I don't want to scare you by saying it takes a lot of experience to buy and select vegetables and fruits for your salads, but you must give it your sincere attention. The preparation of a salad is the least important as long as you have a creative ability and good taste in knowing what dressing accompanies a salad to give it palatability. The main thing is the material or ingredients which you will use. It is necessary to use care in preparing certain fruits such as apples and bananas for they will turn black.

The apples should be marinated in lemon juice or salt water. Use a teaspoonful of salt to a quart of water. Bananas should not be peeled for the salad until the last minute. If it is necessary to prepare them any length of time beforehand, the bananas should be dredged in fruit acid. Citrus fruits, if they are not handled right, will create a very unsatisfactory flavor. For this reason, segments should be taken out without destroying the connective tissue; and, if the fruit is to be prepared any length of time before the salad is to be made, you must be sure to take care that the connective tissue does not remain with the section.

**Tomato Soup French Dressing**

- 1 cup salad oil
- ½ cup vinegar
- 1 can tomato soup (Campbell's)
- ½ cup sugar
- 2 tablespoons Worcestershire sauce
- 2 teaspoons salt
- dash of paprika
- 1 teaspoon dry mustard
- 2 tablespoons onion juice

Combine all ingredients and beat well.

**Carson Galley's Mayonnaise**

- 4 egg yolks
- 1 pint of oil (olive or Mazola)
- ½ teaspoon dried mustard (or 1 tablespoon prepared mustard)
- 1 tablespoon sugar, or 1 heaping tablespoon powdered sugar
- 1 teaspoon salt
- ½ cup vinegar
- 4 tablespoons lemon juice
- dashes of white pepper, paprika, cayenne pepper, added first to eggs
- ½ teaspoon celery salt

Put part of the salt into the egg mixture and start beating. Put balance of salt into the vinegar-mustard mixture and boil, while the mixture is still beating. Begin adding oil to the beating mixture, until it starts to thicken, at which time add a teaspoon or so of the hot vinegar mixture. Don't heat the lemon juice. Add two spoons of hot mixture to that beating. Add more oil. Add the sugar to the boiling mixture. Alternate adding the rest of the boiling mixture and the oil slowly to the beating mixture. After the last of the oil is added, add the lemon juice

(more)
Salads (continued)

Carron Gallant's Mayonnaise (continued)

Notes:
The eggs can be broken and set at room temperature for some time before
starting. The boiling is the important thing.
This mayonnaise may be thinned with whipped cream. Makes about a quart.

French Dressing

2 quarts salad oil 2½ tablespoons paprika 2 teaspoons salt
3 whole eggs (grade A large) 1 teaspoon white pepper ½ tablespoon dry
2 cups vinegar ½ cup sugar mustard
3/4 cup tomato catsup

Beat eggs in an electric mixer. Beat well. Add all dry ingredients to
egg mixture. Add oil gradually. Do not add too quickly to avoid thickening.
Add oil until one pint has been added. When one pint of oil has been added, add
one tablespoon of vinegar. Do not add oil while adding vinegar. Repeat this
process until remainder of oil and vinegar have been added. Fold in tomato
catsup last.

Roquefort Cheese Dressing

8 ounces cream cheese
Blend with 1/2 cup lemon juice.
Blend 8 ounces of Roquefort cheese (put through a sieve) with one quart
of mayonnaise and one cup of cream. Season with salt and white pepper.

Thin French Dressing

1 quart salad oil ½ cup sugar
1 cup vinegar 2 teaspoons salt
13 tablespoons paprika ½ teaspoon dry mustard
½ teaspoon white pepper

Entree Salads

I would like to suggest that all sea-food, meat and chicken salads should
be put together with an oil base mayonnaise unless you have a special preference
for some other kind. My second choice would be a boiled dressing. It will take
about 12 ounces of mayonnaise by volume to season 4 quarts of chicken salad. You
should use 3 tablespoons of lemon juice and 1/2 cup of cream to thin that mayonnaise
before it is added to the meat or chicken salad. This applies to all
salads of this group. In making a meat, fish, or chicken salad, the vegetables
should not exceed more than one-half of the volume of meat or fish used. Meat,
poultry, and fish salads should be cut with a sharp, smooth stroke and left with
a distinct composition so that the meat maintains its identity. The meat should
never be ground up unless it is to be used in a minced salad; for example: in
sandwiches.

(over)