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Cookery Manuals.

NO. 3.

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SALAD AND SALAD MAKING.

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BY

MRS. EMMA P. EWING,

*Author of "Cooking and Cattle Butchering," "Soup and Soup Making,"  
"Bread and Bread Making," Etc.*

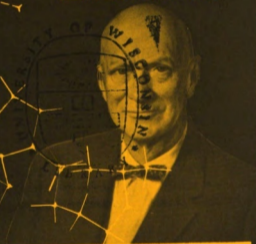
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IN PREPARATION

BY

MRS. EMMA P. EWING.

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ENTREES AND LITTLE DISHES.  
BREAKFAST BREADS AND MUSHES.  
PASTRY AND PUDDINGS.

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# SALAD AND SALAD MAKING.

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## PRELIMINARY REMARKS.

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Salads are wholesome food as well as dainty relishes. But the average cook shrinks in such dismay from the imaginary mysteries of their preparation, that pickles and condiments have, to a great extent, taken the place they should legitimately occupy in our dietary.

Salads when properly made and artistically arranged, are so grateful to the taste, and so pleasing to the sight, that no cultured family can well afford to dispense with them; and their value among all classes, as hygienic and esthetic agents, can scarcely be over-estimated.

Cook book writers, whose knowledge of the subject is, to say the least, limited, have disseminated the erroneous idea that salads are troublesome and

expensive, until it has become firmly implanted in the popular mind. The truth is, they are so easily made that it requires very little thought or labor to prepare, at almost any time, a simple, satisfactory, refreshing salad; and they are so inexpensive—as in them can be utilized many odds and ends of food frequently permitted to go to waste—that their introduction to general use would be a national blessing.

#### CLASSIFICATION OF SALADS.

Salad has a different significance to-day from what it once had. The original, contracted definition of the word has broadened and expanded, with the advance of modern ideas, until salads are no longer restricted to “uncooked herbs dressed with salt, vinegar or spices,” but include a wide range of fruits, vegetables, fish and meats, prepared and dressed in a great variety of ways—in fact, nearly everything used as food may be brought into requisition in making salads.

But all varieties of salads are included in five classes, viz:

- 1.—Fruit Salads.
- 2.—Vegetable Salads.

3.—Fish Salads.

4.—Meat Salads.

5.—Mixed Salads.

To one or the other of these classes every imaginable kind and style of salad belongs, and all kinds and styles are governed by the same general principles that underlie the art of salad making.

#### DIVISION OF CLASSES.

Each class of salads may, however, be appropriately divided into two kinds—simple and compound salads.

A SIMPLE SALAD contains only a single sort of fruit, vegetable, fish or meat.

A COMPOUND SALAD contains two or more sorts of fruit, vegetables, fish or meat.

#### CLASSIFICATION OF SALAD DRESSING.

As a salad may consist only of one sort of fruit, vegetables, etc., so a dressing may be simply a sprinkle of salt or sugar, or a few drops of oil or vinegar. But as there are elaborate salads of various kinds, so there are elaborate dressings, capable of almost endless changes and modifications.

There are, nevertheless, but four distinct classes of salad dressing, viz:

- 1.—Transparent Dressing.
- 2.—French Dressing.
- 3.—Cream Dressing.
- 4.—Mayonnaise Dressing.

#### THREE IMPORTANT RULES.

To excel in salad making, as in every other branch of cookery, a close analytical study of the subject is necessary; but the best success is attainable only by a strict observance of three very important rules, viz:—

- 1.—The ingredients composing the salad and dressing must be suitably chosen.
- 2.—They must be introduced into the mixture in a certain, specific order.
- 3.—The method of mixing must be suited to the nature of the ingredients.

#### SALAD DRESSINGS.

A dressing, whether of salt, sugar, vinegar, or a combination of many things, should not be the prominent or main feature of a salad. It should be only a dressing—an adjunct, to tone down and soften too sharp an acid, or too pungent a flavor; or to render finer and more distinctive, some peculiar individuality of the fruits, vegetables, etc., compos-

ing the salad. This is the true mission of the dressing. And a salad dressing, scientifically prepared, brings out and develops the native characteristics of the various materials used, and crowns with perfectness the harmoniously compounded salad.

### CLASS 1.

#### TRANSPARENT SALAD DRESSING.

A transparent dressing may be simply a clear syrup made of sugar and water; or, it may be a mixture of fruit juice and sugar. Or, it may be water in which herbs, vegetables, fish or meats have been cooked. It may be a sweet dressing, in which many fruit flavors and spices are mingled; or, it may be acid with vinegar or lemon, or pungent with mustard and other condiments. It may be thin as vinegar—thick as syrup or honey—or stiff as jelly. It may be colorless; or, it may be of any color, shade or tint that suits the fancy. Its only imperative requirement is, a transparent clearness. A good illustration of a transparent dressing, suitable for a fruit salad composed of bananas, pears, or any sweet fruit, is—

## TRANSPARENT ORANGE DRESSING.

To the juice of three oranges and one lemon, which should make a half pint, add four ounces of sugar, one gill of sherry wine, and the white and shell of one egg. Beat all together. Heat to boiling point. Simmer five minutes. Strain. The wine may be omitted from this dressing, if desired. And, if liked, a small portion of the grated peel of both orange and lemon can be added.

## JELLIED TRANSPARENT ORANGE DRESSING.

Is made by adding to the mixture before heating it, half an ounce of gelatine soaked an hour in a gill of cold water.

## TRANSPARENT TOMATO DRESSING.

Thicken a pint of stewed, strained tomato, with a tablespoonful of arrow root mixed with cold water. Boil two minutes. Add an ounce of butter, half a teaspoonful of sugar, the same of salt, and a little pepper. This is very nice, either hot or cold, with any kind of meat salad.

## JELLIED TRANSPARENT VEGETABLE DRESSING.

To one quart of boiling water slightly salted, or



the same quantity of fish, chicken, or veal broth, add one medium sized carrot, one onion, half a bay leaf, a root of celery, ten cloves, twenty allspice, thirty pepper corns, and half a teaspoonful of white mustard seed. Simmer an hour, strain and let cool. To each pint of the liquor add a pint of vinegar, an ounce of gelatine soaked in cold water, and the white and shell of an egg. Heat to boiling point, simmer five minutes and strain.

## CLASS 2.

### FRENCH DRESSING.

To four teaspoonfuls of vinegar add half a teaspoonful of salt and one eighth of a teaspoonful of pepper; mix, and pour over salad, then add olive oil to taste.

### FRENCH DRESSING, WITH MUSTARD.

To half a teaspoonful of made mustard, add olive oil slowly, stirring constantly. When thick, add vinegar in like manner. And thus alternate until the requisite proportions of oil and vinegar have been added. By observing this method of mixing, a large bottle of oil can be made into a perfectly smooth dressing,—with only the half tea-

spoonful of made mustard as a base—by the addition of a few drops of vinegar from time to time, as required to thin the mixture. Add salt and pepper to taste. The usual quantities are a teaspoonful and a half of salt, and one fifth as much pepper, to each pint of oil.

### CLASS 3.

#### CREAM DRESSING.

To one pint of boiling cream, add two ounces of flour stirred to a smooth paste with two ounces of butter. Cook two minutes. Remove from the saucepan, and add one ounce of butter, stirring until cool and perfectly mixed, then season to taste with lemon juice, vinegar, salt, pepper, mustard, capers, minced onion, parsley, chopped pickle, etc.

#### SOUR CREAM DRESSING.

To one cup of sour cream add a fourth of a cup of vinegar or lemon juice. Season to taste with salt and cayenne pepper. Use on vegetable or fish salad.

#### HOT CREAM DRESSING.

Cook together, two minutes, an ounce of flour

and an ounce of butter, add a pint of sweet cream and season to taste with salt and pepper. Use on boiled cabbage, cauliflower, potatoes, turnips, carrots, parsnips, beets or any vegetables.

This dressing may be varied by adding whites or yolks of eggs, minced onions, parsley, pickles, capers, vinegar or lemon juice; and may be used warm or cold according to taste.

#### HOT SLAW DRESSING.

Heat together to boiling point in a stew pan a gill of vinegar and an ounce of butter. Stir in an egg well beaten, and add a gill of sweet cream. Season to taste.

Another hot slaw dressing may be made in this manner: Mix together a gill of water and a gill of vinegar. Thicken with half an ounce of flour. Cook two minutes, add an ounce of butter and season to taste.

#### CLASS 4.

#### MAYONNAISE DRESSING.

This is the most popular salad dressing in use, and is made in this manner: With a small wooden spoon stir the yolk of an uncooked egg in an

earthen bowl, one minute. Then, continuing the stirring in the same direction all the time add olive oil drop by drop, until the mixture becomes thick and waxy. Thin by stirring in vinegar and lemon juice, in small quantities. Add oil as before; and so alternate the oil and vinegar until the required amount of dressing is made. Season with salt, pepper, mustard, chopped olives, capers, pickles, onions, celery, parsley, cresses or whatever is desired, according to taste, and the requirements of the salad with which the dressing is to be used. By simply observing care in regard to adding oil and vinegar slowly in small quantities, a large bottle can be made into dressing, and only one egg yolk be used as a base. Butter may always be substituted for olive oil when desired, and can be used in a Mayonnaise by stirring to a cream, and gradually adding a well beaten egg. The white of an egg beaten stiff may be added to any cream or Mayonnaise dressing just before it is used. In rich oil dressings sherry wine is frequently used in equal proportions with vinegar.

#### MAYONNAISE DRESSING. No. 2.

Mix in a two-quart bowl—to allow room for

beating—one even teaspoonful of mustard, one teaspoonful of salt, and a teaspoonful and a half of vinegar. Add the yolk of an egg, beat all well together, then add gradually half a pint of olive oil. The oil should be poured in a fine thread-like stream, and the mixture all the while be beaten rapidly. More vinegar or lemon juice may be used if required to make it the proper consistency.

COOKED MAYONNAISE DRESSING.

Add the well beaten yolks of five eggs to five tablespoonfuls of boiling vinegar. Cook in an earthen bowl, set in a pan of boiling water, until stiff—being careful to stir clean from the sides of the bowl while cooking. Remove from the fire, add four ounces of butter, and stir until cool and perfectly mixed. When quite cold season to taste with salt, pepper, mustard, etc., and thin with sweet cream to the required consistency. Oil, if preferred, may be used in place of cream. If the mixture when cooked is not perfectly smooth, it should be rubbed through a hair sieve. This is an excellent and convenient salad dressing; and when properly cooked will keep, without deterioration, for several days.

## SYDNEY SMITH'S SALAD DRESSING.

The hard boiled yolks of eggs were formerly much used, and are by some people still preferred for making salad dressing. Perhaps the best recipe, when they are used, is the one popularized by being reduced to rhyme by the talented and witty English clergyman after whom it was named.

Two boiled potatoes passed through kitchen sieve,  
Smoothness and softness to the salad give.  
Of mordant mustard add a single spoon:  
Distrust the condiment which bites too 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 Lucca crown,  
And once with vinegar procured from town.  
True flavor needs it, and your poet begs,  
The pounded yellow of two hard-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.  
Oh, green and glorious! A herbaceous treat!  
'Twould tempt the dying anchorite to eat;  
Back to the world he'd turn his fleeting soul,  
And plunge his fingers in the salad bowl!  
Serenely full, the epicure would say,  
Fate can not harm me, I have dined to-day.

# SALADS.

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## CLASS 1.

### FRUIT SALADS.

Fruit salads in season, without doubt, take first rank, on account of being more delicious, wholesome and attractive than any other kind of salads; and an almost endless variety of them can be easily made by judicious mixing and mingling of fruits and fruit flavors. Bananas, oranges, lemons, peaches, pears, pine-apples, currants, and all kinds of small fruit and berries, make desirable salads, served either as simple or compound salads. And the art of the cook is chiefly displayed in selecting proper materials to mix together, and in choosing a suitable dressing for them.

#### SIMPLE FRUIT SALAD.

Ripe currants gathered on the stem, and well washed, make a nice fruit salad. They can be

sprinkled with sugar, or eaten without, according to taste.

A better way, perhaps, to serve currant salad is to remove the fruit from the stems, sprinkle lightly with fine sugar, and set in a cold place an hour before serving.

Any fruit may be served, in a similar manner, as a salad.

#### COMPOUND FRUIT SALAD.

In combining fruits in salads it is well to select for the purpose, such as not only harmonize in flavor, but also act as helps to each other.

#### RASPBERRY SALAD.

Mix in equal proportions raspberries and currants, by placing in a glass, or porcelain bowl, a layer of currants sprinkled with sugar, then a layer of raspberries sprinkled with sugar, and thus alternating until all the fruit is added. Set in a cold place an hour before using. Raspberries and currants make a very harmonious mixture. The raspberries give a fine flavor, and the currants add piquancy and character to the dish.

#### ORANGE SALAD.

Put in the salad bowl in alternate layers, the de-



sired quantity of oranges and bananas, carefully sliced. Pour over them a transparent dressing. Cover closely and set in a cold place two or three hours. In a similar manner fruit salads may be prepared indefinitely, and by the omission or addition of different fruits, a great variety of combinations can be made with excellent results. A variety of transparent dressings can also be made, similar to transparent orange dressing, and adapted to different tastes and different salads, by a harmonious combination of different fruit juices. But whenever fruits or fruit juices are mixed in a salad, it is very essential that the mixture should stand in a cool place, for at least an hour before being used, so that each distinctive flavor may be combined and lost, in a rich commingling of the whole.

#### FRUIT SALAD IN JELLY.

Prepare a jellied transparent orange dressing, or a jellied transparent dressing of the kind desired. Fill a mold of the proper size and form, to the depth of one fourth of an inch, with it. Put the mold on ice until the jelly is firmly set, then arrange a layer of fruit upon it, so as to produce a pretty effect when turned from the mold. Do not

let the fruit touch the sides of the mold. Fill with jelly, just beginning to thicken, all the interstices between the pieces of fruit and between the fruit and the sides of the mold. Put on ice, or in a cold place, till firmly set; then add another layer of fruit, again filling in with jelly and putting in a cold place; and so repeat until the mold is filled. It should then stand on ice for several hours, and just before serving should be placed for an instant in hot water,—or the mold should be wrapped in a towel wrung from hot water, and the salad be turned out upon a shallow dish.

In this, and in a similar way very beautiful effects can be produced in preparing fruits for salads and desserts.

## CLASS 2.

### VEGETABLE SALADS.

The same general principles that govern the preparation of fruit salads, are applicable in the preparation of vegetable salads.

Lettuce, cabbage, cucumbers, tomatoes, cresses, nasturtiums, dandelions, onions, radishes, etc., are all served raw, and frequently alone as salads, and are preferred by many people, without the addi-

tion of salt, sugar, vinegar or condiments of any kind.

Asparagus, beans, peas, cauliflower, sals'fy, carrots, turnips, and in fact every known vegetable, may when cooked, be served alone in salads, if desired; and all vegetables may be combined and mixed, more or less, according to taste or fancy, in compound salads. Onion is, however, the most miscellaneous and universal aid, or adjunct, in the formation of vegetable salads, and is appropriately called into service in combination with cucumbers, tomatoes, lettuce, potatoes, and a number of other vegetables.

#### LETTUCE SALAD.

Lettuce is a popular favorite among vegetable salads, and is served, dressed and undressed, in an almost endless variety of ways. Lettuce is one of the most delicate of vegetables in both flavor and texture, and rough handling deteriorates, and to a great extent, spoils it. After being carefully rinsed and drained it should remain on ice, or in a cool place, until wanted for use; and is best, served with the leaves unbroken. The dressing for lettuce may be very simple, or it may consist of

many things mixed and mingled together; but it should invariably be added at table. Some people like lettuce dressed with sugar and vinegar. Others prefer it dressed with sugar and cream. But the most approved dressing for lettuce is French dressing, with or without mustard, according to taste. Cresses, onions and radishes make a pretty garnish for a dish of lettuce; and either one of them may be mixed with the lettuce when dressed; or they may all be served together, forming a compound salad.

#### CABBAGE SALAD.

Cabbage comes next in popularity to lettuce as a salad, on account of its crisp sweetness, and its ability to stand exposure and rough treatment without material detriment. By a great many it is preferred to any other salad. Cabbage, when at its best estate, makes a delicious salad—dressed either simply or lavishly. Perhaps as a dressing for it, a cooked Mayonnaise, or a cream dressing is, on all accounts, most appropriate—either of which can be varied to a considerable extent, to meet the special requirements of the salad. The addition of a small quantity of sugar to a dressing for cab-

bage may be an improvement, in supplying a saccharine need; but mustard should always be omitted, as cabbage possesses that flavor, or family trait, in a sufficient degree. Celery appears to be about the only vegetable that makes a perfectly harmonious combination with cabbage.

#### POTATO SALAD.

Potato salad is very appetizing, and deservedly popular. It should be served with cooked Mayonnaise dressing, to which has been added finely minced onion and parsley, in the proportion of one tablespoonful of each to a pint of dressing. The dressing for potato salad forms an exception to the general rule applicable to salad dressing, and should have a predominating flavor, for the reason that cold boiled potatoes have no especial flavor that can be developed, or which it is desirable to preserve; and a piquant flavor, like that of onions or cresses, added to the dressing, renders the salad much more delicious.

Potatoes for salad should be boiled until perfectly tender, but not until they break and fall to pieces. When cold they should be sliced very thin, and put with the dressing in alternate layers,

in the salad bowl. In the preparation of potato salad, as in most dishes of the class, stirring is objectionable, and should be avoided.

A cream dressing may be used for potato salad, in place of a cooked Mayonnaise, if preferred; but French dressing, although much used, is inappropriate, on account of the potato absorbing the vinegar; and because the potato is a great absorbent, the dressing used should be comparatively thin, and a greater quantity should be provided than for lettuce or cabbage salad. Potatoes may be mixed with cooked vegetables of any and every sort, in a compound salad.

#### BEET SALAD.

Beets, well boiled and sliced, may be served with simple cream dressing, with or without vinegar, either warm or cold, and constitute an acceptable dish,—whether it be termed a vegetable or a salad. Mixed with an equal portion of potato, and served with cream dressing they make a very inviting and appetizing salad. Beets, like potatoes, may be mixed with all sorts of vegetables, into compound salads.

## TOMATO SALAD.

Slice perfectly ripe tomatoes. Arrange tastefully on a dish. Place on ice or in a cold place. Serve with a cream, French, or Mayonnaise dressing.

## CHEESE SALAD.

Sprinkle grated cheese plentifully over lettuce, and serve with either French, or cooked Mayonnaise dressing.

## ONION SALAD.

Mash together equal quantities of boiled onion and potato. Season with salt and pepper. Add a small piece of butter or a little sweet cream. Serve warm.

Another nice onion salad may be made by mixing together in the same way equal quantities of boiled onion, boiled potato and stewed tomato.

## MELON SALAD.

Cantaleups and melons of various kinds, when dressed with salt, pepper and sugar, can appropriately be classed among salads. They should always be served as cold as possible.

## CLASS 3.

## FISH SALADS.

Oysters, scallops, shrimps, salmon, and all kinds of fish may be made into salad either with or without the admixture or accompaniment of vegetables. It is very important in fish, as in other classes of salads, to use such dressing as suitably belongs to the peculiar kind of fish to be served in salad. If the fish be of a delicate flavor, trout, for instance, a mild unobtrusive dressing will best serve the purpose of making the dish most acceptable to the appetite. But if, on the other hand, it is high flavored, like lobster, or salmon, a majority of tastes would prefer a dressing that modified or toned down the excessive sapidity of the fish. Every variety of dressing is brought into use in the multiplicity of salads prepared from fish, and are varied to suit tastes and circumstances. The dressings for many fish and meat salads, are better made with anchovy or tarragon vinegar; and minced onion, or onion juice, may be appropriately added to many dressings.



## OYSTER SALAD.

Raw oysters dressed with salt, pepper, vinegar, oil, etc., constitute an oyster salad with which most people are familiar. Oysters mingled with an equal proportion of finely cut celery, and served with a Mayonnaise dressing, gives another variety.

## OYSTER MAYONNAISE.

This is another variety of oyster salad, and is made by selecting medium-sized oysters, heating them to boiling point in their own liquor, draining well, and when cold, dressing with Mayonnaise highly seasoned with salt, pepper and mustard, and sprinkling finely cut celery over the top of the salad.

A French or cream dressing may, if preferred, be used in place of the Mayonnaise. But it should always be borne in mind in preparing oyster salads, that oysters possess a flavor which should be preserved and developed, not disguised or obscured by a too pungent dressing.

## SHRIMP SALAD.

A very ornamental salad can be made of shrimps in various ways. One nice method of making

shrimp salad is to put several cooked shrimps in shallow lettuce cups, formed by placing together two or more of the cup-shaped leaves of head lettuce. When thus served, French dressing, or any suitable dressing, may be added at table. If the shrimps have been canned, they should be well rinsed in cold water, and after being drained, be soaked for at least an hour in vinegar and sweet oil, in the proportion of one part oil to three parts vinegar. All surplus oil and vinegar should be drained from them before they are served on the lettuce. Shrimps, lobster, or any cooked fish, may be minced or cut in small pieces, mixed with a dressing and placed in cups of lettuce leaves.

These cups can be tastefully arranged in the salad bowl with pieces of ice—a folded napkin having been first placed in the bottom of the bowl, and covered with lettuce leaves, to absorb the drippings from the ice.

#### SALMON SALAD.

Salmon makes a specially nice salad when mixed with cabbage and served with a cream dressing. Pick the cooked salmon into small pieces free from skin or bone, and have the cabbage white, crisp

and finely shaved. Sprinkle a layer of cabbage in the bowl, cover it with bits of salmon, add another layer of cabbage, then a layer of salmon, and thus alternate till the desired quantity is obtained. Pour over it a cold cream dressing, and garnish, by sprinkling lightly over the surface some fine, white shavings of cabbage. Cream dressing may be used for all kinds of fish salad, but it is particularly appropriate for salmon and lobster, as in each it softens and improves the flavor.

#### SARDINE SALAD.

Sardines with the skin unbroken, molded after the manner of fruit salads—in a transparent jellied dressing, make a very appetizing and ornamental salad. Sardine salad, and all molded salads, should be placed on ice several hours before using.

#### EEL SALAD.

Boil medium sized eels in water seasoned with salt, pepper, onion, cloves, bay leaf and vinegar. When cooked, slip out the bones, cut in pieces about two inches in length, and arrange tastefully in a mold with slices of hard boiled egg and sprigs of curled parsley. Cover with a transparent jellied

dressing made of the liquor in which the eels were boiled, and let stand in a cold place till firm. Serve in the same manner as sardine salad.

#### FISH-ROE SALAD.

Boil shad, herring, or any fish-roe, cut in thin slices, and put in a salad bowl in alternate layers with sliced ripe tomatoes. Garnish with lettuce, and serve with either French or transparent tomato dressing, or with both, mixed in equal proportions.

#### LOBSTER SALAD.

There is, perhaps, no salad about the serving of which there is a greater diversity of opinion than that of lobster. Many like it very daintily dressed—others prefer it seasoned with a French dressing—while others again wish it seasoned with a French dressing, and then served with a rich Mayonnaise. It is therefore generally best to serve lobster, whether fresh or canned, in lettuce cups, or on a bed of lettuce, accompanied with Mayonnaise dressing, so that each particular taste may be suited.

## CLASS 4.

## MEAT SALADS.

Game, poultry, and meats are seldom used as salads, unmixed with vegetables. And when so used can more appropriately be classed with spiced meats, deviled dainties, etc. A dish of salad can however, be made from any kind of cold game, poultry or meat, cut into dice-shaped pieces and dressed, according to taste, with French, cream, or Mayonnaise dressing. Or, it may be molded into ornamental form, with a transparent jellied dressing. One of the best illustrations of salads of this class is—

## CHICKEN AND TONGUE SALAD.

Prepare the white meat of cold boiled or roast chicken, and cold boiled tongue, in equal quantities, in the form of dice. Make a rich transparent dressing of chicken broth or stock, seasoned with salt and pepper, and flavored with tarragon vinegar or sherry wine. Mold the same as fruit or fish salad, arranging the light and dark meats so as to produce a pretty effect when turned from the mold.

## BEEF SALAD.

Prepare cold roast or stewed beef by cutting in dice free from skin, and tough or hard pieces. Dress with French dressing and let stand an hour. Garnish with hard boiled eggs, lettuce or curled parsley.

Any meat may be served in this way, and if liked, tomato may be used instead of French dressing.

## CLASS 5.

## MIXED SALADS.

This class of salads comprehends a wide range of materials, and everything that is used in salad making may form a part of some variety of mixed salads. The most popular, perhaps, of all salads is included in this class, viz.

## CHICKEN SALAD.

Select a full grown chicken, and cook by simmering very gently in beef stock or water slightly salted, until perfectly tender. The addition of a quarter of a pound of salt pork, if of good quality, will improve the flavor. Let the fowl cool in the

liquor in which it boiled, and when perfectly cold remove the skin, and separate the flesh from the bones. Reject whatever is tough or sinewy. Cut the reserved portions of flesh into dice a quarter of an inch in length, and mix thoroughly in an earthen bowl, with white crisp celery cut in similar pieces, in the proportion of two measures of chicken to one measure of celery. Add cooked or uncooked Mayonnaise dressing, with which chopped pickle, minced olives, or capers have been mingled. Stir the salad with forks, or with spoon and fork, put in the salad bowl, smooth the surface, spread dressing over it, and garnish with celery and curled parsley.

If celery can not be obtained, nice crisp head lettuce or cabbage, properly prepared, and flavored with celery seed, can be used as a substitute in making chicken salad.

#### HERRING SALAD.

A very popular German salad is made in this manner: Soak a dozen pickled Holland herring over night, drain, remove the skin and bones, and chop fine. Add a pint of cooked potatoes, half a pint of cooked beets, half a pint of raw apples,

and six hard boiled eggs chopped in a similar manner, and a gill each of minced onions and capers. Use French dressing. Mix well together. Fill little dishes with the mixture, and trim the tops with parsley, slices of boiled egg, beets, etc.

In selecting materials for a mixed salad it is best, as a general rule, to confine them to one distinct class. But as some people are willing to tolerate incongruous mixtures for the sake of producing marvelous and startling effects, an illustration of an inharmonious salad of this description may be found in Prof. Blot's felicitous recipe for

“ A SALAD MACEDOINE.

This salad ought to be called ‘compound salad,’ as it is made of a little of everything that can be served in salad, that is, fish, meat, green and dry vegetables, etc. When the whole is mixed, you add chopped parsley, sweet oil, vinegar, salt and pepper. You move till your arms are sore, and you have a salad Macedoine. Every one has a right to try it.”

CONCLUDING OBSERVATIONS.

Salads, with rare exceptions, should be served



crisp and cool. Glass, china or earthen bowls should be used for mixing, and nickel or silver-plated knives for cutting and preparing the materials of which they are composed. Much care should be observed to avoid unnecessary handling of the ingredients, and they should not be permitted to come in contact with rude vessels and crude implements.

Fruit salads are especially acceptable at breakfast. The heavier salads are more appropriately served at lunches and suppers, where they form a principal part of the repast. A rich salad composed of poultry, fish or meat seems out of place at dinner, where a simple fruit or vegetable salad would be acceptable as a dainty relish.

All kinds of pickles, olives, capers, hard boiled eggs, and every variety of fruits and vegetables may be used in garnishing salads. But in every case the garnishing materials should be so chosen that they may be suitably mixed and eaten with the salad. Meat or wine jellies of various shades may be cut in fancy forms, and used in decorating salads; and combined with celery, lettuce, parsley, or fruits produce a pleasing effect.

## QUESTIONS.

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- 1.—How many classes of salads are there?
- 2.—What are they?
- 3.—Are all salads included in these five classes?
- 4.—Into how many kinds of salad can each class be divided?
- 5.—What is a simple salad?
- 6.—What is a compound salad?
- 7.—How many classes of salad dressing are there?
- 8.—What are they?
- 9.—What are the three important rules that should be observed in salad making?
- 10.—What is the true mission of a salad dressing?
- 11.—What is the only imperative requirement of a transparent salad dressing?
- 12.—How is transparent orange dressing made?
- 13.—How is jellied transparent orange dressing made?

- 14.—How is transparent tomato dressing made?
- 15.—How is jellied transparent vegetable dressing made?
- 16.—How is French dressing made?
- 17.—How is it made with mustard?
- 18.—How is cream dressing made?
- 19.—How is sour cream dressing made?
- 20.—How is hot cream dressing made?
- 21.—How is hot slaw dressing made?
- 22.—How is Mayonnaise dressing made?
- 23.—How is cooked Mayonnaise dressing made?
- 24.—What is the recipe for Sydney Smith's salad dressing?
- 25.—How is raspberry salad made?
- 26.—How is orange salad made?
- 27.—How is fruit salad in jelly prepared?
- 28.—What vegetables may be served raw and what cooked, as salads?
- 29.—How is lettuce salad made?
- 30.—How is cabbage salad made?
- 31.—How is potato salad made?
- 32.—Which is the most appropriate dressing for potato salad?
- 33.—How is beet salad made?
- 34.—How is tomato salad made?

- 35.—How is cheese salad made?
- 36.—How is onion salad made?
- 37.—What kind of dressings are used for fish salad?
- 38.—How is oyster salad made?
- 39.—How is oyster Mayonnaise made?
- 40.—How is shrimp salad made?
- 41.—How is salmon salad made?
- 42.—How is sardine salad made?
- 43.—How is eel salad made?
- 44.—How is fish-roe salad made?
- 45.—How is lobster salad made?
- 46.—How is chicken and tongue salad made?
- 47.—How is beef salad made?
- 48.—What are mixed salads?
- 49.—How is chicken salad made?
- 50.—How is herring salad made?
- 51.—How is a salad Macedoine made?



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