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THE S I S

on

"Salads"

Submitted to the Faculty

of the

O R E G O N A G R I C U L T U R A L C O L L E G E

for the degree of

Bachelor of Science

i n

Domestic Science

by

E d n a M a e R u s s .

Redacted for Privacy

APPROVED:

Department of Domestic Science *and Art*

SALADS.

"Yet shall you have to rectify your palate,
An olive, capers, or some better salad."

Salads are not a modern concoction of certain uncooked plants, fruits, and nuts or cooked vegetables and meats seasoned with condiments and dressed with oil and vinegar. Although modified in this country, they were eaten as early in history as the Passchal Feast. There the Jews ate lettuce, camomile, dandelion, and mint (these being known as "bitter herbs") mixed with oil and vinegar.

Neither did the Greeks in their refinement and culture forget the science of fine dishes so the rich were wont to have lettuce at the close of a meal. And Rome imitating the customs of Greece in this case went to the extreme and served the salad of egg and lettuce at the beginning of a meal in order to excite the appetite.

Again the Romans were compelled by law to serve salads with the meat diet. In one of Cowper's translations it tells how a Roman prepared his salad.

"With hasty steps his garden round he sought;
There, delving with his hands, he first displaced
Four plants of garlic, large and rooted fast;
The tender tops of parsley next he culls,
Then the old rue-bush shudders as he pulls,
And coriander last to these succeeds,
That hangs on slightest thread her trembling seeds.
Placed near his fire, he now demands
The mortar at his sable servant's hands,
When, stripping all his garlic first, he tore

The exterior coats, and cast them on the floor,
 Then cast away with like contempt the skin,
 Flimsier concealment of the cloves within;
 These, searched and perfect found, he, one by one,
 Rinsed and disposed within the hollow stone.
 Salt added, and a lump of cheese,
 With his injected herbs he covered these,
 And tucking his left hand his tunic tight,
 And seizing fast his pestle with his right,
 The garlic bruising first, he soon expressed
 And mixed the various juices of the rest.
 He grinds, and by degrees his herbs below,
 Lost in each other, their own powers forgo,
 And, with the cheese in compound, to the sight
 Nor wholly green appear, nor wholly white.
 The work proceeds; not roughly turns now
 The pestle, but in circles smooth and slow,
 With cautious hand that grudges what it spills,
 Some drops of olive oil he next unstill,
 Then vinegar, with caution scarcely less,
 And gathering to a ball the mealy mess,
 Last with two fingers frugally applied,
 Sweeps, the small remnant from the mortar's side,
 And this, complete in color and in kind,
 Obtains at length the salad he designed."

Virgil gives us further proof in his Second Ec-
 logue that the Romans used salad by having Thestylis, a
 rustic maid, prepare a feast for the reapers.

During the fourteenth century the English prepared
 salads from--

violets	Elder-flowers
Hawthorne-blossoms	Roses
Prim-roses	Cowslips
Daisies	Orange-blossoms
Hop-vine-buds.	

From this time salads were found in the English
 menu for Shakespeare mentions them in his works. In
 Goldsmith's "Retaliation" is found;

"Our Garrick's a salad; for in him we see,
 Oil, vinegar, sugar, and saltness agree."

The Irish used sorrel mixed with a dressing made
 from vinegar, sugar, and mustard.

In this age this delectable dish is made from cultivated plants, wild plants, nuts, fruits one or more of these being mixed with a salad dressing. A few of the best known ingredients are placed under the various heads.

Cultivated Plants--

Lettuce
 Escarole
 Chicory
 Endive
 Celery
 Tomatoes
 Cucumbers
 Radish
 Onion
 Beans
 Nasturtium

Nuts-

Walnuts
 Pecans
 Peanuts
 Almonds
 Hazelnuts

Meats-

Chicken
 Turkey
 Veal
 Heart

Left-overs of all meats.

Wild plants-

Water-cress
 Dandelion
 Daisy
 Mustard
 Pepper-grass

Fruits-

Bananas
 Oranges
 Pineapples
 Berries
 Cherries
 Peaches
 Pears
 Melons

Fish-

Salmon
 Shrimp
 Lobster
 Sardine
 Oyster

Salads may be classed under four divisions namely;-

First

Herbs

Uncooked
 Alone
 Combined with lettuce
 Dressing
 Boiled
 French

Second

Dressing
Boiled
Cream
Mayonnaise
Lettuce-foundation
Fruits
Nuts
Vegetables
Uncooked

Third

Lettuce as foundation
Cooked
Vegetables
Potatoes
Asparagus
Beet
Cauliflower
Rice
Bean
Dressing
Mayonnaise
French

Fourth

Lettuce and celery foundation
Meat
Fish
Egg
Dressing
Mayonnaise
French

By this outline it is seen that lettuce is the main salad plant and as Galen, ancient celebrated Grecian Physician, said, "the philosopher's or wise man herb".

Taking the food value of salads into consideration, they are not high in nutriment but nevertheless they are healthful because of their cooling properties, mineral salts and acids, and other condiments.

The cooked vegetables loose the mineral salts while in the salads this is retained.

The three aims of a salad are to have them;

Healthful

Properly cooked vegetables

Dressing well mixed or cooked

Fresh and crisp

Economical-

Use of left overs

Fuel values in dressing

Attractive

Attractiveness leads to easy digestion.

In making salads, the young plants should be used, the reasons will be shown by the structure. The cell-wall, chemical analysis shows it to be a carbohydrate, is a firmer and harder substance than that of animal tissue. The cellulose, the carbohydrate mentioned, varies in structure in different plants as in the potato it is loose and spongy while in celery the wall is very tough.

Salads are served as the main dish, being made from vegetables, fruits, or meats, at luncheon or supper. A simple salad is served at dinner. Often a fruit salad takes the place of a dessert.

Conditions in Salad-making.

I. All ingredients of a salad dressing as well as the utensils should be placed on the work table before the salad is mixed in order that no interruption may occur in the mixing.

II. Green vegetables--The vegetables should be green

and crisp. After being carefully washed all vegetables should be dried in a cloth. Then put away in a cool place until time for serving. If the vegetables are wilted place them in cool salted water and they will revive.

III. Meat and Fish.

Meat and fish should be cut ready for use and put in a cool place. A French dressing is used to marinate these. Before serving the meat or fish should be drained from the marinade.

IV. The salad dressing and other ingredients which is to compose the salad are to be mixed just before time for serving.

Dressings.

Mayonnaise

1c oil to 1 egg.

Use

Vegetable salads
Meat or fish "
Fruit "

Cautions in making-

Add oil drop by drop

Curdles-use extra egg-yoke.

Lemon juice is used in preference to vinegar.

Served

Equal parts of Mayonnaise and whipped cream if not fond of olive oil.

Cream should be added just before serving.

Spanish proverb.

"To make a good salad, four persons are required; a counsellor for salt, a miser for vinegar, a s

spendthrift for oil, and a mad man to stir alto-gether."

French Dressings.

2 times olive oil as vinegar

Use.

Marinade.

Salads are not a food of nutriment but is is healthful because of Mineral salts which they contain cooling and crispness properties--variety they give the diet.

And salads should be served at every luncheon and dinner, the meat salad being served at luncheon or supper, while the lighter in dietitic value with dinner. Salads are served after the meat course except when game is served then with the game.

"Oh, herbacious treat!

T'would 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 hurt me-I have dined today".

EGG SALAD.

Marguerite Salad.

Faculty Banquet.
People 75.

75 hard boiled eggs.
2qts. salad Dressing.

Method-

Put eggs in cold water let water come to boil and cook ten minutes in boiling water. Remove, put in cold water. When cool remove the shells. Then cut the eggs in half and cut each half in four oblong pieces.

Take the yoks and cut very fine.

Place a leaf of lettuce on pie plate. Then arrange eight pieces of the white of egg to represent the petals of a marguerite. One table spoon of the chopped yoke was placed in the center. Then two teaspoon of Mayonnaise was placed on top of yoke. Two stuffed olives were placed beside the Marguerite. Two saltine waffers were served with it.

FISH SALAD

FOWL SALAD.

Sardines on Lettuce.

4 cans of sardines
1c shredded lettuce
2c Mayonnaise Dressing.

Arrange the sardines on a leaf of large lettuce or 3 small leaves. Place 1 T of Mayonnaise on the sardines, then put the shredded lettuce on this, again place 1 T of stiff Mayonnaise on top.

Serve at once with buttered brown bread.

Mayonnaise Dressing.

1 hard-boiled egg	1c olive oil
3 raw yolks	3T lemon juice
1 t mustard	2t vinegar
1t salt	
1t sugar	
1/4t cayenne	
1/2t pepper	

Mix dry ingredients together in a small bowl.

Then hard-boiled egg is rubbed smooth. Add raw yolks and beat well. Add oil in small quantities alternately with lemon juice.

Lastly seasoning and vinegar.

Mix with one-half pt. of cream.

COST

4 cans sardines	.50
Lettuce	.05
1/3 doz. eggs	.083

Chicker Salad.

2c chopped chickens
1c celery, chopped.
1/2 c nuts, chopped.

Mix the chicker, celery, and nuts with French Dressing. This was placed in a dish garnished with celery leaves.

French Dressing.

1/4t salt 1t vinegar
3t olive oil
1/8 t pepper

After mixing, stir the mixture a few minutes and add gradually one table spoon vine gar, stirring rapidly until mixture is slightly thickened and vinegar can not be noticed.

Cost of salad.

Celery	.10
Chicken	.15
Nuts	.10
Olive oil	.02
Vinegar, salt pepper	.01
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	.48
Number of people 4	
Price per capita	\$.12

Vegetable Salad.

© LD HAMPSHIRE BON

Asparagus Salad.

1/2 bunch of asparagus.
1c salad dressing, Mayonnaise.

Garnish the plates with lettuce leaves. Lay nine stalks of asparagus, placed in a ring made of lemon rind on the lettuce place two tablespoonfuls of Mayonnaise at one side of asparagus. A slice of lemon is very attractive.

Previous to this the asparagus was cooked in salty water until tender. Then it was cooled. The lemon ring was made by cutting 1/4 of an inch slice of lemon and removing the pulp.

The salad dressing was made as follows;

1 hard boiled egg-yoke	1t mustard
3 raw egg yolks	1t salt
1 1/2c olive oil	
2 T lemon juice	1t sugar
2 t vinegar	1/4 t pepper-cayenne
	1/2 t pepper-white

Mix dry ingredients together--the hard boiled egg yoke is rubbed smooth, add raw yolks and beat until the eggs are a light yellow.

Lettuce and Nut Salad.

12 qts. shredeed lettuce
5 qts. chopped nuts
5 qts. mayonnaise dressing.

Method;

Wash the lettuce leaves carefully, fold in the middle, crosswise, and cut through in the fold. Hold a large roll, close to a mixing board with the left hand, and with a sharp knife cut in narrow ribbons not more

than one fourth inch wide.

Mix the lettuce, chopped nuts (saving enough to put one tablespoon on top of salad) and Mayonnaise dressing thoroughly. This was placed on a pieplate previously garnished with lettuce leaves. Four tablespoonfuls were served on each plate.

Mayonnaise Dressing.

9t mustard	18 egg yolks
12 t salt	2 1/4 c vinegar
9t powdered sugar	13 1/2 c olive oil.
1t cayenne pepper	

Method;-

Mix dry ingredients, add to the well beaten eggs, and beat. Add the olive oil drop by drop alternately with the vinegar; beating vigorously all the time until thoroughly blended. Too much stress can not be laid on the above. Add one quart cream just before mixing with the lettuce.

Cost of the salad:

Lettuce, 75 bunches	3.45
Eggs , 1 1/2 doz	.18
Cream , 1/4 gal at \$1.50	.385
Walnuts	3.00
Vinegar, 1pt.	.15
Olive oil	3.00
Salt	.01
Mustard	.01
	<hr/>
	\$10.185
Number present 225	
Price per capita	.047

LETTUCE AND NUT SALAD.

Serve 28 people.

11 bunches lettuce
1 lbs walnust (unshelled)
3 pts. Salad Dressing.

The lettuce leaves were shredded this was mixed with the boiled dressing and served on a plate garnished with a lettuce leaf. On top of each salad was placed one spoonful of chopped nuts.

Boiled Salad Dressing.

1/4 t pepper	1 egg
1/4 t salt	1/4 c water
1/2 t mustard	1/2 c milk
1t sugar	3/4 c vinegar
3t flour	

Mix dry ingredients, add egg, then water, milk, and vinegar alternately. Beat thoroughly. Cook until thick.

It is better to cook in double boiler and stir constantly.

Cost of Salad.

Lettuce	.40
Walnuts	.25
Seasoning	.05
1/3 doz. eggs	.07
1 pt. milk	.025
2 c vinegar	.075
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	.87

H. S. Banquet.

May 22. 175 people.

Tomato Salad.

175 Tomatoes.
24 cucumbers.
2 qts. Mayonnaise Dressing.

Method:—

Placed the tomatoes and cucumbers in salted water. Let stand four hours. Slice off the stem end and remove the pulp from tomato shell. The shells were then placed in ice-water for 2 hours. The pulp was cut into cubes as were the cucumbers and this was placed in ice water. Just before serving this was drained from the ice water and mixed with mayonnaise. This amount was found to be insufficient for the number to be served so two quarts of sliced lettuce was added. One tablespoonful was placed in each tomato shell. With a level tablespoonful of stiff mayonnaise on top.

The tomato shells were placed on lettuce leaves. Two saline crackers were served with this.

Mayonnaises.

Five times:

1 hard boiled egg.	1/4 t cayenne
3 raw yolks	1/2 t white pepper
1 t mustard	1 1/2 c olive oil
1 t salt	2 T lemon juice
	2 t vinegar.

Mix dry ingredients together in a bowl.

Rub the crock, which you wish to mix the dressing in with an onion. Then the hard-boiled egg is rubbed smooth. Add the raw yolks and beat until it is light as

a feather? Add oil in small quantities alternately with lemon juice and lastly seasoning and vinegar. One girl once made the recipe.

In all the dressing there was insufficient lemon juice and salt. Two quarts of cream were whipped each in a separate bowl and this was added just before serving. It was found that one-half of the Dressing would have been a plenty.

Cost.

2 qts cream	.80
15 doz Tomatoes	
2 doz. cucumbers	
2/3 doz. lemons	.20
Vinegar	.02
1 2/3 doz. eggs	.32
Olive oil	1.25
Lettuce	1/10
Dry mixtures	.10
Saltines wafers	.90

OLD HAMPSHIRE BO

FRUIT SALADS

The fruit salads, which can be made are innumerable. All fresh fruits and nearly all canned fruits are used in salad.

The dressings used are:

Cream

Mayonnaise

Boiled.

OLD HAMPSHIRE BOND

Waldorf Salad.

12 qts. chopped apples.
6 " " celery
6 " " nuts
6 " Mayonnaise Dressing.

Method: 2 cups of apples, 1 cup ~~celery~~, 1 cup nuts were mixed thoroughly with 1 c dressing. This was done repeatedly until all the salad was mixed.

Served in Red Apples shells.

Apples were cored and the pulps were cut out to the skin. The appleshells were placed in cold water. Large tablespoonful of salad was placed in each shell. The shell was placed on a lettuce leaf. Served on a pie plate with one saltine wafer.

Mayonnaise Dressing.

9 t mustard	
12 t salt	yolks 18 eggs
9 t powdered sugar	2 1/4 c vinegar
1 t cayenne pepper	13 1/2 c olive oil.

Mix dry ingredients together, then the well beaten yolks were added. Then the oil was gradually added alternately with the vinegar. Beat vigorously until all is added then beat several minutes. More salt was added.

Two quarts cream ~~were~~ whipped and added to the salad dressing just before mixing.

The cost of the salad is

Apples	\$4.90
Celery	6.65
Nuts	2.80
Lettuce	1.75
Cream	1.40
Olive oil	3.50
Eggs	.70
Mustard	

Salt	.07
Powdered sugar	
Saltine wafers	.95
	<u>\$22.93</u>
Number of people present	255
Price per capita	.089

WALDORF SALAD.

Domestic Science Class.
Feb. 20

2 qts. apples chopped
1 qt. celery " " fine
1 qt. nuts
1 pt. Mayonnaise Dressing.

Two Tablespoonfuls of apples, 1T of celery, 1 T. nuts and 1 T. dressing. Mix all the ingredients in the same manner until thoroughly mixed.

Served in Red Apple Shells.

One Tablespoonful was placed in each shell. This was placed on a lettuce leaf and served with two saltine wafers.

Mayonnaise Dressing.

1 1/2 t mustard	Yolk of 3 eggs
1 1/2 t salt	3 T lemon juice
1 1/2 t powdered sugar	3 T vinegar
f. g. cayenne	2 1/4 c olive oil.

The method explained in previous salad. Time 2 periods.

Time until serving 4 hours.

Apples	.70	Saline wafers	.15
Celery	.95		<u>\$3.30</u>
Nuts	.40	Number of people	35
Lettuce	.25	Price per capita	.094
Cream	.20		
Olive oil	.50		
Eggs	.10		
Vinegar	.025		
Lemon juice			
Dry Ingredients.	.01		

FRUIT SALAD.

4 people

2 Oranges
 2 Bananas
 1 bunch celery.

Cut the oranges and bananas into cubes and cut the celery in small pieces. Serve after thoroughly mixing the fruit and dressing together, in orange shells. The orange shells are made by cutting the oranges in the center and removing the pulp from the shell. These are placed on lettuce leaves. The dish used is a pie plate.

Salad Dressing.

Juice of one orange.
 Juice of 2 lemons
 Egg-one
 Sugar-- $\frac{1}{4}$ c
 Cream $\frac{1}{2}$ c

Beat the juice of orange and lemon with egg and add sugar and boil until clear. Whip the cream and stir thoroughly into the mixture. Set away to cool. Mix into salad.

Cost of Salad. Made in February.

Oranges $\frac{1}{4}$ doz.	.10
Lemons $\frac{1}{6}$ doz.	.05
Bananas $\frac{1}{6}$ doz.	.05
Celery	.10
Lettuce	.05
Egg	.033
Sugar	.007
Cream $\frac{1}{2}$ cup	.05
	<hr/>
	\$.44

Number of people served 4.
 price per capita .11.

FRUIT SALAD.

1c chopped oranges
1c chopped bananas
1c chopped walnuts.

Mix the oranges/ bananas, and nuts thoroughly, then add the dressing. Serve in Orange shells, banana skins, making them in the shape of a boat. Of course garnishing the plate with lettuce. This should not be mixed until just before serving.

Salad Dressing.

1/2 c vinegar
1/2 c cream, sweet or sour.
1/2 t mustard
1/2 t flour
1 whole egg
1T sugar
1/2 t salt.

Mix dry ingredients add the beaten egg, vinegar and cream alternately. Cook in a double boiler, stirring constantly, until thick.

Cost of Salad.

3 oranges	.10
3 bananas	.075
nuts	.10
1/2 c cream	.05
1/2 c vinegar	.02
1 egg	.02
Dry ingredients	.037
	<u>\$.402</u>

Number of people served 5.

Price per capita \$.08

Saltine wafers are usually served with this salad.

ORANGE SALAD.

1 1/2 oranges (large)
1/2 c Cream Dressing
18 walnuts

Cut the oranges into halves remove the pulp, chop the layers into cubes, also the walnuts may be chopped. Mix the two with the dressing and fill the orange cup. On top of mixture is placed one teaspoon of dressing. This is placed on a plate garnished with water cress or lettuce leaves.

Dressing.

1/4 c vinegar	1 egg yolk
1/4 c sweet cream	1/4 t sugar
1/4 t mustard	1/4 t salt.
1/4 t flour	

Beat the egg light, add seasoning and beat, then cream and beat. Pour into hot vinegar and cook until it begins to thicken, stirring continually until it begins to thicken. Pour over salad and mix with the ingredients when very cool.

Cost of Salad.

Oranges	.085
Vinegar	.01
Cream	.025
Egg	.01
Condiments	.01
	<hr/>
	.11

Lettuce	.01
	<hr/>
	.12

No. of people served 3.

Price per capita .04.

Reference Books.

"Food Products of the World" by Mary E. Green M.D.

The Hotel World, publishers.

Chapter 23.

"Handbook of Domestic Science" by Lucy Langdon Williams-
Wilson Ph. D.

Publishers The MacMillan Company.

PP 203-216

Chapter X.

"Salads, Salads, and Chafing-dish Dainties"

by

Janet McKenzie Hill

Little, Brown and co . Publishers.