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29

# Variety in SALAD DRESSING

CARSON GULLEY \* CHEF RESIDENT HALLS • UNIVERSITY OF WISCONSIN

SALAD dressing is the secret of success in having a wide variety of salad combinations. Salads may be made from meats, poultry, seafoods, cheese, eggs, vegetables, and fruits. To have variety they usually require different kinds of dressings or a variation of the same basic salad dressing.

Salad dressings are not hard to make. But it does require some practice to make them good. Foods which are to be served hot should be hot, and visa versa. When salads are served cold, the materials in them should be fresh and crisp.

### Good Salad Dressing on Good Food

Never use stale materials such as old meat, chicken, seafood or stale hard cooked eggs. Salad dressing, no matter how good, will not improve inferior food. There are many rules to follow to know which dressings to use and when to eliminate them. In the case of fruit, never attempt to make a salad without lemon or lime juice. A little sugar sprinkled over the fruit -- canned or fresh -- marinated in lemon juice will make almost any kind of fruit, if properly handled and chilled, good enough for all kinds of fruit salad. This method will improve the otherwise bland and monotonous flavor, and bring out the original taste.

Vegetables may be improved greatly by treating them with a little sugar, salt, vinegar and a good grade of salad oil just the minute they are to be served. This cannot be done too far in advance of serving. If so, the vegetables will begin to bleed their juices, creating an unpleasant flavor; the vegetables will also become tough and soggy.

### Follow the Rules with Salads

Meats and seafoods should be kept moist as dry meats and seafoods are never successfully used in salads. In the first place, they require too much salad dressing.

Many may say that they like their fruit as it is and not sweetened. However, a few grains of granulated sugar and fresh lemon juice will improve a fruit salad greatly.

Salad dressings are not hard to make, but there are hard and fast rules that one must follow. A good salad dressing is made by blending different ingredients, creating a harmonious and tasty combination. The spices and seasonings must be broken down into a smooth texture so they may be distributed to all parts of the dressing and finish into appetizing salad dressing.

The recipes that follow may be helpful in solving some of your salad problems.



Wisconsin Dressing  
Carson Gulley's original creation

(Very good for cabbage salad, tossed vegetable salad, spring salad, or on sliced tomatoes.)

1 cup salad oil	1 small onion, cut in fine pieces
$\frac{1}{4}$ cup sugar	1 clove garlic or 1 teaspoon salt instead
$\frac{1}{2}$ cup Malt vinegar	1 tablespoon paprika
2 teaspoons salt	1 teaspoon celery salt
2 tablespoons parsley	

Put all dry spices and sugar in mixing bowl. Add half 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, a tablespoon at a time, 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. This salad dressing keeps well.

Mayonnaise

(A basic salad dressing from which many good dressings may be contrived.)

4 egg yolks	1 teaspoon salt
1 pint olive or vegetable oil	$\frac{1}{2}$ cup vinegar
$\frac{1}{2}$ teaspoon dried mustard or 1 tablespoon prepared mustard	4 tablespoons lemon juice (important for flavor)
1 tablespoon sugar or 1 heaping tablespoon of powdered sugar	$\frac{1}{4}$ teaspoon celery salt
Dash of white pepper, paprika and cayenne	

Put part of salt into egg mixture and start beating. Put rest of salt into vinegar -- mustard mixture and boil. Add oil to beating egg mixture until it starts to thicken, at which time add 1 teaspoon or so of hot vinegar. Add oil and hot vinegar alternately. Add lemon juice last. Yields 3 to 4 cups.

Thousand Island Dressing  
(Good on Vegetable Salads.)

2 tablespoons chili sauce	1 tablespoon parsley
2 tablespoons green pepper	1 tablespoon chives
1 tablespoon pimento	2 tablespoons stuffed olives
1 tablespoon lemon juice	

Fold into:  $2\frac{1}{2}$  cups mayonnaise



Tartar Sauce

(For fish or seafoods salads)

1/4 cup green olives	1 tablespoon parsley
1/4 cup dill pickle	1 tablespoon chopped chives
2 tablespoons shallot or small onions (chopped fine)	2 tablespoons lemon juice
1 tablespoon capers	1 tablespoon worcestershire sauce

(Hard cooked eggs optional.)

Fold into: 2-1/2 cups mayonnaise

Roquefort Cheese Dressing

1/4 pound Roquefort cheese  
1 1/2 cups French dressing or mayonnaise  
1 tablespoon shallots or chives (chopped fine)

If mayonnaise is used, the cheese should be mashed into a smooth paste and folded into the mayonnaise. If a French dressing is used, the cheese should be crumbled into small lumps or beads.

Russian Dressing

(For meats or vegetable salads)

1 cup mayonnaise or French dressing	1/4 cup chili sauce
2 tablespoons finely chopped green pepper	1/4 cup chopped stuffed olives

Chives or onions and 2 tablespoons tomatoes (diced very fine)

Red Mayonnaise

1 cup mayonnaise	1/4 teaspoon finely chopped onion
2 tablespoons tomato catsup	1/4 teaspoon paprika
1 tablespoon lemon juice	1 tablespoon pickled beets
2 tablespoons pimento	

Mix the day before serving. Use for sliced vegetable salads of head lettuce.

Tomato Mayonnaise --- sometimes called Capitol Mayonnaise by adding small diced tomatoes.

Caper Mayonnaise for seafood salad by adding cappers, chopped parsley and lemon juice.



Boiled Dressing for Fruit  
(Carson Gulley's original dressing)

1 cup sugar	1/4 tablespoon salt
1/2 cup water	1/2 cup lemon juice or vinegar
3 egg yolks well beaten	2 tablespoons butter
1 cup whipped cream	

Mix all ingredients together except the whipped cream, and cook in a double boiler until thick. Cool and fold in whipped cream. Serve on fruit salads. One cup of this dressing foled into 1 cup of mayonnaise and whipped cream makes a good dressing.

French Dressing

If something good for an all purpose salad dressing is desired, make this velvety smooth French Dressing. It is good on both fruit and vegetable salads and also has good keeping qualities.

2 cups salad oil	3 tablespoons catsup
1 whole egg	1/4 teaspoon white pepper
1/4 cup Tarragon vinegar	2 tablespoons sugar
1/4 cup Garlic vinegar	1/2 teaspoon salt
2 teaspoons paprika	1/4 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.

Thin French Dressing  
(Serve on vegetable salads)

2 cups oil - olive or vegetable	1/4 teaspoon white pepper
1/2 cup vinegar	1/4 cup sugar
2 teaspoons paprika	1 teaspoon salt
1/4 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 of garlic may be added for a short while.

Many people make too easy a job out of making Thin French Dressing. All ingredients should be put in an electric mixer and well beaten with a little oil and a little vinegar added until it thickens (or beaten well with rotary beater). This is your proof that the spices, sugar and salt are thoroughly dissolved.