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Salads & Vegetable Cookery



by Carson Gulley
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SALADS

SALADS are nothing new; they go back into history to such famous persons as Cleopatra and Napoleon. 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.

(over)

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 | 2 teaspoons salt |
| $\frac{1}{2}$ cup vinegar | dash of paprika |
| 1 can tomato soup (Campbell's) | 1 teaspoon dry mustard |
| $\frac{1}{2}$ cup sugar | 2 tablespoons onion juice |
| 2 tablespoons Worcestershire sauce | |

Combine all ingredients and beat well.

Carson Gulley's Mayonnaise

4 egg yolks
 1 pint of oil (olive or Mazola)
 $\frac{1}{2}$ teaspoon dried mustard (or 1 tablespoon prepared mustard)
 1 tablespoon sugar, or 1 heaping tablespoon powdered sugar
 1 teaspoon salt
 $\frac{1}{2}$ cup vinegar
 4 tablespoons lemon juice
 dashes of white pepper, paprika, cayenne pepper, added first to eggs
 $\frac{1}{4}$ 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)

Carson Gullett'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 | 2 $\frac{1}{2}$ tablespoons paprika | 2 teaspoons salt |
| 3 whole eggs (grade A large) | 1 teaspoon white pepper | $\frac{1}{2}$ tablespoon dry mustard |
| 2 cups vinegar | $\frac{1}{2}$ cup sugar | $\frac{3}{4}$ 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 $\frac{1}{2}$ 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 | $\frac{1}{2}$ cup sugar |
| 1 cup vinegar | 2 teaspoons salt |
| 1 $\frac{1}{2}$ tablespoons paprika | $\frac{1}{2}$ teaspoon dry mustard |
| $\frac{1}{2}$ 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 $\frac{1}{2}$ 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)

Deluxe Meat Salad

- 1/3 cup Julienne cut ham
- 1/2 cup Julienne cut pork
- 1/4 cup Julienne cut carrots
- 1/2 cup thinly sliced celery (Pascal variety)
- 1 tablespoon chopped parsley
- 3 slices of onion broken into rings

Mix with mayonnaise, season with salt and pepper. Makes 3 portions.

Mock Crab Meat Salad

- 1/2 cup fresh cabbage
- few strips of carrots
- 2 onion rings
- 1/2 apple
- 1 sprig of parsley mayonnaise

Hawaiian Supreme

- 1 ring pineapple (#48 size)
- 1 pink grapefruit
- 1 orange
- 1 Winesap apple cut in wedges
- 4 Bing cherries
- 4 sprigs of mint
- 2 leaves of endive

(Serve with Special French Dressing)

Salads by Demonstration

1. Tossed Vegetable Salad Bowl with French Dressing.
2. Fruit Salad Bowl with Honey French Dressing.
3. Under-the-Sea Salad

I again say the main thing to remember is the use of good quality materials. Artistic arrangements and the use of harmonizing colors should not be forgotten. If you bring out the distinctive flavors of each ingredient and use the proper dressing, you will find your salads very profitable and popular.

VEGETABLES

VEGETABLES are classified into four groups:

- I. Fresh Garden Vegetables

Fresh garden vegetables are marketed each day -- fresh, full of life, bright red or green, crispy in their respective color, no sign of decay or wilt. These vegetables are to be the product of your local gardens and not vegetables that are packed and shipped from many miles away. Vegetables are not considered fresh and do not contain the food value they should have if left in storage very long. Vegetables taken from refrigerated cars are good, but, if possible, should be selected daily, personally.

- II. Storage Fresh Vegetables

On the commercial markets these vegetables are considered fresh, but they do not contain the food value of garden fresh vegetables, because they are picked several thousand miles away, iced, crated, and packed in refrigerator cars. Then they are shipped to northern markets and other ports where the commercial markets are not able to supply their consumers with garden fresh vegetables.

(more)

II. Storage Fresh Vegetables (continued)

There are vegetables with exceptional keeping qualities such as onions, white potatoes, carrots, turnips, parsnips, rutabagas, cabbage and beet roots. Vegetables that do not have good keeping qualities are leaf vegetables, asparagus, peas, string beans, brussel sprouts, green onions, bell peppers, radishes, okra and celery. These vegetables should be carefully inspected as soon as received and put in refrigerator in small portions to prevent heating. Spinach is very easy to heat and should never be put in large containers for it will heat and decay quickly.

III. Fresh Frozen Vegetables

Fresh frozen vegetables are third in order because of popularity. It is true that fresh frozen vegetables are better than fresh storage vegetables and compare favorably with garden fresh vegetables. Fresh frozen vegetables will in time be in great demand; especially so, as soon as the housewife, steward and dietitian are educated to the fact that when they purchase a pound of frozen fresh vegetables they are getting a net weight.

These vegetables must be carefully selected because some garden fresh vegetables are not suitable for freezing. There is no chance taken in buying fresh frozen vegetables. They are time saving because you have no waste -- just a paper carton which makes it convenient for housewives who live in small apartments. The freezing of vegetables was no trick or a manufactured idea for using surplus commodities, but was produced through the growth and development of industry, the zenith of individual art and skill. Present housing conditions, severe demand and need of the housewife and institution is the reason this product was made possible.

IV. Different Grades of Fresh Frozen Vegetables

Today there are different grades of fresh frozen vegetables. The growth in production is very rapid and new ideas are coming into action every day in respect to grading. Birdseye asparagus can be purchased in many different grades. For example, tiny, fancy, and jumbo. Personally I like the jumbo better than the tiny tips for parties and banquet service. There is no better buy when you are pressed for time. It is a sure hit in quality. For your protection here is a reminder. Know how each frozen food company identifies the best grade. Birdseye use the white carton for the best quality and the brown for standard quality.

Recipes to be Demonstrated

Franconia Potatoes

French Cut Green Beans

Glazed Sweet Potatoes

Fresh Frozen Peas, Asparagus, Lima
Beans

Special Baked Potato

Broccoli

Blushing Cauliflower

Buttered Cabbage

Julienne Carrots

Escalloped Potatoes

(serves 4)

- 1 quart sliced potatoes
- 1 tablespoon butter
- 1½ teaspoon salt
- 1 cup milk

Place potatoes in baking dish. Add warm milk and butter. Bake in 300° oven. Allow one hour for baking.

Note: No flour in recipe — do not let potatoes stand in water or natural starch in potato will be lost.

Plate Displays — to be demonstrated

