

T H E S I S

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ON

S A L A D S.

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

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## -Salads-

"The etymology of salad is 'sal' or something to be salted."

As a nation salad is a dish we do not sufficiently appreciate; while the French perhaps surpass all other countries in the number and variety of their salads. Their quick ingenuity seems to enable them to turn almost everything in nature that is edible into a tempting salad.

An expert in the art of making this dish says, "Salad is a friend of the well for it keeps them well, and a friend of the sick for it brings them back to the lost sheep-folds of Hygiea!"

To make a good salad is an accomplishment which every woman should master if she would be a success in the art of entertaining.

The very term, salad, suggests lettuce which lends itself most easily in the making of most salads. It serves not only as a foundation for most salads but its fine, green, crisp little heads make it the salad par-excellence for every day use.

Here is a good old saw to keep in mind when making a salad dressing, "A sage for the mustard, a miser for the vinegar, a spendthrift for the oil, and a mad-man to stir it up.

The cucumber perhaps stands next to the lettuce as a purely vegetable salad. This is excellent especially when served with fish, unless one should be of the temper of Dr.

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Johnson, who declared, "The best thing you can do with a cucumber after you have prepared it with much care and thought is to throw it out of the window."

An agreeable writer on this subject says that salads were probably invented by Adam and Eve, and were made of pomegranites as they are to-day in Spain.

Salads were in vogue in the time of Shakespeare for he mentions them several times in his plays. Jack Cad in Henry VI. when found hiding in Ida's garden says he climbed over the wall to see if he could eat grass or pick a salad. And Cleopatra speaks of her salad days when she was "green in judgment and cool in blood."

Of all the salads lobster and shrimp are the most picturesque and beautiful; imbedded in a nest of green leaves their scarlet color gives a trumpet tone to any table.

A salad must be freshly made to be good as it does not lend itself as a second day dish. One has not conquered the salad question until she has acquired the nice sense of "seasoning them with taragon, softening them with oil, exasperating them with mustard, sharpening them with vinegar, and spiritualizing them with a suspicion of "onion."

When one has acquired such skill as this in preparation it might well call forth such thoughts as the following from Sidney Smith:

Oh green and glorious! Oh herbaceous treat,

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It would tempt the dying Anchorite to eat;  
Back to the world would turn his fleeting soul  
To plunge his fingers in a salad bowl.

Practice work in the kitchen laboratory.

Vegetable Salads.

I. Lettuce Salad.

Wash a large solid head of lettuce. Take off four perfect leaves and lay them on the plate for a foundation. Tear the remaining leaves into small pieces. Place in cold water until ready to use.

Rule for egg dressing:

Boil three medium sized eggs twenty minutes. Remove and when cold shell. Separate the whites and yolks.

Blend with the yolks-

1/4 tsp. mustard

1/4 tsp. salt

1 shake paprika

1 tbs lemon juice.

Add to this-

1 cup of sweet or sour cream, quite thick.

Chop the whites fine and stir into this.

Place three tablespoonsful of this dressing over the torn bits of lettuce. Toss with a fork and pile high on a plate, garnish with lettuce leaves. Pour the remainder of the dressing over this.

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Lay a section of lemon on the side of each plate.

This makes enough for four people.

II. Cabbage Salad.

Rule for dressing:

Mash fine the yolks of a hard boiled egg and blend  
with-

1/4 tsp. salt

1 dash paprica

1tsp. sugar

1/4 tsp. mustard

Mix in two or three tablespoonfuls of sour or thick  
sweet cream.

Toss together two cups of sliced cabbage and a heap-  
ing teaspoonful of chopped sour pickle. Sprinkle this with the  
following-

1 tbs. vinegar

1/4 tsp. mustard

2 shakes paprica

1 tbs. melted butter

1 pinch salt.

Let stand for one half hour. Toss lightly in dress-  
ing just before serving.

This makes enough for two people.

### III. Cauliflower Salad.

Wash carefully a small head of cauliflower. Boil until tender. Remove, cool, and separate into sections. Pour over this the dressing and serve.

Rule for dressing :

Place four tablespoonfuls of butter on the stove. When it bubbles, add four tablespoonsful of flour. Cook about two minutes without browning, stirring constantly. Add one cup of vinegar. Cook.

Blend and add to this preparation-

2 tsp. sugar

2 tsp. salt

1 tsp. mustard.

Boil for a few minutes and then place on the back of the stove. Then, beat two eggs and pour over them two cups of hot milk. Cook to the consistency of thick cream.

Stir the two preparations together, slowly, to prevent curdling. Remove from the stove. Stir until quite cool.

This makes enough salad for two.

The dressing may be used for any vegetable salad and will keep for weeks.

### IV. Potato Salad with French Dressing.

Rule for French dressing:

Blend-

1 salt spoon of salt

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1 salt spoon of white pepper

1 pinch mustard.

Then add-

3 tbs. olive oil

1 tbs vinegar

1 tsp. onion juice.

Pour this dressing over three cups of cubed or sliced cold boiled potatoes and one heaping teaspoon of finely chopped parsley.

This is enough salad for four.

V. potato Salad with Mayonnaise Dressing.

Rule for Mayonnaise dressing:

Put the yolks of four raw eggs, with two hard boiled ones, into a cold bowl. Rub these smooth. Add four tablespoonful of oil, a few drops at a time.

When the mixture assumes a jelly-like appearance, add

2 heaping tsp. dry table salt

1 heaping tsp. pepper

1 heaping tsp. of made mustard

2 tbs. vinegar, added gradually.

The Mayonnaise should be the thickness of thick cream when finished, but if it looks like curdling when mixing it, set in a cold place for forty minutes or more, then mix it again.

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Prepare three cups of cubed or sliced cold boiled potatoes. Sprinkle with the French dressing and serve with a tablespoonful of the Mayonnaise dressing on each individual plate.

This is enough salad for four.

The Mayonnaise dressing left over will keep for weeks in a cool place.

Meat Salads.

VI. Shrimp Salad.

Rule for Marionade:

1 pinch mustard

1 pinch salt

1 shake paprika

1 tsp. lemon juice

1 tsp. onion juice

3 tbs. oil.

Blend well.

Prepare-

1/2 pt. chopped celery

1 pt. shrimps, cut into 1/4 inch pieces with a sharp knife.

Toss celery and shrimps lightly together. Sprinkle over with the marionade. Set in a cool place for two hours.

Pour over this Mayonnaise dressing just before serving.

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Decorate plate with lettuce leaves.

This is a salad for three.

### VII. Salmon Salad.

Rule for marionade:

3 tbs oil

1 tbs. vinegar

1/4 tsp. salt

2 shakes paprica

1 pinch mustard

Open a pint can of salmon. Break salmon into inch lengths and sprinkle over with the French dressing. Set in ice-chest for two hours.

Wash head of lettuce. Tear up five or six leaves and sprinkle over with the Marionade.

When ready to serve, pour over the salmon, the juice from the can. Make a foundation of lettuce leaves. Pile the torn leaves high in the center of the plate and encircle with the salmon. Encircle the salmon with sliced hard-boiled eggs.

### VIII. Chicken Salad.

Remove skin and bones from the breast and thighs of a boiled chicken and cut into one-half inch cubes.

Add to this as much celery, diced, Sprinkle with marionade and set in the ice-chest for two hours.

Then, toss over the prepared chicken 2/3 of a cup of the

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boiled dressing. Decorate with capers, celery tips, and hard-boiled eggs.

Serve on lettuce leaf.

Rule for boiled dressing:

3tbs. butter

2 tbs. flour

Blend and cook a few minutes. Add-

1/2 cup vinegar and cook until it thickens.

Blend and add to this-

1tsp. sugar

1 tsp. mustard

1 tsp salt

2 shakes paprica

Then make custard of the thickness of a thick cream of-

2 beaten eggs

1 cup milk.

Blend all together. Remove, stirring until quite cool.

Dress the chicken with this just before serving.

This is enough salad for four.

Fruit Salads.

IX. Apple Salad.

Wash celery, cut off top and roots, and separate stock. Scrape and remove all decayed parts. Cut crosswise into one inch pieces.

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Slit lengthwise and cut into one-fourth inch cubes.

Wash, peel, core, slice, and chop apples moderately fine, but not mushy.

Chop English walnuts into one-fourth inch pieces.

Squeeze juice from 1 lemon

Whip 1/2 pt. cream,

Mix well-

1 qt. apples

1/2 pt. celery

1/4 pt walnuts.

Blend-

2 tbs. sugar

1 pinch red pepper

1/4 tsp. salt.

Sift this over the mixture.

Add lemon juice. Blend. Stir in the whipped cream.  
mix well.

Serve on lettuce leaves, garnished with top sprigs  
of celery.

This is enough salad for ten.

X. Orange Salad.

Peel two large oranges, carefully removing all of the  
white layer, section into thirds.

Peel two large bananas. Slice into thin slices.

Chop moderately fine one dozen English Walnuts.

Squeeze juice from one lemon.

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Whip stiff one half cup of cream.

Toss fruit together with a silver fork. Sprinkle into it the lemon juice.

Fold in cream and walnuts.

Serve on a lettuce leaf with a section of lemon.

This makes enough for four.

XI. Banana Salad.

Rule for dressing:

Blend and dissolve-

Mashed yolk of a hard-boiled egg

Pinch of salt

shake of paprika

rounded tsp. sugar

pinch mustard

1/2 cup of thick cream, whipped

juice of 1/2 lemon

1 tsp. sugar

shake of paprika.

Dissolve by stirring.

Peel and Halve 4 large bananas.

Chop 1 doz. English walnuts.

Sprinkle marionade over the fruit. Place a good spoonful of the dressing along the tops of the bananas.

Scatter nuts over the dressing.

Serve to four people.

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XII. A Fruit Salad.

Rule for Orange dressing:

2 eggs well beaten

2 pinches salt

1 tbs. sugar

juice of 2 medium sized oranges

juice of 1/2 lemon

little grated orange peel

pinch of paprica.

Set in boiling water. Stir constantly until consistency of thick cream. Remove from water and cool.

Rule for Marionade:

juice 1/2 lemon

1 tsp sugar

1 pinch salt

1 pinch paprica

Dissolve by warming, then cool.

Wash, peel, and chop 3 apples.

Chop moderately fine 1 doz English walnuts.

Prepare 2/3 cup of raisins by breaking into bits.

Toss apples, raisins, and nuts together lightly with a silver fork.

Sprinkle over this the Marionade.

Add 2 tbs. thick cream.

Fold lightly in the dressing and serve on lettuce leaf to two people.