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Salad Dressings

The salad dressing makes the salad.

There are 3 basic dressings, French, mayonnaise and boiled dressing.

I. French Dressing (Oil Dressing)

1 tsp. salt 3 tbsp. vinegar or lemon juice
1 tsp. sugar 3/4 cup oil
1/4 tsp. paprika

Mix the salt, sugar and paprika together. Add vinegar and oil. Mix thoroughly with egg beater or place in bottle and shake well.

Use on. . . .

- Vegetable salads such as slaw, lettuce, cress and raw vegetables.
- Acid fruit salads as orange, pear or grapefruit salad.
- Fish salads and cheese salads.

To "marinate" allow the cut materials to stand in French dressing in a cool place until well seasoned; the dressing is drained off before the salad is made.

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EXTENSION SERVICE

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Variations

French dressing plus any of the following:

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| 1. 1/4 cup tomato catsup | 5. 2 tbsp minced egg |
| 2. 2 tbsp. chopped parsley, 2 tbsp. chopped onion, 2 tbsp. chopped beets and 1 chopped hard cooked egg | 6. 4 tbsp. crumbled Roquefort cheese |
| 3. 2 tsp. fresh grated horseradish | 7. 1/4 cup finely chopped chutney |
| 4. 2 tbsp. currant, raspberry or loganberry jelly and beat well | 8. 2 tbsp. chopped anchovies |
| | 9. 2 tbsp. each of chopped green peppers, red peppers, celery and parsley |
| | 10. 2 tbsp. chopped pickle |

SPECIAL RECIPES

Catsup French Dressing

1/4 cup sugar
1/4 cup vinegar
1/4 cup lemon juice

1/3 cup catsup
1/2 cup oil
1 tbsp. grated onion

Place in bottle and shake well before using.

Canned Tomato Soup Dressing

1/2 cup oil
1 can tomato soup
1/2 cup sugar

3/4 cup vinegar
1 diced onion
Salt and pepper

Mix all ingredients together and beat with egg beater. Chill before serving.

Honey French Dressing

1/2 cup salad oil
1/4 cup honey
2 tsp. salt
1 tsp. mustard powder

2 tsp. paprika
1/4 cup vinegar
2 tbsp. catsup
2 tbsp. lemon juice

Blend honey with dry ingredients, add catsup and lemon juice and then vinegar and oil. Beat well with egg beater. Yield: 1-1/3 cups.

Celery Seed French Dressing

1/2 cup vinegar
1 cup sugar

1 tbsp. paprika
1/4 tsp. mustard

Boil the above ingredients for just one minute. Add 1 tbsp. onion juice. Allow to cool until lukewarm, then slowly beat in 1 cup oil. Fold in 1 tbsp. celery seed. Mix thoroughly. Chill before using.

Apple-Honey Dressing

1/3 cup sugar	3 tbsp. lemon juice
1/4 tsp. dry mustard	1 tbsp. vinegar
1/2 tsp. paprika	1/4 tsp. grated lemon rind
1/4 tsp. salt	1 tsp. celery seed
1/2 cup smooth applesauce	1/2 cup oil
1/4 cup strained honey	

Combine all ingredients except oil in bowl. Mix well. Add oil slowly, beating thoroughly. Chill. Shake or beat well before serving. Makes 1-1/2 cups.
Farm Journal's Country Cookbook

II. Mayonnaise Dressing

1 egg yolk or 1 whole egg	1/2 tsp. paprika
1/2 tsp. mustard	1-1/2 cups oil
3/4 tsp. salt	2 tbsp. vinegar
1 tsp. sugar	2 tbsp. lemon juice

Use a deep mixing bowl or mayonnaise jar and a good rotary egg beater. Mix dry ingredients, add the vinegar, add egg without beating, 1/2 cup of oil and beat quickly for 1 minute; add another 1/2 cup of oil and beat again for 1 minute; add remainder of oil and beat until mixture thickens, thin with lemon juice. If mixture fails to thicken or separates, start over again. Break an egg yolk into a bowl and gradually add the former mixture a tablespoonful at a time until emulsified. Mayonnaise keeps best if kept a little cooler than room temperature, but not ice box temperature.

Use with. . .

Vegetable, meat or fish salads.

Fruit salads when whipped cream is added to the dressing.

Variations

Any of the variations added to French dressing may be used with mayonnaise dressing.

To increase the bulk of mayonnaise, beat into the finished dressing 1/6 of its bulk of a stiff paste made by boiling corn-starch in water until it is clear. Cool before adding.

SPECIAL RECIPES

Russian Dressing

1/3 cup chili sauce	Combine and mix
1 cup mayonnaise dressing	thoroughly.
	Serve on salad greens

Cooked Mayonnaise

1 egg	1/8 tsp. paprika
2 tbsp. sugar	1/4 cup vinegar
1-1/2 tsp. salt	3/4 cup oil
2 tsp. dry mustard	1 cup water
4 tbsp. cornstarch	

Mix dry ingredients in bowl, add egg (unbeaten), oil and 1/2 of the vinegar. Make a paste of the cornstarch and water and cook until mixture is clear. Add this at once to the ingredients in the bowl and beat vigorously with rotary egg beater until mixture thickens. Thin by adding the rest of the vinegar.

Thousand Island Dressing

1 cup mayonnaise	1 hard cooked egg chopped
1 tbsp. vinegar	1 tbsp. chopped pimientos
1/4 tsp. paprika	1/3 cup chili sauce or tomato
1 tbsp. catsup	catsup
1 tbsp. chopped green peppers	

Add ingredients to mayonnaise and stir well.

Cream Mayonnaise

1/2 cup mayonnaise	1/2 cup cream, whipped
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Fold whipped cream into mayonnaise.

Tartar Sauce

Add 3 tablespoons of finely chopped pickles and olives and 1 tablespoon finely chopped parsley to 1 cup of mayonnaise.

III. Cooked Salad Dressings

Plain Cooked Dressing No. I

8 egg yolks or 5 whole eggs, beaten	1 tsp. salt
1/2 cup sugar	1 tsp. mustard
1/4 cup flour	1 tsp. pepper
2 cups milk	3/4 cup vinegar

Mix the dry ingredients and add to the beaten eggs; add the vinegar; slowly add the milk. Cook in double boiler, stirring constantly until mixture thickens.

Plain Cooked Dressing No. II.

3/4 cup milk or water	2 tbsp. flour
1 egg or 2 egg yolks	1 tsp. mustard
2 tbsp. sugar	Few grains cayenne
1 tsp. salt	2 tbsp. butter
	1/4 to 1/2 cup mild vinegar

Add the milk to slightly beaten egg. Mix the sugar, salt, flour, mustard and cayenne in the top of a double boiler. Add the milk mixture gradually and cook over hot water, stirring constantly until the mixture thickens (about 10 minutes). Add the butter and vinegar to taste. Cool. Makes about 1-3/4 cups.

Sour Cream Cooked Dressing

This dressing may be used with any salad combination.

2 tsp. sugar	1 egg
1 tsp. salt	3 tbsp. vinegar
1/2 tsp. mustard	1 cup sour cream
1/2 tsp. paprika	

Mix dry ingredients. Add egg slightly beaten, sour cream and vinegar. Cook in top of double boiler until mixture thickens, stirring constantly. Remove from fire and cool to room temperature. Place in jar and keep in cool place.

Fruit Cooked Dressing

Good Housekeeping recipe - 8 servings.

2 eggs beaten light	Juice of one lemon
2 tablespoons flour	Juice of one orange
1/3 cup sugar	1 cup canned pineapple juice

Combine all ingredients and cook in the top of a double boiler, stirring constantly until thick. Cool, and fold in 1/2 cup cream whipped. Use with fruit salad combinations.

Variation

Substitute 1 cup of the juice from canned fruit used in making the salad, for the 1 cup pineapple juice. Orange juice may also be used in place of the pineapple juice.

Whey Salad Dressing

1 cup whey	1/2 tsp. salt
1/4 cup vinegar	1/8 tsp. tumeric
1 tsp. mustard	3 tbsp. flour
1/4 cup sugar	2 tbsp. butter
Paprika	

Beat the whey and vinegar together. Mix all the dry ingredients and add them to the whey. Add the butter and cook the mixture, stirring constantly, until it is smooth and thick.

IV. Emergency Salad Dressing

One Minute Mayonnaise

1/2 cup lemon juice	1 egg yolk
1/4 cup salad oil	1 tsp. dry mustard
1/3 cup sweetened condensed milk	1/2 tsp. salt

Place ingredients in a pint jar. Fasten top on tightly and shake vigorously for a few minutes.

Sour Cream Dressing

1/2 cup sour cream	3 tbsp. vinegar or lemon juice
1/2 tbsp. sugar	Paprika
1/2 tsp. salt	

Beat cream until stiff. Add seasonings and vinegar slowly and continue beating until thick. Excellent with cabbage or lettuce.

Sweet Cream Dressing

1-1/2 tbsp. sugar	2 tbsp. lemon juice
3/4 tsp. salt	1 egg (may be omitted)
1/2 tsp. mustard	1 cup thick cream

Mix dry ingredients together. Add egg and beat slightly. Add lemon juice and cream and beat until thick. Use as a mayonnaise dressing for vegetable salads.

Other Salad Dressing Suggestions

Prepared salad mustard may be combined with either sour or sweet whipped cream to furnish a quick salad dressing for meat or vegetable salads.

Vinegar, sugar, salt and pepper added to chopped fresh cabbage or lettuce makes a quick cole slaw dressing.

Low-Calorie Salad Dressings

Low-Calorie Fruit Salad Dressing (10 Calories per Tablespoon):

1 minced clove garlic	1 teaspoon sugar
1/4 cup vinegar	1/2 tsp. salt
1/2 cup orange juice	1/8 tsp. pepper
	1/4 tsp. paprika

1. Let garlic stand in vinegar 1 hour. Strain
 2. Add rest of ingredients; shake or beat well and chill.
 3. Shake before using.
- Makes about 3/4 cup

Low-Calorie Tomato Juice Dressing (25 Calories per Tablespoon):

1/2 cup tomato juice	1/2 tsp. dry mustard
2 to 4 tbsp. salad oil	1 tsp. grated onion
1 tsp. salt	1-1/2 tsp. bottled meat sauce
2 tbsp. fresh, frozen or canned lemon juice	

1. Combine all ingredients.
 2. Beat with hand beater or electric mixer until well blended.
- Makes about 1 cup.

Ruth M. Dawson
Nutritionist