Salads
Salads are always a favorite and have a special place in the meal. They may be made from meats, poultry, sea foods, cheese, eggs, vegetables, and fruits.

The biggest job in the preparation of salads is the selection and care of your materials. Every ingredient should be properly prepared if a satisfactory finished product is to be had. Salad ingredients are principally cold, and such ingredients should be cold. I don't mean frozen, however, but crispy cold. For example, if you are making a jellied salad, the vegetables or fruits should not be added to the jello or gelatin mixture while that mixture is still hot—wait for it to cool; then, add the cold fruits or vegetables.

When using canned fruit in a jellied salad it is better to use the juice of the fruit instead of water for the liquid. This substitution will intensify the flavor even more if one-half of the liquid required is heated to dissolve the gelatin and the other half left cold and pep up with fresh lemon juice.

Hot jello or gelatine should not be placed in the refrigerator; if it is it will create an unpleasant flavor that may be carried over to other foods.

Since many salads use lettuce or a similar green, leafy vegetable for a base some thought should be given to how this can best create a crisp, tempting foundation for the salad as a whole. When you buy fresh vegetables on the market remember that they have probably come from warehouses and refrigerator cars. If they are to be used in salad a few hours after you bring them home, they should be cared for immediately—especially those of the lettuce family. The core should be freshly cut, all wilted leaves removed, and the lettuce place in a pan of cold water for not less than one hour nor more than three. The head should stay in the water until you feel that the life has returned, and the wilting has left the leaves. This holds for all leafy vegetables and for carrots.

Although we give some salad recipes and suggestions, it is up to the individual and personal touch of the cook.

FRUIT SALADS

No fruit salad should ever be attempted without lime or lemon juice, and refrigeration enough to keep all ingredients sufficiently cold. Many fruit combinations can be carried according to the available fruits. In fact, all fruits, melons and salad greens, if properly handled and treated, can be converted into attractive salads.

Citrus fruits, if they are not handled correctly, will impart a very unpleasant flavor. For this reason, segments should be taken out without cutting and leaving in part of the connective tissue. If the fruit is to be prepared any length of time before the salad is made, you must be sure that the connective tissue does not remain with the sections.

It is necessary to use care in preparing certain fruits such as apples and bananas or they will turn black. Apples should be marinated in lemon juice or salt water; for the latter use one teaspoon salt to one quart water. Bananas should not be peeled until the last minute. If it is necessary to prepare them any length of time beforehand, the bananas should be immersed in fruit acid.

HAWAIIAN SUPREME SALAD

(Serves 2)

2 rings fresh pineapple with rind
1 pink grapefruit
1 orange
1 Winesap apple
4 Bing cherries
4 sprigs mint
2 endive leaves

Cut two 1-inch thick rings from fresh pineapple and remove fruit from rind, leaving rind unbroken. Place rind on endive on salad plate. Fill rings with pink grapefruit, orange, and apple wedges. Garnish with Bing cherries and mint. Serve with Dairyland Cream Dressing. Individual, distinctive taste with respect to each specific ingredient is also essential.

Here again freshness is imperative.
AVOCADO AND HONEYDEW MELON SALAD
(Serves 4)
1 avocado, cut into rings
2 cups honeydew melon balls
1 1/2 tablespoons lemon juice
1 teaspoon sugar
  Fresh mint for garnish
  Lettuce leaves for base

Cut each avocado ring in half. Dredge melon balls and avocado in lemon juice and sugar. Arrange avocado rings on lettuce or salad greens. Fill with melon balls. Serve with mayonnaise and whipped cream dressing. Garnish with mint leaves.

SPRING FRUIT SALAD
(Serves 2)
1/8 cup pineapple
1/8 cup fresh pear
4 whole pecan meats
1/4 cup pitted dates
10 large grapefruit sections
1 maraschino cherry
4 sprigs watercress
1/8 cup dressing made from equal parts mayonnaise and whipped cream
1 or more lettuce leaves for salad base

Dice pineapple, pear, and dates, and place on lettuce, alternating with grapefruit in neat arrangement. Top with nut meats, sliced cherry, and watercress. Serve with dressing.

PINEAPPLE SALAD ON THE HALF SHELL
1 whole fresh pineapple
1 pink grapefruit
1 orange
1 Delicious apple
2 tablespoons lemon juice

Cut the pineapple lengthwise, through top and all. Scoop the fruit out and dice; marinate with lemon juice and sugar to taste; cut wedges from red Delicious apple. Arrange beautifully around pineapple which has been centered on a large plate, butt ends out and tassle tops together. Top with Dairyland Cream Dressing. Garnish with sprigs of mint and the Bing or Maraschino cherries.

Do not attempt to make Jello or jellied salads with fresh pineapple or fresh pineapple juice. It simply will not jell.

LETTUCE AND SPINACH SALAD
(Serves 6)
1 quart shredded lettuce
1 quart shredded spinach
1 tablespoon chopped olives
1 tablespoon chopped parsley

Mix above ingredients together lightly. Place on lettuce leaf. Serve with Roquefort Cheese Dressing.

HAM, RAISIN, APPLE SALAD
(Serves 6)
1/2 cups cooked diced ham
1 1/2 cups diced apples
2 1/2 cups shredded lettuce
1/4 cup chopped celery
1/2 cup raisins
1/4 cup nut meats

Combine all ingredients, adding enough dressing to coat ingredients. Toss together in salad bowl.

DRESSING:
To mayonnaise (1/2 to 2/3 cup) add 1 tablespoon prepared mustard. Mix well together.

WISCONSIN SUNSET SALAD
(Serves 12)
1 package strawberry gelatin
1 package orange gelatin
2 cups hot water
1 cup cold water
1/2 cup pineapple juice
2 tablespoons lemon juice
1 cup whipping cream
1 tablespoon sugar
1 cup cream cheese
1 cup drained pineapple
1/2 cup finely grated carrots
fresh fruits for garnish

Dissolve the strawberry and orange gelatines together in the hot water. Add cold water, pineapple juice and lemon juice. Pour about a quarter of this mixture into the bottom of a salad mold and chill. Pour the remainder into a bowl, and cool until it becomes jelly-like, then beat until it's light and fluffy. The cream cheese must be worked and creamed until it has the consistency of whipped cream. Blend it into the whipped gelatin. Fold in carrots and pineapple. Whip cream, blending in the sugar, then fold into the gelatin mixture. Pour into the salad mold, over the firm gelatin, chill several hours, unmold and serve garnished with salad greens and fresh fruits.
UNDER SEA SALAD
(Serves 12)
2 3 oz. pkgs. lime gelatin
2 cups hot water
2 cups pear juice
2 tablespoons vinegar
12 oz. cream cheese
½ teaspoon salt
4 cups diced canned pears
¼ teaspoon ginger
1 tablespoon sugar
Dissolve jello in 2 cups hot water. Add cold fruit juice. Pour 1/3 of liquid into mold. Cool. Let remaining liquid cool until it starts to jell. Whip jello and cream cheese separately, adding enough coffee cream to cheese to make it as nearly as possible the consistency of the whipped jello. Fold the two together; add salt, ginger, sugar and vinegar to pears. Fold into gelatin and cheese mixture and pour on top of jello already in the mold.

MACARONI SALAD
(Serves 4)
2 cups cooked macaroni
1 cup diced celery
¼ cup diced cucumber
¼ cup chopped sweet pickles
¼ cup chopped pimiento
1 cup cooked, diced meat (optional)
Mix with the following dressing and serve:
½ cup mayonnaise
1 tablespoon lemon juice
2 tablespoons coffee cream
1½ teaspoons salt
1½ teaspoons white pepper
1 teaspoon salad mustard
¼ teaspoon monosodium glutamate

CHIFFON WALDORF SALAD
(Serves 6)
1 package lime gelatin
1 cup hot water
½ cup cold water
1 tablespoon lemon juice
1 tablespoon lime juice
2 teaspoons sugar
1½ cups diced apples
4 ounces cream cheese
3 tablespoons salad dressing
½ cup diced celery
½ cup chopped nut meats
Dissolve gelatin in hot water, add cold water and place bowl in a vessel of ice water to jell quickly. Add lemon juice, lime juice and sugar to diced apples. Cream cheese until it's light and fluffy, then blend the mayonnaise into it. When the gelatin achieves an egg white con-
sistency, beat it until it's fluffy, add the cream cheese-mayonnaise mixture and blend well, fold in celery and apples, put mixture into a mold, sprinkle nut meats over the top and chill about 4 hours.

CINNAMON APPLE SALAD
(Serves 6)
6 apples
1 cup water
1 cup cinnamon drops
2 cups sugar
½ cup chopped nut meats
3 oz. cream cheese
2 tablespoons mayonnaise
Pare and core apples. Heat water, cinnamon drops and sugar in a large saucepan until sugar and cinnamon drops are melted. Add apples, and cook slowly, turning them frequently in the syrup. When apples are tender, lift from syrup carefully, chill and place on lettuce. Fill center with cream cheese, nut and mayonnaise mixture.

JELLIED CRANBERRY SALAD
(Serves 6)
1 package lemon gelatin
1 cup hot water
2 cups cranberries
½ cup sugar
4 ounces cream cheese
1 tablespoon lemon juice
1 tablespoon mayonnaise
Dissolve gelatin in the cup of hot water. Cook the cranberries in a cup of water until their skins burst. Then add sugar and continue cooking until it is dissolved. Pour through a fine sieve or strainer. (At this point, take one fourth cup of the dissolved gelatin and one fourth cup of the cranberries, mix well and put in bottom of salad mold to "set".) Blend together the cream cheese, lemon juice and mayonnaise. When the remaining three fourths of the gelatin has begun to jell, whip it, then add the cream cheese and the cranberries, blending thoroughly. Pour into salad mold and chill.

CRANBERRY AND PEACH SALAD
(Serves 4)
4 peach halves
1 cup cranberry sauce, drained
4 lettuce cups or leaves
½ lime
½ cup Dairyland Cream Dressing
Place peach half in lettuce cup on salad plate. Fill peach half with salad dressing, top with drained cranberry sauce.
FRUIT SUPREME SALAD
(Serves 6)
1 pkg. lime gelatin
1 cup pineapple cubes
1 cup cut marshmallow, quartered
1 cup Royal Ann Cherries, pitted
1 3 oz. pkg. cream cheese
1/2 pt. whipping cream
1 cup pecan nuts, chopped or whole
Dissolve gelatin in 1 cup hot water. Add 1 cup cold liquid, pineapple juice and enough cold water to make 1 cup. Set aside to jell to egg white consistency. Whip in your electric mixer until fluffy. Have your cream cheese creamed and your whipping cream whipped. Blend gelatin and cream cheese first. Then fold in the fruits, marshmallow and nuts. Fold in whipped cream, folding very lightly. Pour in mold or bowl and chill for several hours.

CHRISTMAS SALAD
(Serves 6)
2 cups diced pineapple
2 cups Royal Ann cherries
1/2 cup pecan meats
1/2 cup almonds
1/2 cup glazed cherries
1/4 cup glazed cherries (green)
1/2 pound marshmallows
1 tbsp. crystallized ginger—cut fine
Fold into the following dressing and mold in salad dish for serving. Save 1/2 of the nuts, cherries and ginger to sprinkle over top.
1 teaspoon dry mustard
1 tsp. salt
2 tbsp. powdered sugar
2 tbsp. granulated sugar
5 tsp. flour
2 tbsp. butter
4 egg yolks or 2 whole eggs
1 cup vinegar—or 3/4 vinegar-1/4 water
1 cup heavy cream
1 cup cream cheese
2 tbsp. orange juice
Mix together salt, mustard, sugar and flour. Melt butter in a saucepan; add flour mixture and cook to a smooth paste. Whip eggs until lemon-colored and fluffy; add vinegar to eggs and add to flour mixture. Cook in double boiler until thick, remove from flame and cool. Whip cream until stiff, add 1 tbsp. powdered sugar (this is in addition to the 2 tbsp. called for above). Mash cream cheese until it is consistency of whipped cream. To the cooked mixture, add orange juice and blend well; then carefully fold together the cream cheese and boiled mixture; if it seems stiff, add more orange juice until it is consistency of whipped cream. Then fold it gently into the whipped cream and blend well. Add the above fruit to the dressing, pour and mold and refrigerate for 24 hours.

Cooking Poultry and Meats for Salads

The chicken, turkey, or meat should be well cleaned. Any impurity left either on the skin or in the cavity of a bird could and might spread throughout the whole carcass by cooking, and contaminate the fowl. Should this occur it will most likely result in a reaction that will reduce the palatability of the meat and impair the natural flavor of the salad.

Equally important as cleaning the birds is making sure that the utensils in which they are cooked are clean. Unless this is done the meats will absorb foreign flavor and taste of them.

The chicken, turkey, or meat should be cooked the day it is to be used. If this is done the natural flavors will be better. Meats prepared in advance for making salads should be cooled in their juices and in small quantities. If natural juices are left to cool in large quantities or in deep containers fermentation might set in resulting in spoilage before the whole amount could be thoroughly cooled.

Simmering is the best method of cooking meats and poultry for salads.

By all means do not allow meats to dry out before using in salads. Dry meat is not palatable and it requires too much salad dressing for a successful salad.
PORK AND VEAL SALAD
(Serves 4)
3 cups meat, cut into julienne strips
1 cup celery, sliced thin
½ cup carrots, cut into julienne strips
½ cup mayonnaise and 2 tablespoons coffee cream, blended
½ tablespoon lemon juice, for flavor
1 teaspoon salt
Toss together until well-marinated, and serve on crisp lettuce leaf. Any meat, or poultry, either alone or in combinations may be made into a salad by the above method and according to prescribed amounts.

CHICKEN SALAD
(Serves 4)
3 cups chicken, light and dark meat
¼ cup celery, sliced thin or cut fine
½ cup mayonnaise
3 tablespoons coffee cream
2 tablespoons lemon juice, for flavor
1 teaspoon salt
Garnish—1 tablespoon chopped parsley and 2 tablespoons thinly shredded carrots

Blend mayonnaise and coffee cream together. Toss all ingredients together until well marinated or blended. Garnish with chopped parsley and about two tablespoons of thinly shredded carrots.

If the salad is to be served on lettuce, the meat should be cut into julienne strips.

TURKEY SALAD
(Serves 4)
3 cups turkey meat, light and dark
1 cup celery, sliced thin
½ cup mayonnaise and 2 tablespoons coffee cream, blended
1½ tablespoons lemon juice
1 tablespoon minced onion
½ teaspoon salt
2 tablespoons chopped parsley
Slice turkey very thin and cut in julienne strips. Dilute dressing with lemon juice. Toss all ingredients together until well marinated or blended. Serve in lettuce cups garnished with strips of pimiento or tomatoes and ripe olives.

The flesh of almost any kind of fish is good for salads. Salmon, tuna, shrimp, crabmeat and lobster are the most popular.

Cooking Sea Foods for Salads

All shell fish such as shrimp, lobster, and crab should not be cooked very long at high temperatures or the flesh will become very tough and dry.

Fresh shrimp should be put on in cold water and cooked until it boils. Remove from the fire as soon as boiling point is reached and allow to cool in its own juice. If this process is followed, the flesh will be tender and flaky. If large quantities are cooked at one time, dish into shallow pans or set kettle in cracked ice to hasten the cooling process.

Fish should be added to boiling salt water and the heat reduced so as to more or less poach until done. It is not necessary or advisable to cool fish in its juices because—since its flesh is tender and flaky—it will become water soaked.

The muscle of shell fish is much tougher than fish, therefore, requires lower temperature in cooking.

CRAB MEAT SALAD
(Serves 4)
2 cups crabmeat (canned or fresh and free of long tissue)
1½ cups thinly sliced celery hearts
½ cup julienne cut Winesap apple (optional)
½ cup mayonnaise
1½ tablespoons lemon juice
1 cup shredded lettuce hearts
2 hard cooked eggs, sliced
Toss all together—lettuce hearts last. Serve on lettuce leaf garnished with egg slices, pimiento and lemon rings. "Capers" may be added to the garnish.

Lobster salad may be made in the same proportions.
FRESH SALMON SALAD
WITH AVOCADO
(Serves 4)
1 1/2 pounds boneless slab of fresh salmon
1 avocado
6 or 8 lettuce leaves for salad base
1 cup onion rings
2 sprigs parsley
1 bay leaf
6 whole white peppers
6 whole allspice
1 cup celery, sliced
1 cup carrot slices
Cook vegetables and spice in:
2 cups tarragon vinegar
1 teaspoon salt
1 teaspoon sugar
1 cup water
Cook the vegetables with spices in the vinegar mixture until tender. Strain—discarding vegetables but saving liquid. Cook fish until flaky using that liquid.

Cool in juice. Flake the fish and marinate with thin French dressing. Dredge sliced avocado in lemon juice. Serve on lettuce leaves with Figaro Sauce.

Any fresh, flaky fish such as pickerel, pike, trout, or muskelunge, may be cooked by this same method and recipe. If served hot, use a Béarnaise Sauce; if served cold use the Figaro Sauce.

SHRIMP SALAD
(Serves 4)
2 cups shrimp (canned or fresh)
2 cups celery, cut fine
Blend together:
3 tablespoons mayonnaise
1 tablespoon coffee cream
1 tablespoon lemon juice
If fresh shrimp are used, clean and remove vein before cooking. Toss together until well-marinated. Chill. Serve on crisp lettuce leaf. Garnish with lemon.

Vegetables for Salads

When vegetables are harvested, they are separated from their life line and that moment they begin to lose that storehouse of minerals and vitamins so important to mankind. The creation of a good salad depends on one’s ability to select and care for fresh vegetables. And the job is truly accomplished if through selection and handling of the products the salad when served contains those vitamins and minerals found in strictly fresh vegetables.

Even though they are fresh all vegetables should be well cleaned. That is done by making a fresh cut where they were harvested, putting them in fresh water for a short time to loosen the dirt and dust film, and then washing them under running water. This process will also restore freshness to wilted vegetables.

Any vegetable that can be eaten raw may be used in fresh vegetable salads. And all such vegetables as: beets, asparagus, artichokes, beans, cauliflower, carrots, corn, mushrooms, peas, potatoes, parsnips, Brussels sprouts, and bean sprouts may be cooked and used in cooked vegetable salads.

Preparation of Vegetables for Salads

Fresh vegetables should be handled with great care. When shredding, slicing, or cutting them, use a sharp knife. Do not chop, mash, or bruise them, or bleeding will take place. If this takes place the vegetables will become tough and soggy resulting in an unpleasant flavor. The vegetables should be seasoned at the time they are to be served. If they are seasoned any time beforehand you may expect to have a soggy, wilted salad, because the seasoning will draw out the fresh vegetable juice.

I have measured the amount of this wilting and shrinkage with a favorite Cabbage Slaw recipe, and give you the results shown on opposite page.

Cooking Vegetables for Salads

Vegetables cooked for salads should be cut or sliced as carefully as fresh vegetables. Do not over-cook as they should be on the crisp side since color and conformation are as important as palatability. Do not stir into a mush but
fold or toss together. Cooked vegetables may be seasoned or marinated some time before serving.

CABBAGE SLAW
(Serves 20 When First Made; Serves 12 Four Hours Later)
A solid 2-pound head of cabbage was selected. When trimmed it weighed 1 pound 6 ounces. Cut for slaw this gave: 6 cups packed tightly or 2 1/2 quarts packed loosely. Immediately after the addition of 1 cup dressing (listed below) this amount measured 2 quarts packed loosely. Four hours after the addition of the dressing the amount measured 1 1/2 quarts packed loosely.

DRESSING
1/2 cup vinegar
1/2 cup water
1/4 cup oil
1 tablespoon sugar
1 1/2 teaspoons salt
3/8 teaspoon celery salt
dash of white pepper

1 tablespoon salt
1 1/2 cups mayonnaise
2 tablespoons lemon juice
2 tablespoons pimiento finely chopped
2 tablespoons parsley, chopped fine
Dice potatoes; mix with other vegetables. Add seasoning. Thin mayonnaise with cream to the desired consistency and add lemon juice. Fold dressing into potatoes. Chop three of the hard boiled eggs, and combine with the potatoes and other ingredients. Use one egg sliced to decorate.

HOT POTATO SALAD
(Serves 8 to 10)
6 slices shredded bacon
3 cups sliced onions
1/2 cup water
1 cup vinegar
2 tablespoons salad mustard
1 teaspoon sugar
1 tablespoon salt
1 tablespoon cornstarch
3 tablespoons chopped parsley
2 quarts cooked potatoes

Cook bacon until crisp. Remove from fat, add onions and saute them until they become translucent. Add all other ingredients (reserving the cornstarch, parsley and potatoes). Bring to a boil and thicken with the cornstarch which has been moistened with a little cold water. Pour hot mixture over the sliced potatoes. Serve hot garnished with crisp bacon and the parsley.
FLAME SALAD
(Serves 6)
1 package lemon gelatin
1 cup hot water
\( \frac{3}{4} \) cup beet juice
2 tablespoons vinegar
1 tablespoon lemon juice
\( \frac{1}{4} \) teaspoon salt
2 teaspoons grated onion
1 tablespoon prepared horseradish
\( \frac{3}{4} \) cup diced celery
1 cup diced, cooked beets

Dissolve gelatin in hot water, add beet juice, vinegar, lemon juice, salt and onion. Chill until it begins to stiffen. Then add horseradish, celery and beets and return to refrigerator to chill thoroughly. Serve on lettuce topped with mayonnaise.

VOLCANO SALAD
(Serves 6)
6 pineapple rings
12 pear halves
18 dates
\( \frac{1}{2} \) cup chopped nuts
6 maraschino cherries
4 tablespoons salad dressing
\( \frac{1}{2} \) cup whipped cream
\( \frac{1}{2} \) cup grated American cheese
\( \frac{1}{2} \) cup cottage cheese
lettuce

Blend grated American cheese and cottage cheese together. Now, take 6 individual salad plates, arrange a bed of lettuce on each. Add a pineapple slice. Fill the pear cavities with the blended cheeses and fit 2 halves together, standing on end on the pineapple ring. Fold the salad dressing into the whipped cream and spoon generous portions on each salad. Top with a maraschino cherry and chopped nuts. Garnish each serving with dates which have been split and stuffed with some of the cheese mixture.

PEPPER SALAD RING
(Serves 6)
2 large green peppers
6 ounces cream cheese
2 tablespoons lemon juice
\( \frac{1}{2} \) cup finely chopped apples
\( \frac{1}{2} \) cup finely chopped celery
\( \frac{1}{4} \) cup hickory nut meats
Slice tops from peppers, remove seeds and membrane. Cream the cheese, blending in lemon juice and salt to taste. Combine with apples, celery and nuts. Fill pepper cavities, and chill until firm. Slice crosswise and serve on salad greens.

SPRING SALAD SUPREME
Use amounts of the following ingredients according to the individual's taste and the number of portions desired. One quart should yield four servings.
Slice tomatoes, cucumbers, radishes, and green onions, leaf lettuce, watercress, and tender hearts of spinach (cut each leaf into four pieces), cut raw carrots and boiled new beets into strips but keep beets separate. Mix all ingredients except beets, and marinate with pure olive oil and garlic vinegar. Season with salt and pepper. Place beet strips on top of salad the very last thing.

EAST INDIA STUFFED TOMATOES
(Serves 6)
6 medium tomatoes
\( \frac{3}{8} \) cup diced cucumber
\( \frac{3}{8} \) cup chutney, cut fine
\( \frac{1}{4} \) cup broken crisp bacon
1 tablespoon mayonnaise

Wash tomatoes and remove pulp. Use the pulp, mixing it with the above ingredients. Stuff tomatoes and serve on endive or chicory leaves. Serve with chicken, duck, or steak dinner.

COMBINATION SALAD
In this salad imagination is a prime factor. Any vegetable you may like in a salad can be used, but you should have salad greens as the base and equal portions of such vegetables as lettuce hearts, tomatoes, cucumbers, green peppers, radishes, and water cress—about 1 cup for each serving, or 1 quart for four portions. Serve thin French dressing in separate dish.

MOCK CRABMEAT SALAD
(Serves 1)
\( \frac{1}{2} \) cup fresh shredded cabbage
2 onion rings
\( \frac{1}{2} \) apple, diced (unpeeled to represent crabmeat)
1 tablespoon parsley, cut fine
3 or 4 carrot strips
Marinate ingredients in lemon juice and mayonnaise. Serve on lettuce leaf, sprinkled with parsley.