

SPARKLING SALADS AND SNAPPY DRESSINGS

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Foods and Nutrition



There's a wonderfully refreshing, healthful salad for every occasion. Whether it's a simple or an elaborate combination of fruits, vegetables, fish or meat, each can be appetite-provoking and nutritious. Salads are one of the easiest and most popular ways to supplement your menu with many of the nutrients that are so necessary for well-balanced diets.

There are three basic types of salads with countless variations that the imaginative will enjoy....an unusual green, a favorite herb or a new combination of flavors and textures will do wonders for any of these three.

1. The "accompaniment salad," eaten with the main course, a meat platter or garnish, or the popular West Coast and Island idea....as a first course or appetizer.
2. The "main dish" or "complete meal" salad.
3. The "dessert" or "party" salad.

Just as there are three main types of salads, there are three major parts to each salad....the greens or base, the heart of the salad, and finally the dressing or garnish. Suggestions below are intended to inspire eye-delighting and taste-inviting results.

ACCOMPANIMENT SALADS

Accompaniment salads should be light rather than substantial, and served in middle-sized portions either as a first course appetizer or with the main course. Sometimes this type of salad is used to garnish the serving platter or dinner plate.

At family or group dinners salads may be brought to the table in several ways. They may be served by the hostess from a large bowl, or individual salads for each person helps make a pretty place setting. Remember to "play down" the greenery so as to not dwarf the salad and detract from its dainty appearance.

Bread sticks or tiny crackers are nice when the salad is served at the beginning of the meal, while regular dinner breads or rolls are eaten when the salad is served with the main course.

Suit the type of salad and the amount served to the heartiness of the complete meal. Plan it too, as a color, flavor, and texture accent. These salads are adaptable by changing the dressings.

Pineapple-Banana-Nut Salad

3 drained pineapple slices
2 firm-ripe bananas
Peanuts to garnish

Salad greens (lettuce, watercress,
shredded cabbage, etc.)

Arrange drained pineapple slices on salad greens. Score bananas by drawing the tines of a fork lengthwise down the peeled fruit. Slice crosswise and dip in pineapple sirup to prevent darkening. Arrange banana slices atop the pineapple slices; sprinkle with peanuts.

Whole Pear

Drain canned pear halves and put 2 halves together with softened cream cheese. (Add a bit of blue cheese for variety). If desired, sprinkle paprika on one side to make a blush. Top with cream cheese and a strip of green pepper or a leaf of watercress for a stem. Place on salad greens of any variety.

6 canned pear halves
1 3 oz. package of cream cheese
juice of pears to soften cheese
slightly

Paprika
Watercress

Green Goddess Salad

Yield: 5-6 servings

1 package lemon gelatin
3/4 cup boiling water
3/4 cup liquid (pineapple juice)
plus water
1 9 oz. can crushed pineapple,
drained

1-1/2 cups cottage cheese, sieved
1 ripe avocado, peeled, pitted and
mashed
1/2 cup chopped salted almonds

Dissolve gelatin in boiling water. Stir in remaining liquid. Chill until partially set. Add remaining ingredients and mix well. Pour into mold which has been oiled or dipped in cold water and chill until set. Unmold onto greens and garnish with additional cottage cheese, if desired.

Mystery Salad

Yield: 6 servings

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| 2 medium tomatoes | 24 saltine crackers |
| 1 small green pepper | 1/4 cup butter or margarine |
| 1 cup sliced celery | 1/4 cup mayonnaise |

Cut the tomatoes in 1 inch pieces and dice the green pepper. Combine all vegetables in a salad bowl and place in the refrigerator to chill. Spread the crackers with butter and place on a cookie sheet; toast under broiler until golden brown. Break the crackers into small pieces. Combine with vegetables and add mayonnaise. Serve at once.

(This is truly a surprise recipe. The crisply toasted crackers taste much like croutons in an otherwise very plain tossed vegetable salad. Try it on your family and on your guests!)

GREEN SALAD

Follow the rule of the FOUR "C'S" to prepare a top-quality green salad:

- CLEAN.....Remove wilted leaves
Wash thoroughly in cold water.
Remove core from head lettuce, and run cold water into cavity to separate leaves.
Drain thoroughly or blot dry with a towel.
- COLD.....Thoroughly chill all salad ingredients before serving.
Remove from refrigerator just before serving.
- CRISP.....Freshen greens in cold water if they are not crisp.
Refrigerate greens in a plastic bag or covered container.
Tear or break salad greens into bite-size pieces to keep them crisp.
Add dressing to salad just before serving.
- COLORFUL...Dark and light greens add interest to salads.

Caesar Salad

Yield: 6 servings

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| 1 clove garlic | 1/4 cup lemon juice |
| 1/2 cup salad oil | 1/4 teaspoon pepper |
| 4 to 6 cups salad greens -- | 1/2 teaspoon salt |
| 4 of the following: | <u>These are optional:</u> |
| lettuce, endive, romaine, | 1/2 cup croutons |
| parsley, spinach | 1/2 cup grated Parmesan cheese |
| 1 beaten egg | 1 2 oz. can anchovy fillets |
| 1 tablespoon worcestershire sauce | |

Mash garlic and add to salad oil. Prepare salad greens and put them into a large bowl. Add beaten egg and seasonings to lemon juice. Pour oil and lemon juice mixture over greens. Add croutons, anchovies, and cheese. Toss lightly and serve at once.

To make croutons, spread day-old bread with softened butter. Cut into cubes and brown under the broiler or in a frying pan.

MAIN DISH SALADS

Here's where the "salad makes the meal." Main dish salads are quickly and easily prepared, can be served with a minimum of fuss, and provide a nutritious meal.

If the menu is to feature a salad, start the meal with something hot, a cream soup or tomato juice, and finish it with a dessert. Breads are served with the salad meal and the choice is almost limitless. Bake your favorite quick breads or yeast rolls.

Most main dish salads are nicely accompanied by potato chips and assorted pickles and olives.

Always remember to have this salad substantial and satisfying.

Tuna Celery Salad Mold

Yield: 8 Servings

1 envelope unflavored gelatin	1 7 oz. can tuna, drained and flaked
1/2 cup cold water	1/4 cup chopped celery
1 can condensed cream celery soup	2 tablespoons green pepper, chopped
1/4 cup mayonnaise	1 tablespoon chopped pimiento
1 tablespoon lemon juice	

Soften gelatin in cold water in top of double boiler. Stir over boiling water until gelatin is dissolved. Add condensed soup, mayonnaise, and lemon juice. Chill until it thickens. Fold in flaked tuna, celery, green pepper and pimientos. Pour entire mixture into 3-cup mold, chill until firm. Unmold and serve on lettuce.

Hot Chicken Salad In Casserole

Yield: 6-8 Servings

2 cups chopped cooked chicken	2 tablespoons minced onion
2 cups chopped celery	1/2 teaspoon salt
1/2 cup blanched, chopped, salted almonds	2 tablespoons lemon juice
1/3 cup chopped green pepper	1/2 cup mayonnaise
2 tablespoons chopped pimiento	1/3 cup grated Swiss cheese
	2 cups crushed potato chips

Blend chicken, celery, almonds, green pepper, pimiento, Onion, salt, lemon juice, and mayonnaise. Turn into buttered 1-1/2 quart casserole. Top with grated cheese and crushed potato chips. Bake in moderate oven 350°F. for 25 minutes, or until cheese is melted.

Hot Potato Salad

Yield: 6 Servings

4 cups hot cooked cubed potatoes	1 teaspoon sugar
1 cup sour cream (commercial)	1/4 cup chopped green onion
2 tablespoons prepared mustard	1 12-oz. package smoked pork sausage
1 teaspoon salt	

Heat sour cream, being careful not to let it boil. Add mustard, salt and sugar and stir to blend. Pour the sour cream mixture over hot cubed potatoes and onion. Toss until thoroughly mixed.

Simmer the smoked sausage in hot water according to the package directions. Place on top of potato salad.

This potato salad is equally good served cold, topped with hot smoked sausage or frankfurters.

DESSERT AND PARTY SALADS

Since entertaining at dessert and coffee has become such a well-liked custom, the party gelatin mold, the frozen dessert salad, and the lovely fruit platter have increased in popularity. These same salads lend color and appetite appeal to a buffet table, and are often a combination "salad and dessert." Fancy party sandwiches, small sweet rolls, and assorted appetizer crackers go alongside nicely. There are many fruit combinations possible and there's no question as to their suitability with other foods.

Frozen Banana Fruit Salad

Yield: 12 Servings

1/4 cup sugar	3 ripe bananas
1/2 teaspoon salt	1 cup diced canned pineapple
1-1/2 tablespoons flour	1 cup diced mangoes
1 egg, beaten	12 maraschino cherries, sliced
2 tablespoons vinegar	1 cup heavy cream, whipped
3/4 cup pineapple juice	

Mix sugar, salt and flour; blend in egg, vinegar, and pineapple juice. Cook over low heat until thick and smooth, stirring constantly; cool. Mash bananas, combine with other fruits; stir in first mixture and the whipped cream. Pour into lightly oiled molds and place in freezer; when frozen, unmold and wrap for freezer storage. Transfer salads to refrigerator half an hour before serving.

Fruit Salad Bar

Place a head of curly endive or chicory on a large round serving plate. Separate leaves, making a wheel-like effect on the plate as dividers for fruit. In each section place a different fruit. From the list below select fruits in season which contrast in color and shape:

- Fresh coconut slices
- Pineapple sticks or wedges rolled in finely chopped nuts
- Fresh figs peeled and cut in petal shaped pieces
- Bananas cut into strips and sprinkled with nuts
- Mango slices sprinkled with grated fresh coconut
- Clusters of frosted grapes
- Litchis stuffed with cream cheese, nuts, and candied cherries
- Papaya balls, cubes, or wedges, sprinkled with lemon juice
- Avocado balls, rings, or wedges sprinkled with lemon juice

SALAD DRESSINGS AND GARNISHES

Contrast in texture, flavor and color is important when choosing salad dressings, or garnishes. Use simple dressings for salads that contain a combination or ingredients--mixed fruits or vegetables or meat with herbs. Save the fancy dressings for the more simple salads--a single fruit or vegetable or one type of greens. Serve the dressing with the salad or pass it separately at the table.

Fruit salads of the dessert or party type can use the sweeter type of dressings; save the tangy, zippy dressings for the accompaniment salad or the main dish salad.

Sesame Seed Salad Dressing
(Delicious for Fruit Salad)

Yield: 1 Quart

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| 1-1/2 cups sugar | 1-1/2 tablespoons grated onions |
| 1 teaspoon paprika | 1 pint salad oil |
| 1/2 teaspoon dry mustard | 1 cup vinegar |
| 1 teaspoon worcestershire sauce | 1/2 cup toasted sesame |
| 1/2 teaspoon tabasco sauce | |

Mix thoroughly dry ingredients, onion, worcestershire and tabasco sauce. (Electric mixer works very well). Add oil very slowly, when mixture begins to thicken, add vinegar slowly, alternately with remaining oil. Stir thoroughly, then, add sesame seeds. Pour in jar and store in refrigerator.

To toast sesame seeds, place in flat baking dish in a slow oven. Stir often to keep seeds from burning. Toast until seeds are golden brown.

Tomato Soup Dressing

Yield: 1-1/2 Cups

Keep on tap in the refrigerator to give pep to greens

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| 1/4 cup salad oil | 1 tablespoon sugar |
| 1/2 cup vinegar | 1 tablespoon finely chopped onion |
| 1/2 can (2/3 cup) condensed tomato soup | 1/4 teaspoon garlic salt |

Combine all ingredients and blend well with electric or rotary beater. Store covered in refrigerator. Shake before serving.

