

Salads for All Seasons.

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Thesis Outline.

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- I. Definition of salad.
From different authorities.
- II. History of use of salads.
Greek, Roman, Jew, etc.
- III. Present use.
- IV. Modes of preparing.
In various countries.
- V. Food value.
Fruit salads.
Vegetable salads.
Nut salads.
Meat salads.
- VI. Suggestions and recipes
for salads in all seasons.

Salads for All Seasons.

Hetski calls a salad "a preparation of uncooked herbs, usually dressed with salt vinegar, oil or spices, and eaten for giving a relish to other food," - or, "a dish composed of some kinds of meat, especially of chicken or lobster, chopped fine and mixed with uncooked herbs, as lettuce, and seasoned with condiments."

The Standard Dictionary calls it a dish of green herbs or vegetables, usually uncooked and chopped fine or sliced, mixed with cold chopped cooked meats and served with a dressing in which oil and vinegar play a prominent part.

As we speak of salad ordinarily, it may refer to fruits, meats, nuts or vegetables, or some combination, chopped fine and served cold with some kind of salad dressing.

He find that salads of various sorts have been in use for Centuries. Cooper, in his translation of Virgil tells how the Romans were in the habit of combining vegetables and meats for use as food, and gives the process used in preparation. The Greeks combined honey with oil for fruit salad.

The Jews, at the Passover, used lettuce, bany, camomile, dandelion, and mint. These were dressed with oil and vinegar. The cucumber is also mentioned in the Old Testament as being in use.

Plants were used as food by the ancients, at the close of a heavy meal, for the cooling effect. As Pope says:

"If your wish be rest,
Lettuce and cowslip wine probation est."

He find the Irish, more than two centuries ago, combining vinegar, sugar and mustard for a dressing to eat on sores.

In the Oriental countries, flowers are used sometimes in salads. It is even said that the Japanese, on occasions demanding special celebration make a salad in which they use the National flower, the chrysanthemum.

The French use salad plants the year

round, combined with meat and the French dressing of salt, pepper, oil and vinegar or lemon. So universally is salad used in France that it has come to be said that a Frenchman cannot eat a dinner without it. It would be well if the Americans had the same appreciation for this wholesome, refreshing, and at the same time economical dish.

Thought of the salad of Germany always brings to mind the onion and garlic, one or the other of which is almost universally used in the German method of preparation. The high medicinal value of these herbs and their antiseptic virtues make them an enemy of the man of bottles.

"Eat onions in May
And all the year after
Physicians may play."

Unpoetical as the onion usually seems to us, we find it often referred to in literature, and oftener in poetry. Macaulay wrote of

"The Churchman gay, who will wallow today

In applesauce, onions, and sage."

The English use lettuce a great deal, cutting it into small pieces and serving it uncooked. The French, who believe in

preserving the natural flavor as much as possible, break the lettuce or celery used, as they consider the "flavor of the knife" objectionable.

In America, the only salad which has ever become popular or attained to universal use is the lettuce. But even then they do not use it as the typical salad; for instead of giving the dressing that would make it so, they often serve it with sugar and vinegar, leaving only the remotest resemblance to true salad.

The salads in use may be divided into four classes, (1.) Fruit, (2.) Nut, (3.) Meat and (4.) Vegetable, (cooked or uncooked.) These may be simple and plain or rich and expensive. They may be made from the small amounts of left over food to be found in any household, and when properly put together furnish a wholesome and pleasant means of disposing of these remnants of the kitchen.

The fruit and vegetable salads furnish the necessary salts for the well being of our blood. Salt, water and mineral matter are here obtained in a way which is appetizing and palatable. Olive oil, which is the kind of finest used in the dressing, is said to be the most digestible form of fatty food.

The nut salads are more rich than those made of vegetables or fruit, and furnish valuable food. The meat salad is heavier still, and one such as lobster is better when not served with a too heavy meal. The bad effects from eating lobster salad have come, not so much as a fault of the salad, but because of its being served at banquets or with heavy dinners. Being in itself, difficult of digestion, it should have the best possible chance whenever eaten.

Mrs. Borer says that during the summer months, the dinner salad should always find a place on the table. She advises the use of French dressing with cauliflowers, peas, string beans, new beets, cucumbers, spinach, tomatoes, radishes, cabbage, carrots, parsnips, lettuce, celery and endive.

Another prominent cook, in speaking of the summer salads says they are "wholesome for breakfast, excellent for lunch, necessary for dinner, - good for yourself and to serve to your friends.

Sydney Smith tells how to make a salad as follows:

"Two large potatoes, passed thru kitchen sieve, unwonted softness to the salad gives:

Of mordant mustard use a single spoon,
 Distinct the condiment which bites so soon;
 But deem it not, thou man of herbs, a fault
 To add a double quantity of salt;
 Three times the spoon with oil of Succa crown,
 And once with vinegar, procured from town;
 True flavor needs it, and your pot begs
 The powdered yellow of two well boiled eggs;
 Let onion atoms lurk within the bowl,
 And, scarce suspected, animate the whole;
 And lastly, on the flavored compound toss
 A magic teaspoon of anchovy sauce.
 Then though green turtle fail, though venison's length,
 And ham and turkey are not boiled enough,
 Surely full, the epicure may say,
 'Fate cannot harm me, I have dined today!'

Mayonnaise and the French salad dressings
 are the kinds most often used for salads. For
 Mayonnaise the following ingredients are necessary.
 1 t^{sp}. mustard. (Measured level.)
 1 t^{sp}. powdered sugar.
 1/2 t^{sp}. salt.
 1/4 t^{sp}. cayenne pepper.
 2 egg yolks. (Uncooked.)
 1 pt. Olive Oil. (Succa oil the best.)
 2 t^{sp}. vinegar. (Taratow vinegar preferable.)

2 tbs. lemon juice, or more if desired.

The first four ingredients are mixed together in a small bowl, and the eggs are added, blending with a wooden spoon. A few drops of oil are then added, blending in, and more added, and so on till it thickens. If you chance to add too much oil begin to add the vinegar, a few drops at a time. Then, using the Dover egg beater, the remainder of the oil and vinegar are added alternately in small installments. The lemon juice goes in with the vinegar and oil, towards the end of the process. This mixture should then be stiff enough to retain its shape. One half cup of whipped cream is added before serving. If care is taken this will keep several days before the cream is added. Should the egg not thicken quickly in the process, and the mixture have a curdled appearance, add $\frac{1}{2}$ tbs. white of egg, or often a drop or two of vinegar will do.

Chopped parsley added to Mayonnaise dressing will color it green. Lobster coral may be dried and powdered and used to give the dressing a bright red color. It is often colored for garnishing.

For French dressing the following

ingredients are used:

1 tsp. salt.

$\frac{1}{4}$ tsp. pepper.

3 tsp. oil.

1 tsp. vinegar.

4 or 5 drops of onion juice may be added.

Mix in the order given, adding the oil slowly. Lemon juice may be used in place of the vinegar and mustard may be added.

Epicures prefer the simple French dressing for salads served without fish or fowl. It is the most delicate and the most hygienic of dressings.

All vegetables for salads must be absolutely fresh. New potatoes are also much better than those which are matured. If these are cooked in the skins, they will have a much better flavor, and they should never be cooked long enough to become mealy or broken.

Lettuce and all such materials must be looked over and washed with great care because of the tiny insects which abound upon such plants, and which, while perhaps not poisonous are unpleasant, to say the least.

Tomatoes, when used, should be firm and ripe, sliced carefully, to make a good

appearance, and perfectly cold. Meat is also chilled for use after having been diced in half inch cubes. All the tender meats make good salad. Given in the order of excellence for this dish we have, chicken, veal, roast pork, fish, including lobster and many others also. Never mix a meat salad until ready to serve it, though all the ingredients should be made ready.

Seasoning and condiments must always be added to salad to taste. The finer herbs, mint, balm, etc., may be used in their season for flavor. Many and varied are the things which may be used for garnish. Nasturtium blossoms make a beautiful garnish and furnish a pleasant piquant flavor. Egg pressed through a sieve is often used. Parsley and lobster coral have been mentioned. Beets, cucumbers, carrots or almost anything which will give color effect may be cut in fancy shapes and used to garnish the salad dish.

A well made salad, artistically garnished, served in the prettiest dish at your command, is always a valuable addition to the appearance of a table, and an appetizing food for the palate.

We, as Americans, need to cultivate a higher appreciation of this excellent dish. It would benefit us to do so.