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Good Salads

Agricultural Extension Service

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Good Salads . . .

Watch your meals take on new sparkle. Salads will do the trick. Given the chance, their colorful, crispy goodness will pep up every lunch and dinner for you.

They make good meals come easier, too. You can use raw foods, simple foods and even leftovers to make them. In salads even leftovers become food to be eaten instead of “scraps” to be snubbed.

What’s more, you can watch your family grow stronger, more healthy and beautiful. Minerals and vitamins come made to order in the fruits and vegetables that salads add to meals. If they’re raw, so much the better. Cooking sometimes destroys vitamins; washes out minerals. Besides, most of us like crisp, chewy foods.

Salads satisfy that “hidden hunger” that many folks may have. That’s the sort of hunger we don’t feel but that just keeps us from really good health. When that kind of hunger is satisfied, healthy bodies that resist disease just naturally grow.

As for beauty, salads provide plenty of bulk to aid good digestion and elimination. This regularity, added to good general nutrition, helps your family to smooth, clear skin, glistening hair and sparkling eyes.

SALAD RULES

You’ll have fun making salads. Follow these simple rules. Then let the artist in you go to work. Most good salad making is three-fourths imagination—once you have the rules in mind.

Keep the salad simple.
Fit it to the rest of your meal.
Use foods not used in any other way.
Use colors and flavors that go together.
Make the salads fill in foods that are needed in the meal.
Keep foods for cold salads cold; those for hot salads hot.
Select a dressing that suits each salad.
Make it attractive.
Cut foods into pieces large enough that you can tell what they are; small enough to handle with ease.
Keep fruits fresh and bright in color.
Drain cooked foods well.
Fix salads at the last possible moment.
Toss lightly, do not over-mix.
Serve sometimes with fresh, cold well-drained greens, shredded or whole; other times without.
Make dished up salads look natural. Do not smooth the top. Garnish with care.
Marinate mild flavored vegetables, fish and cold meats for extra flavor. (See next page.)
Choose the serving dish that best “sets off” each salad.

A PLACE FOR EVERY SALAD

Luscious looking salads are fun to create and a delight to eat. But they must have a reason for being. They are a basic part of your daily food plan.

The Main Dish:
Main dish salads use a protein or energy food with colorful, crisp fruits or vegetables. They occupy the chief place in your menu.

The Dinner Salad:
Dinner salads are usually fairly light. They use fruits, vegetables, sometimes in gelatin or in combination with other foods to contrast pleasantly with the rest of the meal in color, flavor and texture. They may even be appetizers—to prepare the appetite for more substantial foods.

The Dessert Salad:
Dessert salads are often sweet. Usually they are made of fruits, ices, combinations of the two, or gelatin and fruit mixtures. They finish the meal with a color, flavor and texture treat.

The Refreshment Salad:
These salads are light, dainty combinations of fruits, vegetables or sea foods, gelatin combinations or ices. They refresh without spoiling the appetite for the next meal.

This circular is a reprint of a publication of the same title prepared by Iowa State College extension nutritionists.
Salad Combinations—there are many. Here are some suggestions:

Choose the shapes and sizes you want. Vegetables, fruits, meats, eggs and cheese may be diced, cubed, quartered, sliced, slivered—anything you like. Toss them in a salad bowl or serve them as a finger salad. Make a relish plate. It's easy to do.

Mix some with dressing. Serve others plain, each food in a mound by itself on the salad greens. Use some for garnishes. Even stuff some with a mixture of the rest, as whole tomatoes stuffed with meat salad mixtures or cottage cheese or mixed vegetables. Mold some in gelatin and garnish well. You may even use the juices of cooked or canned foods to make the gelatin mixture or the dressing. Serve them with some sort of salad green, if a salad green will add to the appearance and the flavor of the salad. Greens are not always necessary.

You are the artist where salads are concerned. Vary the way you make and serve them to suit your artistic eye.

MEAT, POULTRY, FISH

These are filling foods. They usually make main dish salads. It's a good way to use up leftovers.

Liver, minced onion, tomato, lettuce and pickles.

Roast beef, radishes, onions, potatoes, lettuce or cabbage, horseradish dressing.

Cold cuts of meat or flaked fish, raw spinach, onions, cooked potatoes, stuffed olives or pickles and maybe some cheese.

Chicken livers or other liver, hard-cooked eggs, cooked peas, pickled beets.

Chicken or ham, unpeeled apples and celery.

Chicken, ham, veal or flaked fish, hard-cooked eggs, olives, pickles and tomatoes.

Whole sardines, American cheese, lettuce, radishes, hard-cooked eggs, cucumber, sweet pepper and onions.

Lamb, cucumbers, cooked peas, lettuce.

To Marinate:

To improve the flavor of meat, poultry or fish, marinate it before you put it with other salad foods. Your marinade may be just 6 tablespoons French dressing mixed with 3 tablespoons vinegar, lemon juice or liquid from sweet pickles. You may make one from the start like this:

| 3 tablespoons salad oil | ½ teaspoon pepper |
| 6 tablespoons lemon juice or vinegar | ¼ teaspoon onion juice or vinegar |
| 1 teaspoon salt | 1 teaspoon celery seed |

Mix in the order given. Pour over chopped meat. Toss lightly. Put in a cold place and let stand until you are ready to mix the salad. If you are marinating fish, you may want to use only 3 tablespoons of lemon juice in this recipe.

CHEESE, EGGS, BEANS

Count on these foods for main dishes or for dinner salads. They'll give you lots of good protein for your money.

Hard-cooked eggs, Swiss chard, spinach or dandelion greens and bacon.

Red beans, onions, pickles, cabbage.

Cottage cheese, sweet pepper, carrots, nuts and lettuce.

Hard-cooked eggs, pickle, onion, lettuce.

Cottage cheese, peaches, pears or other fruits and lettuce.

Lima beans, carrots, celery and onions.

VEGETABLES

Use them often. Just be sure to use those not already in your menu. Of course, colors and flavors must blend with the rest of the meal.
Keep your salad rules always in mind when you make them. Try these foods together. Sometimes you may want to rub your wooden salad bowl with a cut clove of garlic for extra flavor before you toss the salad.

- Sliced tomatoes, carrots, celery, apples.
- Cabbage with celery, kohlrabi or turnips, onions, green peppers.
- Marinated cucumbers and onions.
- Spinach with bacon dressing.
- French green beans, onions, bacon.
- Cooked cauliflower, radishes, carrots, peas, olives, lettuce, onions.
- Carrots and raisins.
- Celery, raisins, marshmallows.
- Sweet onions and oranges.
- Cabbage or carrots, peanuts, and perhaps onions and toasted bread crumbs.
- Cooked peas, pickles, American cheese.
- Red cabbage, peanuts, onions.
- Cabbage, unpeeled apples, or pineapple.

FRUITS

Fruit salads are always popular with the family. Make them interesting by varying the size of pieces. Leave some whole or in halves or slices. Here are some good combinations:

- Apples, dates or raisins with peanut butter dressing.
- Apples, carrots or celery, raisins or nuts, Tokay grapes.
- Figs or prunes stuffed with cottage, cream or American cheese and nuts on pineapple rings, peach or apricot halves.
- White grapes, oranges, nuts, marshmallows.
- Spiced or cinnamon apples filled with cottage cheese, nuts.
- Apples, oranges, dates, cheese.
- Cranberries, oranges, nuts in gelatin.
- Grapefruit and tomato wedges.
- Sliced pineapple, banana and peanuts.
- Bananas, oranges, strawberries and pineapple.
- Canned pears, peaches, white grapes, melon balls with lemon juice.
- Spiced or cinnamon apples filled with cottage cheese, nuts.
- Apples, celery, oranges.
- Bing cherries, pineapple, cheese balls, nuts.
- Bananas and Bing cherries.
- Melon balls (assorted) and mint leaves.
- Orange sections, nuts or coconut and fruit French dressing.

To make the most of fruits you will first wish to keep them bright. Prepare them just before using when possible. Use a stainless steel knife. Sprinkle with a tart fruit juice or dip each piece into an ascorbic acid solution using 1/2 teaspoon ascorbic acid to 1 pint of water. Drop the fruit into the liquid, allow to stand for a few minutes. Drain and proceed with salad making.

MOLDED SALADS

You can put many of your fruits, vegetables, meat, fish, poultry and even egg salad mixtures in plain gelatin or aspic and have an entirely new salad. Gelatin salads give you a chance
to prepare the salad ahead of time, too. Foods
don't lose their crisp freshness in gelatin as
they do when they are exposed to drying refri-
gerator air.
Prepare the gelatin and let it partially set.
Then add the desired salad mixture. The foods
will be mixed evenly through the gelatin that
way—not sink to the bottom.
To mold large pieces of fruit in a definite
pattern, arrange each layer of fruit in a gelatin
that has been chilled to the consistency of un-
beaten egg white and allow to set before adding
the next layer.
To unmold salads neatly, prepare the mold by
rubbing a bit of salad oil in the mold, before
the gelatin mixture is poured in. To unmold
run a knife around the upper edge and quickly
immerse mold just to the top in lukewarm
water. Shake mold to loosen gelatin onto the
serving dish. If mold is large, place serving
dish over mold, invert and lift mold off care-
fully. Surround large mold with greens after
it is on the serving plate. Individual molds
may be unmolded directly on greens.

SPECIAL SALADS

Frozen Fruit Salad:

1 large can fruit salad or
2 1/2 cups mixed canned
fruits (pineapple, peaches,
pears, white grapes)
1/4 cup maraschino cherries
1 banana
6 tablespoons cream cheese
(3-ounce package)
1 cup heavy cream
5 tablespoons cooked salad
dressing or mayonnaise

1. Chill and drain fruit thoroughly.
2. Whip cream and add cream cheese and
salad dressing.
3. Fold fruit into cream mixture.
4. Pour into rectangular trays and freeze.

Variations:
1. Add marshmallows, nut meats or crystal-
lized ginger.
2. Fruit juices may be added if thickened with
1 tablespoon of gelatin for each cup of juice.

Chef’s Salad:

1 clove garlic
1/2 head iceberg lettuce
1/2 head romaine or endive
1/2 bunch water cress
1 bunch radishes, sliced
1 small cucumber, sliced
1/2 lb. Swiss cheese, cut in
slices
1/2 lb. ham or luncheon
meat, cut in slivers
French dressing

1. Rub salad bowl with clove of garlic.
2. Wash and dry salad greens and break into
bite-sized pieces. Scrub radishes and cu-
cumber; cut into thin slices. Cut cheese and
ham into thin slivers.
3. Pile greens into salad bowl and arrange
radishes and cucumbers on top of greens.
Place ham or luncheon meat and Swiss
cheese in center of bowl.
4. Sprinkle French dressing over all and toss
lightly with wooden spoon.
Serve immediately.

Chicken (Meat or Fish) Salad:

3 cups cooked chicken
(meat or fish) cubed
1/2 cup marinade (see
page 3)
2 to 6 hard-boiled eggs
(sliced)
1/4 cup whipped cream
Salt to taste
1/2 cup sweet pickles
(chopped)
1 cup cooked salad dress-
ing or mayonnaise

1. Marinate chicken, meat or fish at least 30
minutes.
2. Combine salad dressing and whipped cream.
3. Toss all ingredients together lightly.
4. Serve on salad greens.
5. Garnish with parsley, pimento, green pepper
rings or tomato wedges.

Variations:
1. Cut large tomatoes into 8 petal-like sections
almost to the stem end. Separate petals. Fill center with generous amounts of the
chicken salad.

Tomato Aspic:

1 package lemon gelatin
dessert
1 cup celery cut fine
6 stuffed olives, sliced
2 cups tomato juice
1/4 to 1/2 cup English walnut
meats
2 tablespoons vinegar
1/4 teaspoon salt
1 tablespoon horseradish

1. Heat 1 cup tomato juice and pour over gela-
tin dessert.
2. Stir until dissolved.
3. Add remaining tomato juice, vinegar, horse-
ardish and salt.
4. Chill until thick and beginning to set.
5. Put small amount of jellied mixture into
one large or individual molds.
6. Arrange sliced olives to form a garnish.
7. Fold celery, remaining olives and nut meats
into jellied mixture.
8. Fill mold carefully so as not to disturb sliced
olive garnish.
10. Unmold on a platter and surround with greens.

11. Serve with salad dressing made by whipping together equal parts of cream cheese and mayonnaise-type salad dressing.

**Variations:**
1. For a heartier main dish salad, add flaked tuna fish, crab or shrimp to jellied mixture.
2. Make ring mold salad of tomato aspic and fill center with tuna fish, crab or shrimp salad. Garnish with deviled eggs.

**Hot Potato Salad:**

- 6 medium potatoes, cooked and sliced
- 2 stalks celery, diced
- 1 head lettuce, torn
- 6 radishes, sliced
- 2 cups cooked peas
- 2 small onions, sliced
- 6 slices bacon fried and broken in bits

1. Scrub potatoes and boil in salted water until just tender.
2. Fry bacon until crisp. Drain on paper towel.
3. Retain ¼ cup bacon drippings in skillet, add flour and blend.
4. Add water and stir until smooth.
5. Add vinegar, salt, pepper and sugar.
6. Cook over low heat stirring until thickened.
7. While still over low heat add layer of sliced potatoes, then one layer each of celery, lettuce, peas and onions, repeating until all are used.
8. Toss salad, being careful not to break potato slices.
9. Garnish with radish slices and crisp bacon bits over the top.

**Cottage Cheese Balls:**

- ¾ cup cream or cottage cheese sieved or mashed
- 2 teaspoons celery seed or salt
- 2 tablespoons each, chopped parsley, carrots, nuts

1. Season the cheese with salt, onion juice and celery seed (or celery).
2. Roll into 12 small balls, three for each individual salad.
3. Roll four balls in finely chopped parsley, four in grated carrots and four in chopped nuts.
4. Serve one ball of each 3 kinds on a bed of greens.

Serves 4.

**Variations:**
1. Add 2 tablespoons chopped olives to the cheese mixture.

**SALAD DRESSINGS**

Win for yourself a reputation as the best salad maker in your community. The secret may be in the dressings you choose. Fit each dressing to your salad combination. One dressing may fit many salads. But no one dressing will fit them all.

You will like either a plain dressing or a combination dressing for a plain salad. However, choose only a plain dressing for a combined salad. A sweet dressing may go well with some vegetables (carrots), and not at all with others (potatoes). The secret is to use only the ingredients which you would eat on each food.

Make or buy a supply of each basic dressing. Then vary each by adding a variety of seasonings and other ingredients. All keep well when put into a covered jar and stored in a cool place.

**French Dressing:**

- 1 cup salad oil
- ½ cup vinegar or lemon juice
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon sugar
- 1 teaspoon dry mustard
- Few grains cayenne

1. Put ingredients into a fruit jar or glass bottle.
2. Adjust cover so it will not leak.
4. It will separate on standing, so shake it each time before it is needed.

**Variations:**
1. Add a small onion, sliced, or clove of garlic to vinegar. Let stand 30 minutes to an hour before making dressing.

**Variations of French Dressing:**

**Egg Dressing:**

- 1 cup French dressing
- 1 hard-cooked egg

**Catsup Dressing:**

- 1 cup French dressing
- ⅓ cup tomato catsup
- ½ teaspoon onion juice or chopped onion

**Tarragon French Dressing:**

- 1 cup French dressing made with tarragon vinegar
- 2 hard-cooked eggs, finely chopped

**Chiffonade Dressing:**

- 1 cup French dressing
- 2 tablespoons chopped dill or sour pickles
- 1 tablespoon chopped onion
- ¼ teaspoon black pepper
- 2 tablespoons vinegar

**Use with:**

- Lettuce
- Lettuce and raw spinach
- Head lettuce
- Lettuce and cucumber
- Fresh fruit salad
- Mixed vegetable salad
- Endive
- Tomatoes
- Raw spinach, cabbage and radish salad
- Cabbage, carrot and pea salad
- Red cabbage, raw spinach
ROQUEFORT DRESSING:
1 cup French dressing
½ cup crumbled Roquefort cheese

Fruit French Dressing:
1 cup sugar
1 teaspoon dry mustard
2 teaspoons paprika
¼ teaspoon salt
1. Put first 4 dry ingredients in bowl and mix thoroughly.
2. Add vinegar and onion and stir until sugar is dissolved.
3. Pour oil into mixture very slowly, beating constantly with rotary or electric beater.
4. Stir in celery seed.
Makes 2 cups dressing.

Variations:
1. Honey fruit dressing: substitute ⅓ cup strained honey for ⅓ cup of the sugar.
2. Substitute lemon juice for part or all of the vinegar.
3. Vary the amount of paprika from 1 teaspoon to 1 tablespoon for a lighter or darker dressing.

Variations of Mayonnaise Dressing:
RUSSIAN DRESSING:
1 cup mayonnaise
½ cup chili sauce
¼ cup whipped cream
¼ cup chopped green peppers
THOUSAND ISLAND DRESSING:
1 cup mayonnaise
¼ cup chili sauce
2 tablespoons tomato catsup
2 teaspoons chopped green peppers
¼ cup chopped pimentos
2 teaspoons chopped onion
1 teaspoon paprika
CUCUMBER MAYONNAISE:
1 cup mayonnaise
½ cup fresh cucumbers, chopped
TARTAR DRESSING:
1 cup mayonnaise
1 tablespoon finely chopped pickles
2 tablespoons finely chopped onion
1 tablespoon chopped parsley

COOKED SALAD DRESSING:
3 tablespoons sugar
1 teaspoon salt
1 egg or 2 egg yolks beaten
¾ cup water
1 teaspoon dry mustard
2 tablespoons flour
½ cup vinegar
1 tablespoon butter
¼ teaspoon paprika
1. Stir together in a saucepan the sugar, salt, dry mustard, flour, paprika, egg.
2. Add water and vinegar, stirring continuously.
3. Cook until thick, stirring constantly.
4. Remove from heat, add fat and stir.
5. Pour into container, cover and cool. Store in refrigerator.
Makes 1⅛ cups.

Variations of Cooked Salad Dressing:
PEANUT BUTTER DRESSING:
1 cup cooked dressing or mayonnaise
3 tablespoons peanut butter
WHIPPED CREAM DRESSING:
1¼ cups cooked dressing
¾ cup cream, whipped stiff
1 tablespoon lemon juice
1 tablespoon sugar
COLE SLAW DRESSING:
1¼ cups cooked dressing
2 tablespoons prepared yellow mustard
LOW-CALORIE SALAD DRESSINGS
Low-Calorie Fruit Salad Dressing (10 Calories per Tablespoon):
1 minced clove garlic
¼ cup vinegar
½ cup orange juice
¼ teaspoon dry mustard
½ teaspoon paprika
1. Let garlic stand in vinegar 1 hour. Strain.
2. Add rest of ingredients; shake or beat well and chill.
3. Shake before using.
Makes about ¾ cup.

Low-Calorie Tomato Juice Dressing (25 Calories per Tablespoon):
½ cup tomato juice
1 teaspoon sugar
1½ teaspoons bottled meat sauce
1 teaspoon grated onion
2 tablespoons fresh, frozen or canned lemon juice
1. Combine all ingredients.
2. Beat with hand beater or electric mixer until well blended.
Makes about 1 cup.

Salad Tricks

To separate head lettuce leaves—cut out core with a sharp knife. Run cold water into opening.

Wash salad greens—add 4 tablespoons salt to each gallon of water to rid them of bugs. Blot dry in soft cloth or paper towels.

Form lettuce cups—split leaf lettuce halfway through stem end. Lap one side over the other to form cups.

Chopped parsley—pull parsley bunch through hand to form close bunch. Snip with kitchen scissors.

Celery curls—cut celery sticks about 4 inches long. Slice thinly to within 1 inch of end. Place in ice water to curl.

Fluted celery—cut successive diagonal cuts down sides of celery stalks. Place in ice water to open.

Radish roses—cut down side close to skin in several places. Place in ice water to open.

Celery pinwheels—separate celery stalks. Fill with cheese. Put together, tie, chill, slice.

To remove fruit sections—pare grapefruit or orange just under membrane. Cut down one side of section inside of membrane to center. Turn knife and lift section, scraping it from membrane.

Fluted cucumber slices—draw fork lengthwise from end to end. Make thin slices.

Carrot curls—slice carrots lengthwise into very thin strips. Arrange into desired shapes. Secure with toothpicks or rubber bands. Place in ice water to crisp.

Onion juice without weeping—sprinkle cut onion with salt. Scrape across cut surface with knife or rub over fine, rough side of a grater. Strain with cheesecloth.

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