the diet and should be included in each day's menu. They stimulate the appetite, add variety and interest to meals, are easily prepared and served and make a definite contribution to the diet in food elements. They are an economy many times because they afford an excellent opportunity to use left overs. Left over foods used in salads may be just as delicious as when first cooked.

Food Value

Since salads are made most frequently of fruits and vegetables, the important elements furnished to the diet are minerals, vitamins, roughage and mild fruit and vegetable acids.

Salads made of raw fruits and vegetables are superior to those made of cooked vegetables and fruits. Much of the mineral and vitamin content may be lost in the process of cooking. Vitamin "C" is easily destroyed by heat. For this reason nutritionists stress the use of "a raw fruit or vegetable each day." (See the Oklahoma A. and M. College Circular No. 227, Vegetables and Their Preparation, for further information on vegetables.)

Many foods used in salads are not suitable foods for young children. However, children three years of age and over may have salads, provided they are carefully chosen and carefully prepared. Foods such as young tender cabbage, carrots, lettuce, tender celery hearts and cooked or thoroughly ripe fruits may be used with a simple salad dressing. A dressing made of oil or cream, diluted lemon juice, salt and sugar is suitable. Omit pepper, mustard and vinegar when making salad dressings for young children.

Place in the Menu

Salads are a versatile food. The meal may be started with a salad, or a salad may accompany the main course of the meal. A salad may be used as a separate course in the meal or also may be used in place of meat or as a meat substitute and in the place of a dessert at the close of the meal. Salads also play an important role in party refreshments.

Light salads of crisp fresh vegetables or fruits should be used with a heavy meal. Heavier salads may be used as the main dish in the meal. Meat salads should take the place of meat in a meal.

SERVING OF SALADS

Salads may be served on individual salad plates, or in a bowl and passed on the table, or may be served by the hostess. When individual servings are used with the main course, the salad plate may be placed at the top of the fork, or at the right of the plate, if a beverage, such as coffee, is not served. At other times it may be more convenient to have the salad placed at the left of the plate.

Preparation of Salads

1. All salad greens must be fresh, cold, crisp and dry.
2. Vegetables and fruits should be cut into uniform pieces (not smaller than one-half inch cubes). There are times when irregular-shaped pieces are more attractive. Example—Garden salad. Raw lettuce and cabbage may be shredded. Raw carrots may be grated, etc.
3. All ingredients in salads must be cold, combined just before serving, except gelatin salads, which are combined several hours before serving to allow time for them to congeal.
4. The flavor of meat salads is sometimes improved by marinating. To marinate, place vegetables or meat in French dressing. Allow to stand about an hour. Before mixing and serving, drain off excess dressing.
5. Avoid salads that are too moist, by drying greens and draining liquid from the vegetables and fruits. Leaves may be drained by patting with a clean dry cloth.
6. Arrange all salads attractively. Toss ingredients together lightly. Avoid having them pasty and soupy.
7. Garnishes should be used with care. They should be used for their color effect and should blend in flavor. Some appropriate garnishes are: parsley, red and green peppers, cherries, bits of jelly, radishes, pickles, hard cooked eggs, mint, cheese and nuts.

SALAD DRESSINGS

The kind of dressing used is determined largely by the place of the salad in the menu and by the taste of the individual. When served with a meat course, use a French, cooked or cream dressing. If the salad is the main dish of the meal a heavier dressing such as mayonnaise may be used.

There are three types of salad dressing: French, cooked and mayonnaise. Each type has many variations.

A variation in salad dressing makes it possible to use the most common and valuable salad greens again and again. Example, lettuce and cabbage.

Salad dressings keep well, so may be made in quantities sufficient for a number of servings. Lemon juice is a good substitute for vinegar. Lemon juice is a source of vitamin "C" and minerals and the flavor of dressings is more delicate when lemon juice is used.

French Dressing

1 t. salt	2 T. vinegar or lemon juice
1 T. sugar	4 T. salad oil
½ t. paprika	

Mix salt, vinegar, sugar, paprika and add vinegar and oil. Beat well or shake in a bottle until ingredients are thoroughly mixed. Bacon fat may replace the oil at times.

French dressing is easily and quickly prepared and more largely used than other dressings.

Variations of French dressing may be used by the addition of small amounts of any of the following foods:

Chopped parsley	Chopped onion
Chopped celery	Chili sauce
Chopped egg	Grated cheese
Chopped green pepper	Ground horse radish
Equal parts of French dressing and sour cream	

Mayonnaise Dressing

1 egg	½ T. sugar
1 t. salt	1 c.—1½ c. salad oil
¼ t. mustard	2 T. lemon juice or vinegar
Few grains cayenne	Paprika

Mix salt, sugar, mustard, paprika and cayenne. Add the egg and mix well. Add one T. of vinegar. Add the oil gradually, beating with an egg beater or silver fork. As the dressing thickens, add the remaining vinegar. Mineral oil may be substituted for salad oil for those who are reducing.

Variations of mayonnaise:

Russian dressing—1 c. mayonnaise and ½ c. thick chili sauce.

Thousand Island Dressing—1 c. mayonnaise, 2 T. chopped olives or pickle, 1 T. chopped pimentos, 1 T. chopped green peppers, 2 mashed hard cooked egg yolks and ½ c. chili sauce.

Cream mayonnaise—1 c. mayonnaise and ½ c. whipped cream.

Cooked Salad Dressing

2 egg yolks slightly beaten	¾ t. salt
1 whole egg	1 t. mustard
¾ c. milk or water	2 T. flour
¼ c. mild vinegar	1½ T. sugar
2 T. fat	Sprinkle cayenne

Mix dry ingredients together. Add to the egg yolks, mixing well. Add the milk gradually, then the vinegar very slowly. Cook over hot water, stirring until the mixture thickens. Add the fat. Strain and cool. Serve plain or fold in an equal volume of whipped cream or plain cream just before using.

Marshall Field Salad Dressing

1 egg	1 c. oil
1 t. salt	4 T. flour
3 T. lemon juice or vinegar	1 c. water

Make white sauce of flour and water. Add hot to the other ingredients. Beat with dover egg beater.

Quick Cream Dressing

½ c. sweet cream
1 T. sugar
½ t. salt
3 T. vinegar
½ t. celery seed

Add sugar, salt and celery seed to cream and slowly add vinegar, beating constantly. This is very good on slaw.

Fruit Salad Dressing

1 egg yolk
1 t. salt
2 t. flour
1 t. melted butter
½ c. syrup from canned pears
or peaches or other fruit
½ c. cream

Mix dry ingredients. Add butter, beaten egg yolk and syrup. Cook in double boiler until thick. Remove from fire. Cook and add cream plain or whipped.

SALAD COMBINATIONS

Vegetable Salads

Cabbage and carrots
Cabbage, carrots and raisins
Cabbage, chopped green pepper and onion
Cabbage, carrots and turnips (equal parts)
Cabbage, carrots and nuts or cocoanut
Cabbage, tomato and cucumber
Tomato, cucumber and lettuce or asparagus
Tomato and cottage cheese
Tomato stuffed with cabbage and nuts
Tomato stuffed with cabbage and carrots
Tomato stuffed with cheese, onion and green pepper
Tomato stuffed with chicken salad
Potato (diced), onion, hard cooked egg and celery seed
Potato, onion, cooked crisp bacon or ham bits and pickle
Potato, onion, parsley, hard cooked egg and mayonnaise
Lettuce (shredded) hard cooked egg—mayonnaise
Lettuce, tomato and cucumber
Lettuce (shredded), green onion, radishes and peas or asparagus
Lettuce and Thousand Island dressing
Lettuce and cheese dressing
String beans and onion, radishes may be added—French dressing
Kidney or lima beans and onion—French dressing
Peas, carrots and cheese
French dressing with 2 T. of sugar

Fruit Salads

Apple, cabbage and nuts
Apple, raisins and cabbage
App'e (thinly sliced) and sliced onion—French dressing

Apple and nuts—mayonnaise

Peaches, pears and nuts—mayonnaise or French dressing

Pears and cheese. Fill halves with cottage or American cheese—mayonnaise and chopped nuts. Peaches may be used.

Peaches, pear, cherries and pecans

Orange, banana, pineapple, marshmallow and nuts—fruit salad dressing

Meat Salads

Chicken, cabbage or celery and nuts

Roast pork or veal, chopped cabbage or celery and pickle

Salmon, cabbage and pickle

Flaked fish, diced cucumber, parsley and peas

RECIPES

German Lettuce

Place fresh crisp lettuce leaves, whole or shedded, in a bowl. Sprinkle with salt, pepper and a little sugar if desired. Then sprinkle with 1 or 2 tablespoons of vinegar. Allow to stand 5 to 10 minutes. Drain off liquid and add thick sweet or sour cream. This is very good.

Spinach Salad

Raw spinach

6 small tomatoes

French dressing

2 large cucumbers

Shred very fine crisp, tender inside leaves of raw spinach and make beds of the shredded spinach on salad plates or in a bowl. Arrange quartered tomatoes and sliced cucumbers on the spinach. Serve with French dressing. Very young tender turnip greens and other greens may be used in place of the spinach.

Garden Salad

Lettuce

Asparagus or string beans

Tomato

Lima beans (shelled, canned
or freshly cooked)

Carrot

Cucumber

Cut tomatoes in quarters or eighths, dice or slice carrots and slice cucumbers. Leave asparagus and beans in 2- to 3-inch lengths. Arrange attractively on lettuce, sprinkle over with French dressing. Garnish with a teaspoonful of mayonnaise and rings of green pepper.

Combination Salad

Combine tomatoes, peas, green pepper, carrots, pickles and cucumbers with shredded lettuce. Add French dressing. Serve at the table from a large bowl.

Beet and Bean Salad

Cook beets until tender, remove skins. Hollow out centers and marinate one hour. Fill centers with string beans. Place green pepper about one-fourth inch wide around beans. Place on lettuce leaf.

Vegetable Salad No. I

Equal parts of chopped cooked cauliflower, potatoes, beets, mixed with chopped onion and apple. Serve with French dressing.

Vegetable Salad No. II

Chop fine 3 boiled beets, 3 potatoes, 1 carrot and 1 head of lettuce. Add salt and pepper and dressing. Garnish with quartered hard cooked eggs.

Golden Glow Salad

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| 1 package lemon Jell-o | 1 c. canned pineapple, diced |
| 1 c. boiling water | and drained |
| 1 c. canned pineapple juice | 1 c. grated raw carrot |
| 1 T. vinegar | $\frac{1}{2}$ c. pecan meats, finely cut |
| $\frac{1}{2}$ t. salt | |

Dissolve Jell-o in boiling water. Add pineapple juice, vinegar, and salt. Chill, and when slightly thickened, add pineapple, carrots, and nuts. Turn into individual molds. Place in freezing compartment of refrigerator. Chill. Unmold on crisp lettuce. Garnish with mayonnaise. This will serve six people.

Fruit Salad

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| 1 can pineapple (drained and diced) | 4 apples (diced) |
| 2 bananas (diced) | $\frac{1}{2}$ box marshmallows (quartered) |
| 4 oranges (diced) | |

Mix the ingredients and combine with fruit salad dressing. Other combinations canned or fresh fruits may be used.

Ham Salad

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| 2 c. chopped cooked ham | 3 hard cooked eggs |
| 1 c. shredded cabbage | 3 small pickles |
| 1 c. diced celery or peas | Salad dressing |

Chop ham, add shredded cabbage, diced celery, chopped eggs and pickles. Combine with salad dressing and serve on lettuce leaves.

Chicken Salad

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| 1 c. diced chicken | $\frac{1}{4}$ c. chopped nuts |
| $\frac{1}{2}$ c. chopped celery or cabbage | |

Marinate the chicken in French dressing for 1 or 2 hours. Combine with other ingredients and mix with mayonnaise. Serve. Diced apple makes a good addition if desired.