

Salad Dressings

The best test for good salad dressing is that it tastes like something one would like to eat alone. It is salad dressing that can be produced only by using the very best of salad ingredients. This all refers to freshness. Salad oils can become rancid very soon after they are opened, and should be checked before making into salad dressings. Eggs, the principal emulsifying agent in the production of salad dressing, should be strictly fresh and free of foreign flavor. Fresh spices, fresh clean vinegars, and fresh lemon juice are also essential.

MAYONNAISE

(1 Quart)

- 4 egg yolks
 - 1 pint olive oil
 - 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 (important for flavor)
 - ¼ teaspoon celery salt
- Dash of white pepper, paprika, and cayenne

Put part of the salt into the egg yolks and start beating. Put rest of the salt, the celery salt, sugar into the vinegar-mustard mixture and boil. Add oil gradually to the egg mixture and continue beating it until it starts to thicken, at which time add 1 teaspoon or so of the hot vinegar mixture. Add oil and hot vinegar alternately. All is incorporated. Add lemon juice last.

VARIATIONS

Tomato or Capitol Mayonnaise may be made by adding small diced tomatoes to the above recipe.

Caper Mayonnaise for seafood salads by adding capers, chopped parsley and lemon juice.

CARSON'S WISCONSIN DRESSING

- 1 cup salad oil
- ¼ cup sugar
- ½ cup malt vinegar
- 2 teaspoons salt

- 2 tablespoons parsley
- 1 small onion, cut in fine pieces
- 1 clove garlic, or 1 teaspoon garlic salt
- 1 tablespoon paprika
- 1 teaspoon celery salt

Put all dry spices and sugar in mixing bowl. Add 1/3 of the oil and beat from 5 to 10 minutes, then add 1 tablespoon vinegar and continue to beat. Repeat process, adding oil in a thin stream and alternating with the vinegar, until all has been used. Then add parsley, onions, and peeled clove of garlic. Let stand 1 hour before using. Remove clove of garlic and pour over shredded cabbage. Serve on any vegetable salad—cooked or fresh—or as required.

ROUQUEFORT CHEESE DRESSING

- ¼ pound Roquefort Cheese
- 1½ cups French Dressing or mayonnaise
- 1 tablespoon shallots or chives, chopped fine

If French Dressing is used, crumble the cheese into small lumps or beads before combining.

If mayonnaise is used, mash the cheese into a smooth paste and fold into the mayonnaise. Then blend the finely chopped shallots or chives into the dressing.

DAIRYLAND CREAM DRESSING

- 1 tablespoon mustard
- 1 teaspoon salt
- 1 tablespoon powdered sugar
- 5 teaspoons flour
- 4 egg yolks
- 1 cup vinegar, Mixed Herb Wine
- 2 tablespoons butter
- 1 cup heavy cream
- 1 cup cream cheese
- 2 tablespoons orange juice

Mix together salt, sugar, flour and powdered sugar. Whip egg yolks until lemon colored and fluffy and mix into this the mustard and melted butter. Add mixed dry ingredients and vinegar, and cook in double boiler until thick. Remove from flame and cool. Whip cream until stiff. Mash thin cream cheese until the consistency of whipped cream and add a dash of sugar, then fold together.

THIN FRENCH DRESSING

- 2 cups oil—olive or vegetable
- ½ cup vinegar
- 2 teaspoons paprika
- ¼ teaspoon white pepper
- ¼ cup sugar
- 1 teaspoon salt
- ¼ teaspoon dry mustard

Put all dry ingredients in oval shaped bowl. Add oil gradually—very little to start. Alternate with vinegar until thick. Continue until all is incorporated. Clove garlic may be added for a short while.

THICK FRENCH DRESSING

- 2 cups salad oil
- 1 whole egg
- ¼ cup Tarragon vinegar
- ¼ cup garlic vinegar
- 2 teaspoons paprika
- 3 tablespoons catsup
- ¼ teaspoon white pepper
- 2 tablespoons sugar
- ½ teaspoon salt
- ¼ teaspoon dry mustard

Beat egg, add dry ingredients. Add oil gradually until 1 cup has been used. Then add 1 tablespoon of vinegar. Repeat. Fold in catsup as the dressing is used.

