Salads & Vegetable Cookery
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SALADS

Salads are nothing new; they go back into history to such famous persons as Cleopatra and Napoléon. It is through the desires of prominent people that certain dishes become famous. In culinary history dishes of outstanding people become known by everyone in that locality and gradually become part of the diet of every family.

The tradition of salads has been very fascinating but has also had its ups and downs. Salads are always favorites and have their special place in a meal. For many people a meal consists of a soup, sandwich, a salad, and beverage.

Salads can be made of a large variety of foods in most any type of dish. In fact, about everything in the food industry can be converted into a salad — vegetables, fruits, meats, poultry, eggs, seafood, nuts, etc.

The greatest hazard in the preparation of salads is in not knowing how to select the material to make them. Every ingredient should be properly prepared if a satisfactory finished product is to be obtained.

Salad ingredients are principally all cold — a few exceptions are: Hot German Potato Salad and the Wilted Lettuce Salad made with the hot dressing. Ingredients that are supposed to be kept cold should be COLD. (I don’t mean frozen, however, but crispy cold.) For example: If you are making a jellied fresh vegetable salad, the vegetable ingredients should be kept cold and crisp until the gelatin which has been dissolved in hot water is cold. The vegetables should NOT be added to the gelatin mixture when that mixture is still hot.

Build Salads With Fresh Vegetables

As to fresh vegetables, these are picked from the gardens many miles away and shipped to northern markets. The markets are supplied with vegetables from storage warehouses and refrigerator cars. We are going to buy these vegetables and bring them home to prepare fresh, crispy, tempting salads for a party or whatever the case may be. They should be immediately cared for when they come into the home — especially those of the lettuce family. The core should be freshly cut, all wilted leaves removed, and the lettuce placed into a basin of cold water for not less than one hour or more than three hours. The head should stay in the water until you feel that life has returned, and the wilting has left the leaves. This pertains to all leafy vegetables and to carrots.

A vegetable salad should be as fresh as possible because a good salad depends on the freshness of the vegetable. A vegetable salad is the living part of the meal. That is the idea in mind when salads are placed on the menu.

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