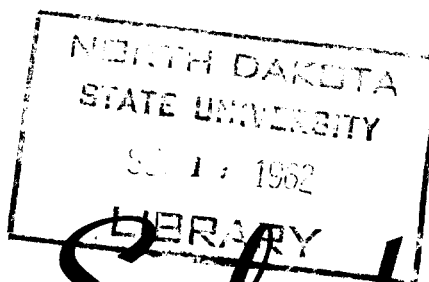




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NORTH DAKOTA STATE UNIVERSITY



Salad Combinations

WHAT TO SERVE WITH SALADS GARNISHES

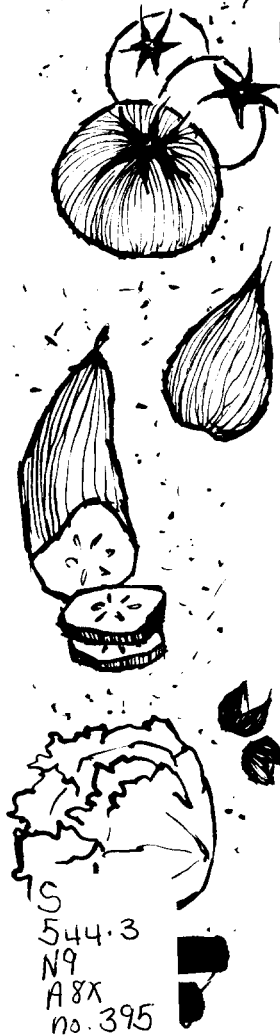
SALADS are no longer considered a luxury. A serving of a raw food (fruit or vegetables) each day is a health rule that cannot be too strongly urged. Salads provide an effective and appetizing way of introducing this raw food into the dietary.

Raw fruits and vegetables are needed to furnish the body with vitamins and minerals, which are essential to health; for building body resistance against certain deficiency diseases, for bone calcification and for teeth structure. Because of the cellulose, acids and fats which salads contain they are laxative. The food value of salads varies with the ingredients and salad dressing used.

Ruth M. Dawson
Nutritionist

EXTENSION SERVICE

NORTH DAKOTA STATE UNIVERSITY
OF AGRICULTURE AND APPLIED SCIENCE



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The economical quality of salads should not be overlooked. They may be both time and money savers. Leftovers are just as delicious in salads as when first served. To combine a salad from odds and ends is a challenge to the housewife's creative ability, and to have food prepared in advance is a time saver.

Salads also help us to achieve variety in our menus because of the variety of foods which can be used in unlimited salad combinations.

Salads should be:

1. Wholesome.
2. Economical.
3. Attractive.

SALAD COMBINATIONS

An attractive and appetizing salad expresses a housewife's ingenuity and artistic ability.

Vegetable Combinations

All vegetable combinations are improved in flavor if salt is used.

1. Cabbage Salads – The most economical of all green salads.
 - a. Chopped cabbage, grated raw carrots, raisins, marinate. Add mayonnaise dressing just before serving.
 - b. Shredded cabbage, marinated chopped beets, diced American cheese.
 - c. Shredded or chopped cabbage, peas and cheese.
 - d. Cabbage – chopped peanuts, pimientos.
 - e. Shredded cabbage to which a dressing of 1 cup sour cream, 1 tsp. salt, 1 tbsp. sugar and 1/4 cup vinegar is added.
 - f. Shredded cabbage, minced onion with French dressing.
 - g. Cabbage, green peppers, celery or raw carrots and peanuts,
 - h. Cabbage, dates and nuts, sour cream dressing.
 - i. Cabbage, horseradish, beets.
 - j. Chopped cabbage, chopped green peppers, grated onion and French dressing.
2. String beans (marinate), sliced sweet onion.
3. Grated raw carrots, serve on lettuce with French dressing.
4. Sliced cucumbers, sliced onions, sliced tomatoes, or green peppers. Serve with French dressing.

5. Cold boiled lima beans, minced parsley, pimiento and onion.
6. Cooked kidney beans, diced celery, chopped pickle.
7. Celery, nuts, chopped olives or pickles.
8. Tomatoes, radishes and romaine or lettuce.
9. Potatoes (cubed), celery, cooked chopped beets, cooked peas, paprika and mayonnaise dressing. If desired the potatoes may be marinated in a French dressing before adding them to the other ingredients.
10. Raw parsnips (grated), cabbage, celery, raw beets (grated). Tart dressing.
11. Asparagus tips — green or red pepper rings.
12. Sliced tomatoes, cucumbers, onions and oil dressing.

Fruit Combinations

Lettuce or a salad green should be used as a garnish.

1. Orange, pineapple, marshmallows and nuts.
2. Orange and grapefruit.
3. Bananas, celery, nuts.
4. Banana, pineapple, cabbage, marshmallows.
5. Orange, banana, canned cherries.
6. Apple salads — Dice apples, either peeled or unpeeled. A few drops of lemon juice will improve the flavor of these salads.
 - a. Apple, celery, nuts (walnuts).
 - b. Apple, dates, nuts (nuts may be omitted).
 - c. Apple, celery, raisins.
 - d. Apple, cabbage, pineapple or orange.
 - e. Apple, grated raw parsnip or carrot, raisins.
 - f. Apple, chopped nuts.
 - g. Apple, raw carrots, nuts.
 - h. Apple, celery, finely chopped mint.
 - i. Apple, cranberries, put thru food chopper.
7. White grapes, orange, nuts.
8. Bananas, sweet turnips, nuts.
9. Prunes, cooked and pitted, stuffed with cottage cheese mixed with mayonnaise. Nuts may be added to the cheese.
10. Halves of peaches or pears and cottage cheese.
11. Halves of peaches, centers filled with ball of peanut butter, mixed with mayonnaise. Balls may be rolled in ground peanuts.
12. Bananas quartered, rolled in dressing and then in ground peanuts.
13. Cranberries (put through a meat grinder) oranges, sugar.

14. Cantaloupe balls and grapefruit sections on nests of shredded lettuce, garnished with chopped red cherries.
15. Grapefruit sections with fresh sliced tomatoes.

Meat, Fish, Cheese and Egg Combinations

1. Diced cooked ham, celery, pickles. Served with mayonnaise or tart cooked dressing.
2. Cubed chicken, celery, apples or pineapple.
3. Cubed chicken, peas, pimiento. (Chopped pickle or cucumbers may be added.)
4. Diced cold pork or chicken, cooked diced carrots (marinate), celery.
5. Two cups salmon, tuna fish, lobster, crab or shrimp, and 1 cup celery, tart apple or cabbage cut fine. Chopped green peppers or olives may be added.
6. Hard cooked eggs and cucumbers or pickles chopped fine and mixed with mayonnaise dressing, served on lettuce or finely chopped cabbage.
7. Hard cooked eggs, shredded cabbage or lettuce, shredded pimiento or green peppers and a tart dressing.
8. Deviled eggs. Place two halves on lettuce leaf and serve with mayonnaise garnished with paprika.
9. Hard cooked eggs. Remove white and chop fine. Put spoonful of white in center of lettuce leaf, set yolk in center of this, add dressing and garnish with cheese balls at side of salad.
10. Salmon (flaked), diced cooked potatoes, cooked peas, minced parsley.
11. Cheese balls served on slice of pineapple.
12. Chopped pickle and pimientos mixed with cottage cheese, formed into balls and served on lettuce or shredded cabbage.
13. Green peppers stuffed with cottage cheese, mixed with mayonnaise. Chill, slice in thin slices and serve on lettuce.
14. Peas, chopped celery or cabbage, cubed cream cheese, mayonnaise dressing.

WHAT TO SERVE WITH SALADS

1. Crackers

Heat plain crackers before serving so that they will be fresh and crisp. Crackers may be prepared as follows:

- a. Toasted crackers — Use salted crackers or any thin wafer, spread with butter and sprinkle with paprika. Lay on shallow pan and place in a hot oven until crisp and slightly brown.
- b. Cheese crackers — May be purchased or made at home. Follow the directions for toasted crackers, only sprinkle cheese over the crackers before toasting them.

2. Cheese Straws

6 dozen

1/2 lb. grated American cheese 1/2 lb. shortening
2-1/2 cups sifted flour

Cut the cheese and shortening into flour. If needed, add 1 tablespoon milk. Roll 1/8 inch thick on floured board. Cut into strips 4 inches by 1/4 inch, and bake in hot oven (425°F.) 5 minutes.

3. Cheese Biscuits

To the flour and other dry ingredients of a plain baking powder biscuit mixture, add 1/2 cup grated cheese. Continue as for plain biscuits. Cut biscuits with small biscuit cutter.

4. Orange Biscuits

24 biscuits

2 cups sifted flour	2 tbsp. sugar
4 tsp. baking powder	4 tbsp. butter
1/2 tsp. salt	1 tbsp. grated orange rind
1/4 cup orange juice	3/4 cup milk
12 cubes of sugar	

Combine dry ingredients, cut in shortening. Add milk. Roll 1/2 inch thick. Cut with small biscuit cutter. On top of each biscuit place 1/2 lump or cube of sugar dipped in orange juice. Bake in hot oven (400°F.) for 15 minutes.

5. Sandwiches

Dainty bread and butter sandwiches are always appropriate. The bread for sandwiches should be cut very thin and spread lightly with softened butter. It is best to remove the crusts for salad sandwiches as they will be daintier.

Sandwiches cut in fancy shapes are especially attractive for bridge parties.

The spread, or filling, should be tasty and harmonize in flavor with the salad it accompanies.

6. Muffins

Muffins may be served with luncheon or supper salads.

7. Rolls

A dainty roll may accompany the special party salad or the main dish salad.

THE SALAD GARNISH

Too much garnish spoils a salad. The garnish should harmonize in color with the other ingredients in the salad. Remember we often "eat with our eyes" as well as with our sense of taste.

Suggested Garnishes

1. CELERY

Curled celery may be made by cutting the inner stalks into 3 or 4 inch pieces. With a sharp knife split each piece into thin strips to within an inch of the end. Place in ice water. As celery becomes chilled the thin strips will curl up. Drain and dry.

2. CUCUMBERS

Peel cucumbers, score lengthwise with the prongs of a fork and slice crosswise into thin slices or in one inch slices, cutting each slice again into quarters. Very good garnish for fish salad.

3. RADISHES

Radish roses made by cutting the red outside covering down to form petals and dropping the radishes into ice water until these petals curve. (About a half hour.)

4. PEPPER RINGS

Fresh green or red peppers may be used. Wash pepper and remove seeds and partitions. Slice crosswise in very thin slices, making rings. Use rings for garnish. The peppers may be first filled with a creamed cheese mixture, chilled and then sliced. If desired, slice the peppers in one inch slices and use the slices as cups to hold the salad dressing.

5. CHEESE BALLS

Use a soft cheese, cream with a fork, add chopped pimiento, green peppers, or grated carrots. Shape into balls the size of a walnut. Mock crab apples are made by rolling the cheese balls in paprika, flattening the balls slightly at one end and sticking in a clove to resemble the blossom end of the apple. Cheese carrots may also be made by molding softened yellow cheese in form of small carrots, using carrot leaves for the stem.

6. EGGS

Hard cooked eggs may be sliced, diced or cut petal fashion. Egg yolks may be put through a sieve and sprinkled on top of a potato or green salad and the chopped egg white added to the dressing.

7. OTHER SUGGESTED GARNISHES

Raw cauliflower flowerets, olives, pickles, capers, paprika, strips of pimientos, chopped beets, grated raw carrots, grated cheese, parsley, cubes of jelly, fresh small fruits, cranberries, dried fruits, candied fruit and nuts can be used.