Salade for All Seasons.

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Thesis Outline

Salads for All Seasons.

I. Definition of salad.
   From different authorities.

II. History of use of salads.
    Greek, Roman, etc.

III. Present use.

IV. Modes of preparing.
    In various countries.

V. Food value.
   Fruit salads.
   Vegetable salads.
   Fish salads.
   Meat salads.

VI. Suggestions and recipes
    for salads in all seasons.
Salads for All Seasons.

Hobsbom calls a salad "a preparation of uncooked herbs, usually dressed with salt, vinegar, oil or spices, and eaten for giving a relish to other foods," or "a dish composed of some kind of meat, especially of chicken or hobsbom, 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, meats or vegetables, or some combination, chopped fine and served cold with some kind of salad dressing.
He finds that salade of various sorts have been in use for centuries. Copper, 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, Barclay, 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,
Let lettuce and cowslip wine froth upon seek."

To find the Greeks, more than two centuries ago, combining vinegar, sugar, and mustard for a dressing to eat on salads.

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 flowers the year
rounds, combined with meat and the frank 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."

Unpunctual as the onion seemingly seems to me, we find it often referred to in literature and oftenest in poetry. Macaulay wrote:

"The Cornishmen's gap, who well will mow today
In apple sauce, onions, and age."

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 as they often serve it with sugar and vinegar, leaving only the remotest resemblance to true salad.

The salads we 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 provide 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 generally 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 lobstä is better when not served with a too heavy meal. The bad effects from eating lobstä salad have come, not as much as a fault of the salad, but because of its being served at banquet or with heavy dinners. Being in itself difficult of digestion, it should have the best possible chance whenever eaten.

Mrs. Bosv 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 cauliflower, peas, string beans, new beets, cucumbers, spinach, tomatoes, radishes, carrot, turnips, lettuce, celery and endive.

Another prominent cook, in speaking of the summer salads says they are "wholesome for breakfast, excellent for luncheon, 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, pared thin with kitchenknife, teamwork softness to the salad give"
Of modest mustard use a single spoon,
Dissipate the condiment which falls on soon;
But deem it not, those man of herbs a fault
To add a double quantity of salt;
Three times the spoon with oil of lime in crowns;
And once with vinegar, procured from loins;
True flavor needs it, and your first beg.
The powdered yellow of two well-boiled eggs;
Let nine atoms lurk within the bowl,
And, scarce suspected, animate the whole;
And lastly, on the flavored compound toss
A magic teaspoo of anchovy sauce.
Then though green turtle fail, though veal be tough,
And ham and turkey are not boiled enough,
Surely fall, the epicure may say,
"Fate cannot harm me, I have directed today!"

Mayonnaise and the French salad dressings
are the kinds most often used for salads. For
Mayonnaise the following ingredients are necessary:

1 tbsp. mustard. (Measured level.)
1 tsp. powdered sugar.
1/2 tsp. salt.
1/4 tsp. cayenne pepper.
2 egg yolks. (Uncooked.)
1/2 tsp. olive oil. (Uncooked at the best.)
2 tbsp. vinegar. (Taragno, vinegar preferable.)
2 1/2 cup 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 begins to add the vinegar, a few drops at a time. Then, using the long 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 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 1 tsp. salt of egg, or often a dash, or two if vinegar will do.

Chopped parsley added to Mayonnaise dressing will color it green. Lobelia 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.
1/2 tsp. pepper.
1 tbsp. oil.
1 tbsp. 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 meat. It is the most delicate and the most hygienic dressing.

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 skin, 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 harder meats make good salad. Given in the order of excellence for this dish we have, chicken, veal, roast pork, fowl, including lobsters and many other foods. 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 fruit cubes, mint, lemon, etc., may be used in their season for flavor. Many and varied are the things which may be used for garnish. Fresh tomatoes blossom make a beautiful garnish and furnish a pleasant, piquant flavor. Egg dressed through a fine net often need. Parsley and lobsters could 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.
He, as Americans, need to cultivate a higher appreciation of this excellent diet. It would benefit us to do so.