

# Salad Making for Club Members

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## SALAD MAKING FOR CLUB MEMBERS

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Salads are made of meat, fish, poultry, nuts, fruits or vegetables combined with a dressing. They are of value in the diet since they supply mineral salts, organic acids, bulk (or cellulose), water and serve as appetizers. Their food value depends on the combinations used. Vegetables and fruit salads serve as appetizers, furnish bulk and contain organic acids, mineral salts, carbohydrates and some protein. Fish and meat salads contain protein and may be substituted for a meat dish. The dressing used contains oil and acids.

Attractiveness is the first requisite of a salad, hence materials must be nicely and artistically arranged. Another important point in the serving of salads is to see that all greens and vegetables used are crisp. The attractiveness of the salad is increased by the use of garnishes. Some of the most common garnishes for salads are lettuce, parsley, celery leaves, water cress, nuts, lemons, green peppers, olives, sections of hard boiled eggs, beets, radishes, capers and whipped cream. All salads should be served cold. Many delicious combinations may be achieved by utilizing left overs in the preparation of salads.

### Salad Dressings

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#### French Dressing

2 t. salt	½ c. vinegar
1 c. olive oil	2 t. pepper

Mix ingredients and stir well until it becomes slightly thickened. Use with crisp greens and vegetables.

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#### Cooked or Boiled Dressing

Yolks 3 eggs	1 c. weak vinegar
3 T. sugar	1 T. salt
1 T. flour	Dash cayenne
1 T. mustard	3 T. butter

Mix dry ingredients. Heat vinegar in double boiler and add butter. Beat yolk of egg, add dry ingredients to egg and then slowly add hot vinegar. Cook all, stirring constantly until mixture thickens. Use with any kind of salad. Whipped cream may be added before serving to make the mixture richer.

### Mayonnaise Dressing

2 T. vinegar	1 ½ c. olive oil
1 egg (yolk)	2 T. lemon juice
1 t. salt	1 t. powdered sugar
1 t. mustard	Few grains cayenne

Mix dry ingredients and add egg yolk. When well beaten add ½ T. vinegar. Add oil gradually, at first a drop at a time, and stir constantly. When mixture becomes quite thick, add lemon juice and vinegar alternately with oil until all is used, beating constantly. Use with nearly all salads especially with egg, meat and fish.

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### Salads

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#### Cabbage Salad

1 small onion	1 small head of cabbage
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#### Boiled Dressing

Chop onion and cabbage very fine, season with salt and pepper and add salad dressing. A few stalks of celery or half a cup of raisins will give variety to this salad.

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#### Potato Salad

3 c. cold cooked diced potatoes	1 small onion
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#### Boiled dressing

Chop onion fine and add to potatoes which have been seasoned and mixed with salad dressing. One cup of celery, hard-boiled eggs, cucumbers, peas, or beets give a pleasing variety.

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#### Carrot and Celery Salad

1 ½ c. diced celery	1 ½ c. chopped young carrots
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#### Boiled dressing

Mix carrots and celery with boiled dressing. Place on lettuce leaf and garnish with small amount of dressing mixed with cream and a dash of paprika.

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#### Combination Salad

Cucumbers	Onion
Tomatoes	Radishes

#### French dressing

Prepare and slice vegetables, arrange on lettuce leaf, season with salt and pepper, and serve with French dressing.

### Waldorf Salad

1 ½ c. diced apple

Boiled dressing

½ c. nut meats

1 ½ c. diced celery

Mix the apple, celery and nut meats with the boiled dressing which has been diluted with cream. Serve on lettuce leaves.

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### Banana Salad

½ c. nut meats

6 bananas

Boiled dressing

Peel the bananas and cut lengthwise. Arrange two halves on a plate for each serving. Dilute boiled dressing with cream or milk and pour over center of bananas. Garnish with nuts and paprika.

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### Egg Salad

1 c. diced celery

½ dozen hard boiled eggs

Mayonnaise or boiled dressing

Chop eggs, combine with the celery, and mix with dressing. Season to taste and serve on lettuce leaf.

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### Cottage Cheese Salad

Boiled dressing

1 sliced green peppers

1 slice onion

2 c. cottage cheese

Chop the green pepper and onion fine and mix with cottage cheese which has been seasoned. Dilute boiled dressing with cream. Combine with other ingredients. Serve on lettuce leaf and garnish with paprika.

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### Salmon Salad

1 ½ c. cooked rice

1 ½ c. diced celery

Boiled or mayonnaise dressing

1 ½ c. flaked salmon or other fish

Season fish and mix with celery and dressing which has been diluted with milk or cream. Celery may be omitted and 1 ½ more cups of fish used.