Salads
A Recipe Book by HEINZ
Salads
a book of recipes
from the HEINZ HOME ECONOMICS TEST KITCHENS

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An Introduction to Salad Preparations

Man unknowingly ate his first salad a few hundred thousand years ago—back in the dawn of civilization—when he gathered a handful of tender young herbs and grasses and combined them with the juice of his favorite berries. And from reports that have filtered down through the centuries, he loved it! It was refreshing, satisfying and thoroughly enjoyable.

The word salad actually is derived from the Latin sal or salt. Originally it was applied to uncooked leaves of herbs and vegetables eaten with a salt dressing. Today, however, the term embraces just about any cold dish of vegetables, fruit, meat, fish or poultry served singly or in combination, with or without a dressing.

A bowl of lettuce can be a salad. A half of peach on a lettuce leaf can be a salad. But how much your family would miss in the way of eating pleasure if you limited your salad making to these.

This book of recipes, prepared for you by the Home Economics Department of H. J. Heinz Company, is meant as a sourcebook of salad ideas. We’ve included the simplest combinations of tossed greens with dozens of dressing suggestions . . . molded salads, sweet and tart . . . fruit salads for every season of the year . . . salad platters and salad “bowls” hearty enough for a main dish. And, as a bonus, we’ve added a chapter of salad “frills” (radish roses, pickle fans, carrot curls, etc.), salad shortcuts, and salad accompaniments. In addition, there are four pages of suggested menus—menus featuring salads for all around the clock.

We hope you’ll try our salad ideas, then go on to create many more of your own.
Salad Dressings
A salad is only as good as its dressing

No matter how crisp the greens, how fresh the fruit, how tender the meat, a salad with a non-descript dressing is seldom a success.

A satisfying dressing, like the salad itself, however, can be simple. To many, the ultimate in salads is crisp, chilled greens tossed lightly but well in a dressing of one part fine, mellow vinegar, three parts oil, a sprinkling of salt and a dash of freshly ground pepper. Nothing could be less complicated—nor more refreshing!

On the following pages is revealed some salad magic! It begins with three basic recipes—French dressing, mayonnaise and cooked salad dressing—beautifully blended and delicious in themselves, but each the stepping stone to a dozen or more other flavorful dressings.

With a jar of one or all of these foundation dressings in your refrigerator, you can, at a moment’s notice (no magic words needed), whip up exactly the dressing you want . . . Thousand Island, Roquefort, anchovy, honey . . . one to go with just about any salad you would like to serve.

Each of the three basic recipes is used as an ingredient in a number of salads described in other sections of the book. In addition, you'll find suggestions (but no ironclad rules) as to what dressing to team with what salad.

But before you begin your salad dressing adventure, a word of wisdom about the ingredients.

The success of a dressing depends most often upon the quality of vinegar used. Fine vinegar like Heinz vinegar costs so little for salads, makes such a remarkable difference in the results, that it seems senseless to settle for less than the very best.

When you select a vinegar, you want one that is mellow rather than sharp. But you also want it to be full-bodied so that you'll need to use less to get more flavorful results. Stabilized acidity as guaranteed on the label is your assurance of uniform strength.
Which flavor of vinegar you choose for your salad dressing is a matter of personal preference, but here is a quick glossary of Heinz vinegars to help you in your selection:

**cider**
Made from the first pressing of sound, red-ripe apples, Heinz apple cider vinegar is America's favorite. It has a fine, mellow fruit flavor that's a natural with fruit and vegetable salads. It's as clear and sparkling as a topaz.

**distilled white**
A crystal clear vinegar made from choice corn, rye and barley malt, Heinz distilled white safeguards the original color of fruits, vegetables, etc. It has a delicate aroma which brings out the full flavors of foods without dominating them.

**salad**
The newcomer in the Heinz line, salad vinegar is a blend of distilled white, rex amber (sugar cane based) and malt vinegars. Just enough of the malt vinegar shines through to give it a pleasing bouquet. Lower in price than most vinegars, it still offers a wealth of fine flavor.

**malt**
Here is the ultimate in fine vinegars. Its rich, full-bodied flavor is excellent for hearty salads of meat, seafood, macaroni or baked beans. It lends zest to French dressing. Heinz Malt Vinegar is the finest vinegar of its kind produced in the world today. It contains a high percentage of malt, and it is patiently acidified and aged so as to bring out the aroma and pungency of the original malt. It should be used discriminately so as not to overpower the flavor of the salad.

**tarragon**
The epicure's delight! In a skillful blend of fine distilled and fermented table vinegars, tarragon leaves are steeped until their delicate aromatic oils have been absorbed by every winey drop. Its herb fragrance is perfect for salads of greens, meat, eggs and fish. Used in a sour cream dressing, it is wonderful for fruit salads, too.
Basic French Dressing

1/4 cup Heinz Vinegar
3/4 cup salad oil
1/4 teaspoon paprika
1/2 teaspoon salt
1 teaspoon sugar

1. Combine ingredients.
2. Shake vigorously.
3. Chill.
4. Shake before serving.

VARIATIONS

For tossed greens or head lettuce...

relish dressing
To 1/2 cup Basic French Dressing, add 3 tablespoons Heinz Hamburger Relish. Makes 2/3 cup.

lorenzo dressing
To 1/2 cup Basic French Dressing, add 2 tablespoons Heinz Chili Sauce. Makes about 2/3 cup.
vegetable french dressing

To ½ cup Basic French Dressing, add 2 tablespoons Heinz Tomato Ketchup, 2 tablespoons minced celery, 2 tablespoons chopped green pepper, 1 teaspoon minced onion, ¼ cup sliced red radishes, and 1 carrot, thinly sliced. Chill for several hours. Makes 1 cup.

ketchup onion dressing


chiffonade dressing (wonderful on cucumbers, too!)

To ¾ cup Basic French Dressing, add 2 tablespoons minced parsley, 2 teaspoons minced onion, ¼ cup chopped, cooked beets and 1 hard-cooked egg, chopped. Makes 1 cup.

bleu cheese french dressing

To ½ cup Basic French Dressing, add ¾ teaspoon salt, dash pepper and 2 tablespoons crumbled Bleu cheese. Makes ⅔ cup.

barbecue dressing

To ½ cup Basic French Dressing, add ¾ teaspoon chili powder, ½ teaspoon salt, 1 teaspoon Heinz Prepared Mustard, 2 teaspoons grated onion, 2 tablespoons Heinz Tomato Ketchup and few drops tabasco sauce. Shake well. Makes ⅔ cup.

club french dressing

To 1 cup Basic French Dressing, add 3 tablespoons minced onion, 1 tablespoon sugar, 3 tablespoons Heinz Tomato Ketchup and 1 tablespoon Heinz Worcestershire Sauce. Makes 1½ cups.

spicy french dressing

For variation in Basic French Dressing, omit sugar, use 3 tablespoons Heinz Sweet Pickle liquid and 1 tablespoon vinegar for ¼ cup vinegar.
anchovy dressing

Allow 1 clove garlic, finely minced, to stand in \( \frac{1}{2} \) cup Basic French Dressing for 30 minutes; strain, discarding garlic. Combine 2 drops tabasco sauce, dash cayenne pepper, 2 teaspoons capers and 1 tablespoon anchovy paste. Chill. Makes \( \frac{1}{2} \) cup.

Especially good for fruit salads...

fruit french dressing

To \( \frac{1}{2} \) cup Basic French Dressing, add 2 tablespoons pineapple juice, 2 tablespoons orange juice and 1 tablespoon sugar. Makes \( \frac{3}{4} \) cup.

honey french dressing (it's a "honey" with avocado!)

To \( \frac{1}{2} \) cup Basic French Dressing, add 4 teaspoons honey. Makes \( \frac{1}{2} \) cup.

cream french dressing (try this on fish and meat salads, too!)

Blend 1 package (3 ounces) cream cheese, softened, with 1 tablespoon milk. Gradually add \( \frac{1}{2} \) cup Basic French Dressing, beating until fluffy. Makes \( \frac{3}{4} \) cup.

mellow french dressing

Prepare Basic French Dressing recipe using only 2 tablespoons vinegar. Add \( \frac{3}{4} \) teaspoon paprika, 2 teaspoons sugar and 2 tablespoons lemon or orange juice or 1 tablespoon of each. Makes 1 cup.
Cooked Salad Dressing

2 tablespoons sugar  
1 teaspoon salt  
1 teaspoon Heinz Prepared Mustard  
1 1/2 tablespoons flour  
1 egg

3/4 cup milk  
1/4 cup Heinz Apple Cider, Distilled White or Salad Vinegar  
1 tablespoon butter

1. Combine first 6 ingredients in top of double boiler and blend thoroughly after addition of each.

2. Stir in vinegar gradually.

3. Cook over hot water, stirring constantly until thick, approximately 10-15 minutes.

4. Remove from heat, add butter, blend thoroughly. Cool.

5. Refrigerate in closed container. Makes 1 1/4 cups.

Variations

Whipped Cream Dressing (perfect for fruit)

Into above recipe, fold 1/2 cup heavy cream, whipped. Makes 2 cups.

Savory Dressing (for head lettuce or fish salads)

To above recipe, add 1/4 cup Heinz India Relish. Makes 1 1/2 cups.
**fluffy dressing**  
(another for fruit)

When making Cooked Salad Dressing, separate the egg, using the yolk as directed. When dressing is cool, fold in the stiffly beaten egg white. Makes 1 3/4 cups.

**pimolo dressing**  
(for peppy green salads)

To Cooked Salad Dressing, add 1 hard-cooked egg, minced, 1 pimiento, chopped, and 2 tablespoons chopped Heinz Dill Pickles. Makes 1 1/2 cups.

**mustard dressing**  
(for cooked vegetable or meat salads)

To Cooked Salad Dressing, add 2 tablespoons Heinz Prepared Mustard. Makes 1 1/4 cups.

**pineapple cream dressing**  
(wonderful with fruit)


**quickie thousand island dressing**  
(always a favorite)

Mayonnaise

1 teaspoon Heinz Prepared Mustard
½ teaspoon salt
¼ teaspoon paprika
¼ teaspoon sugar
1 egg
2 cups salad oil
3 tablespoons Heinz Apple Cider, Salad or Distilled White Vinegar

1. Beat well first 6 ingredients.

2. Gradually add ½ cup oil, at first by drops, beating constantly.

3. Add vinegar and remaining oil alternately, beating well after each addition, until mayonnaise is stiff enough to hold its shape.


Variations

Russian dressing (a standby with greens)
Combine ⅔ cup Mayonnaise, 3 tablespoons Heinz Chili Sauce and 1 tablespoon finely minced onion. Makes ⅞ cup.

Quickie Russian dressing (for head lettuce)
Combine 1 part Heinz Hamburger Relish with 2 parts Mayonnaise.
thousand island dressing  
(colorful and good)
Combine 2 cups Mayonnaise, ¼ cup Heinz Chili Sauce, 2 tablespoons chopped green pepper and 2 tablespoons chopped stuffed olives. Chill. Makes 2 ¾ cups.

creamy roquefort dressing  
(a man's choice)
Gradually add 3 tablespoons Heinz Vinegar to 1 jar (5 ounces) Roquefort cheese spread, softened. Stir in ¼ cup Mayonnaise, 2 teaspoons sugar, ¼ teaspoon paprika and ¼ teaspoon salt until creamy smooth. Makes 1 ¾ cups.

bleu cheese dressing  
(ideal for lettuce)
Combine ¼ cup Mayonnaise, ¼-⅛ cup crumbled Bleu cheese and 3 tablespoons Heinz Tomato Ketchup or Chili Sauce. Makes ½ cup.

cavalier dressing  
(for greens superb)
Combine 1 cup Mayonnaise, 1 tablespoon Heinz Tomato Ketchup, 2 tablespoons crumbled Roquefort or Bleu cheese, 1 teaspoon Heinz Vinegar and 1 teaspoon minced onion. Allow to chill at least 30 minutes to blend flavors. Makes approximately 1 cup.

honey cream dressing  
(for fresh fruits)
Combine ½ cup Mayonnaise and 2 tablespoons liquid honey; fold in 1 cup heavy cream, whipped. Makes 2½ cups.

currant fruit dressing  
(for fresh fruits)
Beat ¼ cup Heinz Currant Jelly with rotary beater until smooth. Add 1 cup Mayonnaise and 2 teaspoons grated lemon rind. Makes 1 ¼ cups.

spicy mayonnaise  
(for head lettuce)
Blend ½ cup Mayonnaise, ¼ cup Heinz Tomato Ketchup and 1 teaspoon ground ginger. Chill. Makes ¾ cup.

chili sauce dressing  
(for seafood or lettuce)
Combine ¼ cup Mayonnaise, ½ cup Heinz Chili Sauce; 4 ripe olives, chopped; 2 tablespoons chopped Heinz Sweet or Fresh Cucumber Pickles; 2 teaspoons chopped parsley; ½ teaspoon Heinz Worcestershire Sauce and 1 tablespoon light cream, if desired. Mix well. Makes 1 cup dressing.
snappy mayonnaise

(For mixed greens)

Combine 2 cups Mayonnaise, \( \frac{1}{4} \) cup Heinz Tomato Ketchup and 1 tablespoon Heinz Worcestershire Sauce. Chill. Makes 2\( \frac{3}{4} \) cups.

egg and onion dressing

(For greens)

Combine 1 cup Mayonnaise with 1 hard-cooked egg, minced, and 1 tablespoon minced onion. Makes 1\( \frac{1}{4} \) cups.

Other tempting dressings

avocado-cream dressing

1 avocado
1 package (3 ounces) cream cheese, softened
\( \frac{1}{4} \) teaspoon salt
2 tablespoons Heinz Vinegar
\( \frac{1}{4} \) cup salad oil

Mash avocado using hand or electric beater. Beat in cream cheese, making sure mixture is completely smooth. Beat in salt, vinegar and oil. Chill. Serve over tomato or shrimp salad. Makes 1\( \frac{1}{4} \) cups.

sour cream salad dressing

\( \frac{1}{2} \) cup dairy sour cream
4 teaspoons Heinz Vinegar
\( \frac{1}{2} \) teaspoon sugar
\( \frac{1}{4} \) teaspoon salt
1\( \frac{1}{2} \) teaspoons minced onion

Combine ingredients. Chill. Serve over cucumbers, tomatoes or fish salad. Makes approximately \( \frac{1}{2} \) cup.

mustard sour cream dressing

2 tablespoons sugar
\( \frac{1}{2} \) teaspoon salt
1 tablespoon Heinz Prepared Mustard
3 tablespoons Heinz Malt Vinegar
\( \frac{1}{2} \) cup dairy sour cream

Combine first 3 ingredients. Add vinegar and sour cream. Blend. Chill. Serve over cooked vegetable, meat or fish salad. Makes \( \frac{3}{4} \) cup.
maraschino cream dressing

1 package (3 ounces) cream cheese, softened
2 tablespoons maraschino cherry juice
1 1/4 teaspoons Heinz Vinegar
3 tablespoons minced maraschino cherries

Combine first 3 ingredients; stir in cherries. Excellent dressing for fruit salads. Makes 1/2 cup.

bell-ringer salad dressing...

A “Cook with Ketchup” Contest Winner

1/2 cup dairy sour cream
1/2 cup Heinz Tomato Ketchup
2 tablespoons lemon juice
1/2 teaspoon salt
1/6 teaspoon pepper

Blend ingredients well with rotary beater. Serve with tossed green salads. Makes approximately 1 cup.

low caloric salad dressing

3/4 cup water
2 teaspoons cornstarch
2 tablespoons salad oil
1/4 cup Heinz Vinegar
3/4 teaspoon salt
1 1/2 teaspoons sugar
1/2 teaspoon paprika
1/4 cup Heinz Tomato Ketchup
1/4 to 1/2 teaspoon Heinz Dehydrated Horse Radish or 1 teaspoon prepared horseradish
1 1/4 teaspoons Heinz Prepared Mustard
1/2 teaspoon Heinz Worcestershire Sauce
1 clove garlic, peeled

Cook water and cornstarch together, stirring constantly, until clear and thickened, about 5 minutes. Cool. Add oil and remaining ingredients except garlic. Beat until well blended. Add garlic. Chill. Serve over head lettuce or other green salads. Makes 1 1/4 cups.
MAKE IT PICTURE-PRETTY. When it comes to fruit salads, that's the first instruction.

Be creative. With crisp, fresh salad greens for background, arrange your fruit in a pleasing pattern of shape, texture and color. Choose your dressing for color as well as for flavor. Use garnishes—watercress, mint leaves, cherries, nuts, berries, dates, prunes, pomegranate seeds.

For your salads, you can use fresh, canned or frozen fruits. Whichever you choose, be sure it is chilled for serving. Fruits, especially canned, should be drained before using.

Accompanied by dainty sandwiches, hot rolls or melba toast, the fruit salad is a favorite with women for luncheon or tea. Served in smaller portions, fruit is a tasty accompaniment for the main course at dinner. Fruit salads as desserts are becoming increasingly popular.

Check chapter on "salad hints" for helpful, time-saving ideas.
FRUIT COCKTAIL SALADS

Instead of the too-frequent fruit cup, try serving a fruit salad for a first course. Here are a number of attractive suggestions.

avocado ring appetizer

Cut large avocado in half crosswise; remove seed. Cut each half into rings ½ to 1 inch thick; peel; brush with lemon juice. Arrange avocado rings on lettuce lined salad plates. Fill center of each ring with slivered celery. Serve with Pineapple Cream Dressing (page 10) or Bleu Cheese Dressing (page 7).

fruit salad in the half shell

3 grapefruit, halved
4 medium oranges, peeled, sectioned
1 small fresh pineapple, pared, cored, cut into wedges
1 small avocado, peeled, sliced

Remove inside of each grapefruit half by cutting away from the skin with a sharp knife. Flute edge of grapefruit shells by cutting sawtooth fashion. Separate grapefruit sections from membrane with a sharp paring knife. Toss together grapefruit, oranges, pineapple and avocado; spoon into shells. Place shells in lettuce cups on salad plates. Serve with Fluffy Dressing (page 10) or Fruit French Dressing (page 8); garnish with a cherry, strawberry or raspberry. Makes 6 servings.

grapefruit cocktail salad

Halve chilled grapefruit; remove cores; loosen sections. Sprinkle with minced celery and garnish with cherry. Serve with Basic French Dressing (page 6) or Lorenzo Dressing (page 6).

fruit dunks

(for the cocktail hour)

In center of round platter place small bowl of Bell-Ringer Salad Dressing, page 14, or Honey Cream Dressing, page 12. Arrange chilled pineapple chunks, melon balls or wedges, fresh plum halves, etc. on grape leaves around dressing. Serve with toothpicks for spearing and dunking.
DINNER SALADS

The fruit salad can be the “something sweet” of a meal or it can lend a refreshing acid or sweet-sour note. Here are recipes for both flavor types.

bermuda orange salad

2 oranges, peeled, sliced
1 small Bermuda onion, thinly sliced
½ cup Basic French Dressing (page 6)
1 cup cottage cheese

Marinate orange and onion slices in French dressing in refrigerator at least 1 hour. Drain, reserving dressing. Arrange oranges and onions on individual lettuce-lined salad plates. Top each serving with cottage cheese. Garnish with parsley and paprika. Serve with French dressing which had been used as marinade. Makes 4 salads.

waldorf salad

2 1/2 cups diced red apples
½ cup chopped celery
¼ cup raisins

1 tablespoon lemon juice
¼ cup Mayonnaise (page 11)
¼ cup chopped nuts


Pineapple Waldorf—Substitute ½ cup pineapple tidbits for ½ cup apple in above recipe.

Pear Waldorf—Substitute 2 1/2 cups diced fresh pears for apples in above recipe.

frosted pineapple salad

6 slices canned pineapple, drained
1 package (3 ounces) cream cheese, softened
24 walnut halves
2 tablespoons Heinz Grape Jelly

Spread pineapple slices with cream cheese. Chill. Cut slices into quarters; place half walnut on each quarter. For each salad, arrange 4 quarters spoke-fashion on lettuce leaf. Place 1 teaspoon jelly in center. Garnish with Mayonnaise (page 11) or Fluffy Dressing (page 10). Makes 6 salads.
golden salad

1½ cups coarsely diced oranges
or 3 seedless oranges, peeled
and sliced
1¼ cups finely shredded raw carrots
½ cup raisins

2 tablespoons salad oil
1 tablespoon Heinz Vinegar
1 tablespoon liquid honey
Dash salt, pepper and paprika

Toss ingredients together lightly. Serve on lettuce leaves. Top with Mayonnaise (page 11) or Cooked Salad Dressing (page 9). Makes 4-6 servings.

stuffed peach salad

1 package (3 ounces) cream cheese, softened
or ½ cup cottage cheese
2 tablespoons Heinz Mince Meat
6 canned peach halves, drained

Combine cheese and mince meat; spoon into center of peach halves. Place on lettuce. Garnish with maraschino cherry halves. Serve with Fruit French Dressing (page 8) or Honey Cream Dressing (page 12). Makes 6 servings.

Peach “Pumpkins”: Fill peach half with cheese and mince meat mixture. Place on lettuce, rounded side up. Make a face on this “pumpkin” using a slice of maraschino cherry for a mouth, a raisin for a nose and raisins or slices of green stuffed olives for eyes. Place a small piece of celery at the top for stem.

caprice salad

2 medium tomatoes, cut into small wedges
2 medium oranges, peeled, sectioned

On individual lettuce-lined salad plates, alternate tomato wedges and orange sections. Garnish with parsley. Serve with Mayonnaise (page 11) or Basic French Dressing (page 6). Makes 4-6 servings.
good luck salad

astoria salad

Arrange row of alternate grapefruit and orange sections on lettuce or endive. Crisscross red and green pepper strips on top of fruit. Garnish with walnut halves. Serve with Mayonnaise (page 11) or Basic French Dressing (page 6).

daisy salad

2 large grapefruit, sectioned
1/4 cup grated sharp or American cheese

On lettuce leaves, arrange grapefruit sections to form petals of daisy. Place 1 tablespoon cheese in center of each salad. Serve with Basic French Dressing (page 8) or Honey French Dressing (page 6). Makes 4 servings.

Yellow Daisy: Substitute sections of 3 large oranges for grapefruit. Garnish center with pitted ripe olives or dates.

fruit towers

On salad plate arrange lettuce leaves. In center place pineapple slice. Spread with layer of cottage cheese; then top with cranberry slice, another layer of cheese and peach half cut side down. Garnish with maraschino cherry poinsettia (page 84).

NOTE: To add heartiness for a main dish salad, arrange alternate slices of orange and grapefruit sections around base of salad. Pass Basic French Dressing (page 6) or Fruit French Dressing (page 8). Serve with toasted English muffins or brown bread sandwiches.
good luck salad

6 canned pear or peach halves, drained
2 tablespoons Heinz Jelly
1 package (3 ounces) cream cheese, softened

Place fruit cut side up on individual lettuce-lined salad plates. Fill centers with jelly. Soften cheese with a little milk or fruit syrup. Using a cake decorator, draw a horseshoe of cream cheese around top edge of fruit. Serve with Basic French Dressing (page 6). Makes 6 servings.

calypso salad

Unusual blend of flavors!

1 fresh pineapple, cut into chunks
1 avocado, cut into chunks
3 bananas, sliced on bias
*3 plums, quartered
*1 medium sweet red pepper, cut into thin strips
½ cup Heinz Tomato Ketchup

¾ cup liquid honey
½ cup lime or lemon juice
1 tablespoon chopped parsley
1 large bunch watercress
1 package (3 ounces) cream cheese or 1 cup dairy sour cream

Combine fruit and pepper. Blend ketchup and next 3 ingredients. Marinade fruit one hour in this mixture. Drain fruit, reserving marinade. Serve fruit on watercress on individual salad plates. Blend ¾ cup of drained marinade with cheese or sour cream; spoon over fruit. Makes 8 servings.

* ½ cup seeded Tokay grapes and 1 medium green pepper may be substituted. The flavor is still exotic!
pear-watercress salad

8 fresh or canned pear halves
1 bunch watercress
1 package (3 ounces) cream cheese, softened
2 tablespoons Heinz Chili Sauce

Cut each pear half into 4 lengthwise strips; arrange on bed of watercress. Top with dressing made by combining cheese and chili sauce. Makes 8 servings.

pineapple-apricot salad

16 dried apricot halves
¼ cup water
1 package (3 ounces) cream cheese
1 tablespoon Fruit French Dressing (page 8)
4 slices pineapple

Simmer apricots in water 5 minutes or until tender; chill. Blend cream cheese and dressing. Spoon cheese onto 8 apricot halves; top with remaining halves. For each salad, place a pineapple slice on lettuce; top with 2 stuffed apricots. Serve with Fruit French Dressing (page 8). Makes 4 servings.

christmas or wedding bell salad

Halves of canned pears, drained
Cream cheese, softened
Heinz Jelly
*Dry macaroons, rolled fine
Cherry poinsettias

Spread rim of cut side of pear half with cream cheese; fill cavity with jelly. Place this pear half together with plain pear half to form whole pear; coat with macaroon crumbs. Set upright in lettuce cup; top with cherry poinsettia (page 84); garnish with watercress or parsley.
MAIN COURSE SALADS

Spring and summer special is the luncheon starring an attractive fruit salad as the main course. Serve individual salad plates or let your guests help themselves from a buffet. For accompaniments, try miniature sandwiches, hot rolls, muffins or, for the calorie-counters, melba or rye toast.

avocado fruit bowl

Wash a ripe avocado. Halve lengthwise; remove seed. DO NOT PEEL. With French ballcutter or rounded teaspoon, scoop meat from shell. Combine with pineapple chunks and moisten with Basic French Dressing (page 6). Spoon into avocado shells. Garnish with parsley. Serve with Fluffy Dressing (page 10) or one of the French Dressing variations (pages 6-8).

avocado fruit salad

1 avocado
2 grapefruit, peeled, sectioned
2 to 3 oranges, peeled, sectioned

Cut avocado in half crosswise; remove seed; peel. Slice into thin circles; cut each circle in half. On individual lettuce-lined salad plates, alternately arrange grapefruit and avocado sections, rounded edge up. Border with orange sections. Garnish with watercress and ripe olives. Serve with Honey French Dressing (page 8) or Fruit French Dressing (page 8). Makes 4-6 servings.

melon boat salad

Quarter a cantaloupe or honeydew melon lengthwise; remove seeds. With sharp knife, remove fruit from shell. Cut fruit into bite size pieces. Combine with either diced pineapple, fresh strawberries, blackberries or raspberries, seedless grapes or orange sections. Moisten with Honey French Dressing (page 8). Spoon into melon shell. Top with a dollop of dairy sour cream or creamed cottage cheese. Garnish with fresh mint.
**melon ring salad**

Slice a ripe cantaloupe, honeyball or small honey dew melon into rings 1 inch thick; remove seeds and rind. Place each ring on lettuce or nasturtium leaves. Mound your favorite fruit salad mixture (sliced bananas, oranges, pineapple chunks, berries, white grapes, etc.) in center of ring. Top with Whipped Cream Dressing (page 9), Pineapple Cream Dressing (page 10) or Cream French Dressing (page 8).

**star fruit salad**

Arrange a bed of shredded salad greens, nasturtium leaves or watercress on large round platter. In center of plate place mound of cottage cheese or small bowl of sherbet. Arrange 5 groups of fruits (pineapple wedges, grapefruit sections, orange slices, apple slices, seedless or seeded grapes, melon balls, fresh plum halves, strawberries, raspberries or cherries) to form a star around the cottage cheese. Pass Basic French Dressing (page 6) or Honey French Dressing (page 8).

**tropical fruit salad**

- 1 fresh medium-size pineapple, pared, cored, sliced
- 3 grapefruit, peeled, sectioned
- 4 oranges, peeled, sectioned
- 1 avocado, peeled, cubed

Cut each pineapple slice into 12 wedges. For each individual salad, arrange endive on plate, then form ring of pineapple wedges, separating sections slightly. Pile remaining pineapple and fruit in center of pineapple ring. Garnish with pomegranate seeds, maraschino cherry or red raspberry. Serve with Honey French Dressing (page 8) or Bleu Cheese French Dressing (page 12). Makes 6 servings.
**whirligig fruit platter**

On a large salad platter arrange a bed of watercress. In center of platter place a ball of cream cheese rolled in chopped nuts. Around cheese ball arrange a circle of strawberries, raspberries, seedless grapes or cherries. Around the berries place a circle of orange sections, followed by circles of pineapple wedges, grapefruit sections, sliced apples, fresh plum slices, melon balls or wedges as desired. Pass Currant Fruit Dressing (page 12).

**fruit salad platter**

| 2 to 3 bananas, halved lengthwise and quartered | 3 slices fresh or canned pineapple, halved |
| 1 red apple, cut into thin wedges | 2 oranges, peeled, sliced |
| 1 cup Bing cherries, fresh or canned | 1 grapefruit, peeled, sectioned |
| 1 cup strawberries with stems | or red raspberries |

Sprinkle banana and apple with fruit juice to prevent discoloration. Line a deep platter or shallow salad bowl with watercress, nasturtium leaves, endive or escarole. Arrange each variety of fruits in a separate group, making a pleasing balance of color and shapes. Apple wedges may be used to separate grapefruit. Serve with Mellow French Dressing (page 8) or Currant Fruit Dressing (page 12). Makes 10 servings.

A fruit platter adds color to the buffet table.
DESSERT SALADS

Fruit is always a popular finale to a meal; and since a salad is one of its most attractive forms, why not end your dinner with one of the following:

ambrosia salad

3 bananas, peeled, sliced
3 oranges, peeled, diced
3 tablespoons orange or lemon juice
1/4-1/2 cup grated fresh or canned moist, shredded coconut
Whipped Cream Dressing (page 9)


Heavenly Salad: Combine 3 sliced bananas, 3 diced oranges, 3 tablespoons lemon juice, 1 cup seedless grapes, 1/3 cup chopped dates with 1/3 to 1/2 cup Whipped Cream Dressing (page 9). Chill. Serve on lettuce-lined plates; garnish with coconut. Makes 4-6 servings.

peach bon bon salad

1 package (3 ounces) cream cheese
18 walnut halves
6 canned or fresh peach halves

Cut cheese into 9 squares, then roll each square into a ball. Place each cheese ball between 2 halves of walnuts. Cut peaches into 8 to 10 sections, marinate at least 1/2 hour in Mellow French Dressing (page 8). Arrange sections using equivalent of 1 peach on each salad plate. Tuck curly endive or chopped lettuce around or between peach sections. Top each salad with 3 cheese balls. Makes 3 servings.

pineapple dessert salad

Halve or quarter a fresh pineapple lengthwise, leaving on green top. With a sharp knife, cut down between fruit and shell to loosen. Do not remove fruit, but cut it into bite size pieces. Place on nasturtium leaves or other greens. Garnish with fresh strawberries and fresh mint. Serve with Honey French Dressing (page 8).

shiek's delight

4 medium oranges, peeled, sectioned
1 cup pineapple chunks, fresh or canned
1/2 cup chopped dates
6 marshmallows, quartered

Combine all ingredients; chill. Spoon into lettuce cups. Serve with Fruit French Dressing (page 8). Makes 4-6 servings.
Molded Salads
THE MOLDED SALAD, one of the most eye-catching to come to the table, is the answer for the hostess who wants a salad that's a conversation piece, yet one that requires little last minute preparation.

Mention molded salad and most people think of fruited gelatine. A favorite with children, this is but one of dozens of recipes falling into this category. There are molded vegetable salads, aspics and frozen fruit salads. For luncheon, you can choose from a molded tuna salad, a chicken mousse, a rich and flavorful cheese ring to mention but a few.

Whether you use large or individual molds for your salad is up to you. The large mold, attractively garnished, adds a striking note to the luncheon or supper buffet; while small molds are more easily served at a regular dinner or "plate" luncheon.

*Commercial mayonnaise or salad dressing may be used in the salads in this section.*
Here are a few helpful suggestions for preparing and serving molded salads:

Chill gelatine until slightly thickened before adding solids. Carefully fold fruits, vegetables or meats into the partially set gelatine, distributing them evenly.

Prepare large gelatine molds a day ahead of serving, so they will be thoroughly set before unmolding.

Fill molds as full as possible for easy unmolding.

To mold fruits or vegetables in a definite pattern, arrange them in a thin layer of slightly thickened gelatine. Chill until firm, then add the balance of the gelatine.

To make layered salads, be sure each layer is firm before adding the next.

To unmold, dip mold in warm water (hot will melt it). Shake mold to loosen contents. Place serving dish over top of mold, invert and lift mold off carefully. If the mold is not fluted, loosen gelatine with spatula or a small knife which has been dipped in warm water.

For large molds, moisten the surface of the gelatine and the serving plate and unmold as directed above. When the two surfaces are wet, it's easy to center the mold. Remove excess moisture on plate with a paper towel.

Surround large molds with salad greens after unmolding. Individual molds may be turned out directly on greens, however, because there isn't so much danger of breakage.

**molded vegetable salad**

(see section cover photo)

1 tablespoon unflavored gelatine

**1/2 cup milk**

1 cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)

1 teaspoon Heinz Prepared Mustard

**1/2 cup Heinz Tomato Ketchup**

1/2 cup raisins

1/4 cup chopped green pepper

1/2 cup shredded raw carrots

1 cup shredded raw cabbage

1/2 cup julienne raw turnip

1/4 cup finely chopped celery

emerald garden salad

1 envelope unflavored gelatine  
\(\frac{1}{4}\) cup cold water  
2 tablespoons sugar  
\(\frac{1}{2}\) teaspoon salt  
1 cup boiling water  
Green food coloring

\(\frac{1}{2}\) cup liquid from Heinz Sweet Pickles  
1 tablespoon lemon juice  
\(\frac{1}{2}\) cup finely shredded cabbage  
\(\frac{1}{4}\) cup chopped Heinz Sweet Pickles  
3 radishes, sliced paper-thin  
\(\frac{1}{2}\) cup chopped celery

Soften gelatine in cold water. Add sugar, salt and boiling water; stir until gelatine is dissolved. Add enough food coloring to make the gelatine an attractive green. Stir in pickle liquid and lemon juice. Chill until gelatine begins to set. Fold in cabbage and remaining ingredients. Pour into 4 individual molds. Chill until firm. Unmold on lettuce and serve with Mayonnaise (page 11) or Basic French Dressing (page 6). Makes 4 servings.

spring garden mold

2 tablespoons unflavored gelatine  
1 cup cold water  
1 cup boiling water  
3 tablespoons lemon juice  
\(\frac{1}{2}\) cup Heinz Tomato Ketchup  
\(\frac{1}{4}\) teaspoon garlic salt  
\(\frac{1}{2}\) teaspoon salt

1 cup shredded cabbage  
\(\frac{1}{2}\) cup chopped cucumber  
\(\frac{1}{2}\) cup chopped celery  
\(\frac{1}{2}\) cup sliced stuffed olives  
\(\frac{1}{4}\) cup chopped green pepper  
2 tablespoons sliced green onions

Soften gelatine in cold water. Dissolve in boiling water. Stir in lemon juice and next 3 ingredients. Chill until mixture begins to congeal. Add vegetables. Pour into molds. Chill until congealed. Serve on lettuce or endive. Makes 6-8 servings.
**egg salad deluxe**

1 teaspoon unflavored gelatine  
1 can (10 1/2 ounces) Heinz Condensed Consommé, undiluted  
1/4 teaspoon salt  
1/8 teaspoon pepper  
2 teaspoons Heinz Vinegar  
1/3 cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)

2 hard-cooked eggs, chopped  
1/2 cup chopped celery  
1 tablespoon minced onion  
1 tablespoon chopped pimiento  
2 tablespoons Heinz India or Sweet Relish

Soften gelatine in 2 tablespoons cold undiluted consommé. Heat rest of consommé just to boiling; add to gelatine and stir until gelatine is dissolved. Add salt, pepper and vinegar. Chill until slightly thickened. Combine mayonnaise and remaining ingredients and fold into gelatine mixture. Pour into 4 individual molds. Chill until firm. Unmold on lettuce. Garnish with tomato wedges and watercress. Makes 4 servings.

**molded beet salad**

1 can (1 pound) beets  
1 package (3 ounces) lemon flavored gelatine  
1 1/2 cups beet liquid and water  
2 tablespoons Heinz Vinegar  
1/2 teaspoon salt

1/2 teaspoon grated onion  
1/2 teaspoon Heinz Dehydrated Horse Radish (reconstituted) or 2 teaspoons prepared horseradish  
1/2 cup chopped celery

Drain liquid from beets; add enough water to make 1 1/2 cups; heat. Dissolve gelatine in hot liquid. Stir in vinegar, onion, salt and horseradish. Chill until partially set. Meanwhile, chop beets. When gelatine mixture is partially congealed, stir in beets and celery. Pour into molds. Chill until firm. Unmold on lettuce; garnish with Mayonnaise (page 11) or Sour Cream Salad Dressing (page 13). Makes 6-8 servings.

**spicy celery salad**

1 package (3 ounces) lemon flavored gelatine  
1 cup hot water

1 cup cold water  
2 cups chopped celery  
1/2 cup Heinz Hamburger Relish

thousand island cheese mold

1 tablespoon unflavored gelatine
1/4 cup cold water
1 cup cottage cheese
1/2 cup heavy cream, whipped
1/2 cup Cooked Salad Dressing (page 9) or Mayonnaise (page 11)
1/2 cup Heinz Chili Sauce
2 hard-cooked eggs, chopped
1/4 cup chopped pimiento
1/4 cup chopped green pepper
1/4 cup sliced stuffed olives
1 tablespoon grated onion

Soften gelatine in cold water; dissolve over hot water. Combine cottage cheese and remaining ingredients; add dissolved gelatine. Pour into individual molds or 1-quart ring mold; chill until firm. Unmold on lettuce. Serve with French Dressing (page 6), if desired. Makes 6-8 servings.

molded tuna salad

2 teaspoons unflavored gelatine
3/4 cup cold water
1 can (7 ounces) tuna, drained, flaked
1/2 teaspoon salt
3 tablespoons Heinz India or Sweet Relish
1/3 cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)

Soften gelatine in cold water; dissolve over boiling water. Cool. Mix tuna with remaining ingredients. Add to dissolved gelatine. Stir well. Spoon into individual molds. Chill until firm. Unmold and serve on lettuce with Lorenzo Dressing (page 6) or Basic French Dressing (page 6). Makes 4 servings.

lime fruit and cheese salad

1 package (3 ounces) lime flavored gelatine
1 cup hot water
1 cup fruit syrup and water
1 tablespoon Heinz Vinegar
1 cup creamed cottage cheese
1 cup canned fruit cocktail, drained

**frozen fruit salad**

- 1 egg, slightly beaten
- ¼ cup sugar
- ½ teaspoon salt
- 1 ½ tablespoons flour
- ¾ cup syrup drained from pineapple and pears
- 2 tablespoons Heinz Salad or Apple Cider Vinegar

Set refrigerator to coldest setting. Combine first 6 ingredients in saucepan; cook, stirring, until thick. Cool. Add whipped cream and remaining ingredients. Freeze in refrigerator tray until solid. Slice; serve on lettuce leaf. Makes 12-14 servings.

**NOTE:** If desired, salad may be frozen in individual molds instead of refrigerator tray. Heart-shaped salads are nice for a Valentine party.

**spiced peach cranberry ring***

- 1 can (1 pound 14 ounces) peach halves
- 1 teaspoon whole cloves
- 1 3-inch cinnamon stick
- ¼ cup Heinz Distilled White, Apple Cider or Salad Vinegar

Drain peaches. Measure syrup; add enough water to make 2 cups. Stir in spices and vinegar; simmer 10 minutes. Add peaches; simmer 5 minutes. Remove peaches; place cut side up in 1-quart ring mold. Strain syrup; add to gelatine; stir until dissolved. Pour ½ of mixture over peaches; chill until firm. Meanwhile, put cranberries and orange through fine blade of food chopper; add to remaining peach syrup; cool. Pour over firm peach layer; chill until firm. Unmold on lettuce. Serve Mayonnaise (page 11) or Whipped Cream Dressing (page 9) in cup in center of ring. Makes 8 servings.

*This makes an excellent accompaniment for meat or poultry. Prepare as directed; serve smaller portions.
party peach salad

- 1 can (1 pound 14 ounces) sliced peaches
- 1 teaspoon whole cloves
- 1 3-inch cinnamon stick
- ⅓ cup Heinz Distilled White, Apple Cider or Salad Vinegar
- 1 package lemon flavored gelatine
- 1 cup cream, whipped

Drain peaches. Measure syrup; add water to make 1 ¾ cups. Combine with spices and vinegar. Simmer 15 minutes; strain; add to gelatine and stir until dissolved. Chill until slightly thickened; whip until fluffy. Fold in peaches and cream. Pour into molds; chill until firm. Unmold on lettuce; garnish with sprigs of watercress and maraschino cherries. Makes 8-10 servings.

cool as a cucumber salad

- 1 tablespoon unflavored gelatine
- ¼ cup cold water
- ¾ cup boiling water
- ¼ cup sugar
- ½ teaspoon salt
- ¼ cup Heinz Vinegar
- ¼ cup juice drained from crushed pineapple
- 1 cup diced cucumber
- 1 cup drained, canned crushed pineapple

Soften gelatine in cold water. Dissolve in boiling water. Add sugar, salt, vinegar and pineapple juice. Cool until mixture begins to congeal, then add cucumber and pineapple. Pour into 1-quart or individual molds. Chill until firm. Unmold on lettuce. Serve with Mayonnaise (page 11) or Cream French Dressing (page 8). Makes 5 servings.
cucumber-lime salad

1 package (3 ounces) lime flavored gelatine
1½ cups hot water
2 tablespoons Heinz Vinegar
1 teaspoon grated onion

½ teaspoon prepared horseradish
¼ teaspoon Heinz Prepared Mustard
¾ teaspoon salt
½ cup salad oil
1 large cucumber

Dissolve gelatine in hot water; add vinegar and next 4 ingredients; chill. When mixture is thick and syrupy, gradually add oil, beating constantly. Pare cucumber, dice. Fold into thickened gelatine mixture. Pour into 6 individual molds; chill until firm. Unmold on lettuce; garnish with Mayonnaise (page 11) or Cream French Dressing (page 8) and paprika. Makes 6 servings.

green and white salad

1 package (3 ounces) lime flavored gelatine
1½ cups hot water
3 tablespoons Heinz Vinegar
1 teaspoon salt

¼ cup sliced green onions
1 cup diced cucumber
½ cup thinly sliced radishes
1 cup cottage cheese

Combine first 4 ingredients. Chill until mixture begins to congeal. Stir in vegetables and cheese. Chill until firm. Unmold on lettuce; garnish with Cooked Salad Dressing (page 9). Makes 6-8 servings.

golden glow salad

1 can (1 pound 4 ounces) crushed pineapple
1 tablespoon unflavored gelatine
½ cup cold water
½ cup boiling water

2 tablespoons sugar
½ teaspoon salt
2 tablespoons Heinz Vinegar
1 cup grated carrots

Drain pineapple; reserve syrup. Soften gelatine in cold water; dissolve in boiling water. Stir in sugar, salt, vinegar and pineapple syrup. Cool. When mixture starts to congeal, add pineapple and carrot. Pour into individual molds. Chill until firm. Remove from molds onto lettuce cups. Garnish with Mayonnaise (page 11) or Mellow French Dressing (page 8). Makes 6-8 servings.
**vegetable aspic**

- 2 tablespoons unflavored gelatine
- ½ cup cold water
- 1 can (10½ ounces) Heinz Condensed Cream of Tomato Soup, diluted with an equal quantity of water
- 1 package (3 ounces) cream cheese
- ½ cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)
- ¼ cup chopped green pepper
- ½ cup chopped celery
- ¼ cup sliced stuffed olives

Soften gelatine in cold water. Heat diluted soup to boiling and add to softened gelatine, stirring until dissolved. Cool until slightly thickened. Blend cream cheese and salad dressing; stir in remaining ingredients. Add mixture to thickened gelatine. Pour into individual molds or loaf pan (9” x 5” x 3”). Chill until firm. Serve on salad greens with French Dressing (page 6). Makes 6-8 servings.

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**tomato aspic**

- 1 envelope unflavored gelatine
- ¼ cup cold water
- 1 cup boiling water
- ½ cup Heinz Tomato Ketchup
- 1 teaspoon lemon juice

Soften gelatine in cold water; dissolve with boiling water. Stir in ketchup and lemon juice. Pour into individual ring molds. Chill. Unmold on lettuce. Serve with cole slaw, potato salad, seafood salad or cottage cheese with chives in center of ring. Garnish with Mayonnaise (page 11) if desired. Makes 4-5 servings.

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**tomato juice aspic**

- 1 tablespoon unflavored gelatine
- 1⅓ cups Heinz Tomato Juice
- 1 teaspoon minced onion
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon celery salt
- 1 tablespoon Heinz Vinegar

Soften gelatine in ¼ cup tomato juice. Heat rest of juice to boiling; dissolve gelatine in it. Add onion and remaining ingredients. Pour into 1 pint or 4 individual molds. Chill until firm. Unmold on lettuce. Serve with Pimolo Dressing (page 10), Mayonnaise (page 11) or Cooked Salad Dressing (page 9). Makes 4 servings.
molded shrimp salad

1 package (3 ounces) lemon flavored gelatine
1 cup hot water
¾ cup cold water
3 tablespoons Heinz Vinegar
½ cup Heinz Chili Sauce or Tomato Ketchup

¼ cup chopped green pepper
¾ cup chopped celery
¼ cup minced onion
¼ cup Heinz Fresh Cucumber Relish
1 pound green shrimp, cooked, coarsely chopped (½ pound cleaned)

Dissolve gelatine in hot water. Stir in cold water, vinegar and chili sauce. Chill until mixture starts to thicken. Mix in green pepper and remaining ingredients. Pour into 1-quart or individual molds. Chill until firm. Unmold on lettuce. Garnish with Mayonnaise (page 11) or Mustard Dressing (page 10). Makes 6-8 servings.

Fill a tomato aspic ring with whole, cooked shrimp. Garnish with cucumber slices and asparagus tips. Serve with Ketchup Onion Dressing (page 7).
luncheon cheese ring with vegetable salad

**cheese ring**

- ½ cup Bleu cheese, softened
- 2 packages (3 ounces each) cream cheese, softened
- ¼ cup milk
- 2 teaspoons Heinz Worcestershire Sauce
- ¼ teaspoon paprika
- 1 tablespoon unflavored gelatine
- ¼ cup cold water
- 1 cup heavy cream, whipped

Combine cheeses; stir in milk, Worcestershire sauce and paprika; work together until smooth. Stir in gelatine which has been softened in cold water and dissolved over hot water. Fold in whipped cream; turn mixture into 1-quart ring mold; chill until firm. Unmold on serving plate. Serve with crisp vegetable salad (recipe below) in center and around ring. Garnish with pimiento and watercress. Makes 6-8 servings.

**vegetable salad**

- 1 medium head lettuce, torn into bite-size pieces
- 2 cups diced cucumber
- ½ cup sliced radishes
- ⅓ cup minced green pepper
- ½ to ⅓ cup Basic French Dressing (page 6)
- Salt to taste

Combine ingredients; toss.

**holiday salad**

- 1 package (3 ounces) lemon flavored gelatine
- 1 cup hot water
- 1 tablespoon Heinz Worcestershire Sauce
- 1 tablespoon Heinz Vinegar
- ½ cup Heinz Tomato Ketchup
- ½ cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)
- 1 cup chopped celery
- ½ cup sliced ripe olives
- 1 pound green shrimp, cooked, coarsely chopped, (½ pound cleaned)
- 1 cup heavy cream, whipped

Vegetable Salads
M ost basic of all salads is the bowl of tossed greens. Here are a few pointers for its successful preparation:

Select the best greens on the market, young, tender greens that look fresh.

Refrigerate greens until ready to use. If they are excessively dirty, wash them, but dry them thoroughly before storing them in the vegetable crisper or a plastic bag.

Remove outer leaves only if they are bruised or brown. Use washed, dried outer leaves shredded for salads and sandwiches.

Wash greens thoroughly before using. Use lukewarm water. It won’t wilt them, and it gets them cleaner.

Drain washed greens in a salad basket, on a wire rack or on paper towels; or shake them dry in a soft, clean towel. Wet greens mean watery salads.

To separate a head of lettuce into cups, cut out the core with the point of a knife; hold the opening under cold running water until the leaves are forced apart and are easily removed.

For wedges, cut chilled, washed heads of lettuce into quarters or sixths.

Tomatoes are wonderful in tossed salad, but they tend to thin the dressing. So add at the last minute. Try cutting them the French way—thin slices from stem to blossom end instead of crosswise—they won’t lose as much juice.
Don't be a slave to the lettuce leaf! Tender, young leaf lettuce—medium to bright green in color—is a favorite salad green as is the heavy, firm head of iceberg lettuce with its pale green leaves.

But show a little imagination in your selection of greens. Scout your markets and see what they have to offer:

**Escarole or broad leaf endive**—Flat, lightly curled, dark green leaves on outside of head, bleached ones in center. Pleasing, slightly acrid taste.

**Curly endive**—Bunchy green heads of tightly curled dark green to white crimp-edged leaves. Very refreshing and most decorative.

**Romaine**—Long firm leaves of brilliant green, coarser than lettuce and rather sharp in flavor. Smaller heads are more delicate and have less waste.

**Chinese cabbage**—Also called celery cabbage. Long, oval-shaped head with pale green to white leaves. Tender-textured. Flavor similar to cabbage.

**Watercress**—Tiny dark green leaves, pleasantly crisp and spicy.

**Cabbage**—Head should be heavy, firm and clean. Top half is the more tender, better for salads.

**Celery**—Thick, clean stems with fresh looking leaves are best.

**Spinach, kale, mustard or turnip greens**—crisp, young, dark green leaves ideal for salads.

But enough talk about leafy greens. There are other vegetables which add interest to a salad. Raw carrots, green or red pepper, cucumbers, radishes, onions, chives are but a few. Among cooked vegetables, choose from carrots, peas, green beans, lima beans, kidney beans and the like. Canned and frozen vegetables can be used quite successfully, but be sure to drain them well before using to avoid a watery salad.

Select your vegetables with an eye for contrast in color, texture and flavor.
A WOODEN BOWL for your salad preparation? The use of the wooden bowl for tossing salads is a generally accepted practice. Some base their selection on the premise that the wooden surface absorbs and imparts seasonings more freely than others. Historically, the wooden bowl is probably rooted in the chopping bowl, which homemakers used to prepare vegetables for salads.

If you are a devotee to the wooden bowl, remember these hints:

Before you begin your salad tossing, rub the bowl with a cut of garlic and, if you like, a slice of onion—generously enough so that the flavors will linger with the greens.

Never soak or immerse a wooden salad bowl in water. Immediately after each use, rinse it quickly with lukewarm water, then cold, and wipe it very dry. Store it in a dry place.

See final chapter for short cuts in preparing vegetables. Check, also, for picture-pretty garnishes.
lettuce, country style

1 small head iceberg lettuce, cut into 4 slices
2 hard-cooked eggs, chopped
2 tablespoons sugar

1/4 teaspoon salt
Dash pepper
1/4 cup Heinz Vinegar
2 tablespoons water


cæsar salad

2 cloves garlic
1/2 cup salad oil
3 tablespoons Heinz Vinegar
1 teaspoon Heinz Worcestershire Sauce
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
2 cups bread cubes

1/4 cup salad oil or butter
3 quarts shredded salad greens (head lettuce, romaine and endive)
1/2 cup grated Parmesan cheese
1/2 cup crumbled Bleu cheese
6 anchovy fillets, cut up
1 raw egg

Mash 1 clove garlic; add 1/3 cup salad oil and next 4 ingredients. Let stand at least 1 hour. Sauté bread cubes in 1/4 cup salad oil with 1 clove garlic, split, in skillet until crisp and golden brown on all sides. Place salad greens in wooden bowl rubbed with garlic clove. Top with cheese and anchovies. Strain garlic from dressing. At the table, pour dressing over salad; drop in egg; toss until egg is no longer visible. Add croutons; toss. Serve immediately. Makes 6-8 servings.

star salad

(see photo, inside cover)

1 head iceberg lettuce
Curly endive or spinach
1 tomato, cut into 6 wedges
7 radishes, sliced or curled

With lettuce placed stem end down, cut into 6 equal sections. Hold together and place wedges star-fashion in wooden salad bowl. Arrange endive or spinach between lettuce wedges. Place tomato wedges on endive near center of star. Decorate with radishes. Serve with Basic French Dressing (page 6) or one of its variations. Makes 6 servings.

To Make Radish Curls: Screw end of radish cutter through center of radish. Place curls thus formed in ice water to crisp.
shredded lettuce salad

- ½ cup dairy sour cream
- ¼ cup Heinz India, Sweet or Fresh Cucumber Relish
- 1 teaspoon Heinz Prepared Mustard
- ½ teaspoon salt
- 1 small head lettuce, coarsely shredded
- 2 green onions, sliced
- 1 cup shredded carrots

Combine first 4 ingredients. Toss lightly with vegetables in salad bowl. Makes 6-8 servings.

wilted lettuce

- 1 medium head (5-6 cups) leaf lettuce
- 2 tablespoons minced parsley
- 2 tablespoons sliced green onions or minced onion
- 4 slices bacon
- ¼ cup Heinz Vinegar
- 1 teaspoon sugar
- ¼ teaspoon salt
- Dash pepper

Tear lettuce into bite-size pieces. Place in bowl with parsley and onions. Sauté bacon until crisp; remove from skillet; break into 1-inch pieces; add to lettuce. Stir vinegar and remaining ingredients into bacon fat in skillet; bring to boil. Pour over lettuce; toss. Serve immediately. Makes 4-6 servings.

lettuce with cream dressing

- ½ cup light cream
- 1 teaspoon sugar
- ½ teaspoon salt
- 3 to 4 tablespoons Heinz Vinegar
- 1 medium head lettuce, torn into bite-size pieces
- ½ cup minced onion

**cucumber cheese rings**

1 package (3 ounces) cream cheese  
1 teaspoon minced onion  
1 teaspoon Heinz Worcestershire Sauce  
1 tablespoon chopped pecans

3 tablespoons chopped Heinz Candied Dill Strips  
Dash cayenne pepper  
2 medium cucumbers

Blend all ingredients except cucumbers. Peel cucumbers; cut in half, crosswise; remove center of cucumber with apple corer. Sprinkle cavities with salt and pepper; pack cheese mixture firmly into cavities. Wrap in waxed paper; chill until firm—about 4 hours. Cut into ½-inch slices; arrange on lettuce leaves. Garnish with paprika. Serve with Basic French Dressing (page 6) or one of its spicier variations. Makes 4-6 servings.

**stuffed pepper salad**

2 medium green peppers  
1 package (8 ounces) cream cheese, softened

2 tablespoons Mayonnaise (page 11)  
or Cooked Salad Dressing (page 9)  
⅛ cup minced Heinz Sweet Pickles  
1½ teaspoons minced onion

Remove stems and seeds from peppers. Blend cheese and remaining ingredients. Fill peppers with cheese mixture, packing firmly; chill until firm. Thinly slice peppers crosswise. For each salad, arrange 2 to 3 slices on lettuce, garnish with tomato wedges and carrot curls. Serve with French Dressing (page 6) or Ketchup Onion Dressing (page 7). Makes 4-6 servings.

*Fill crisp green peppers with pickle-flavored cream cheese for delightful flavor and texture contrast.*
stuffed celery salad

2 cups grated, process American cheese  
½ cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)  
1 tablespoon Heinz Prepared Mustard  
1 teaspoon minced onion  
¼ teaspoon Heinz Worcestershire Sauce  
1 bunch celery

Soften cheese at room temperature, blend with mayonnaise until smooth and fluffy. Blend in mustard, onion and Worcestershire sauce. Stuff celery stalks with filling; chill. Cut celery into 1-inch pieces. Arrange on lettuce or other greens. Sprinkle with paprika. Serve with French Dressing (page 6) or Club French Dressing (page 7). Makes 8-10 servings.

blushing beet salad

1 can (1 pound) beets, drained, chopped  
½ cup chopped celery  
½ cup dairy sour cream  
1 tablespoon sugar  
1 tablespoon Heinz Vinegar  
1 ¼ teaspoons salt  
1 hard-cooked egg, sliced

Combine first 6 ingredients; chill. Serve on lettuce; garnish with hard-cooked egg. Makes 6 servings.

stuffed beet salad

For an eye-catching salad, scoop out centers of canned small whole beets with melon ball cutter. Fill beets with a mixture of 1 part Heinz India or Sweet Relish, 2 parts dairy sour cream and a dash of salt. Serve 3 or 4 stuffed beets on crisp greens with French Dressing (page 6). Garnish with parsley or watercress.
hearty beet salad

2 cups (1 pound can) cubed, cooked beets
\(\frac{1}{2}\) cup (1 medium) cubed, cooked potato
\(\frac{1}{2}\) cup chopped celery
\(\frac{1}{2}\) cup chopped Heinz Sweet Pickles
\(\frac{1}{2}\) cup diced cucumber
1 teaspoon salt
\(\frac{1}{4}\) cup Basic French Dressing (page 6)
3 hard-cooked eggs, sliced

Combine all ingredients except eggs; marinate 1 hour. Serve in lettuce cups; garnish with egg slices and mayonnaise. Makes 6 servings.

broccoli salad

1 package (10 ounces) frozen broccoli spears
1 can (2 ounces) flat anchovy fillets
1 pimiento, cut into strips
\(\frac{1}{2}\) cup Basic French Dressing (page 6)
1 teaspoon minced parsley
1 teaspoon minced onion
\(\frac{1}{6}\) teaspoon celery seed

Cook broccoli according to directions on package; drain; chill. On individual lettuce-lined salad plates, arrange broccoli. Arrange anchovies and pimiento over broccoli. Combine French dressing, parsley, onion and celery seed. Serve with salad. Makes 4-6 servings.

dutch cauliflower

1 small head cauliflower, broken into flowerets
4 slices bacon
\(\frac{1}{4}\) cup salad oil
\(\frac{1}{4}\) cup Heinz Vinegar
1 1/2 teaspoons salt
1 teaspoon sugar
\(\frac{1}{4}\) teaspoon paprika

In lettuce-lined bowl, arrange flowerets. Sauté bacon until crisp; drain. To bacon drippings, add remaining ingredients. Pour over flowerets; marinate 1 hour. Sprinkle crumbled bacon over top before serving. Makes 6 servings.
green and gold salad

4 slices bacon
2 tablespoons flour
1 teaspoon paprika
1 1/2 teaspoons salt
2 teaspoons sugar
1/2 cup chopped onion
1/2 cup water
1/2 cup Heinz Vinegar
1 pound fresh spinach, cleaned and cut
1/2 teaspoon salt
1/2 teaspoon sugar
3 hard-cooked eggs, sliced
(reserve 1 egg for garnish)

Sauté bacon until crisp; drain; crumble. Blend flour, paprika, salt and sugar into bacon drippings. Add onion, water and vinegar. Cook until thickened, stirring constantly. Arrange spinach in salad bowl; top with bacon and eggs. Add sauce and toss lightly. Garnish with remaining egg slices. Makes 6 servings.

declared red cabbage salad

2 cups shredded red cabbage
1/4 cup julienne green pepper
1/2 cup julienne celery
1 tablespoon minced onion
3 tablespoons salad oil
1/4 cup Heinz Vinegar
1/2 teaspoon salt
1/2 teaspoon sugar


salade francaise

1 cup cooked French-cut green beans
1/4 to 1/2 cup Basic French Dressing (page 6)
2 medium potatoes boiled, peeled, diced
3 medium tomatoes, sliced
6 black olives, sliced
4 anchovy fillets, cut into strips

Toss beans with 1 to 2 tablespoons French dressing; toss potatoes with 3 to 4 tablespoons French dressing; allow to marinate separately in refrigerator several hours. On lettuce-lined platter, arrange an outer circle of tomatoes. Spoon beans into center, overlapping tomatoes. Heap potatoes on center of green beans. Sprinkle olives and anchovies over potatoes. Serve with French dressing. Makes 4 servings.

vegetable medley

1 package (10 ounces) frozen mixed vegetables
2 cups mixed salad greens, lightly packed
1/2 cup chopped celery
1/2 cup Mayonnaise (page 11) or salad dressing
1 tablespoon minced onion
1/2 teaspoon Heinz Worcestershire Sauce

Cook vegetables as directed on package; drain. Combine with greens and celery. Blend mayonnaise, onion and Worcestershire sauce; add to vegetables; toss lightly. Chill. Makes 4-6 servings.
**cole slaw**

\[
\frac{1}{3} \text{ cup Cooked Salad Dressing} \\
(\text{page 9}) \text{ or Mayonnaise (page 11)} \\
\frac{1}{2} \text{ teaspoon salt} \\
\text{Dash pepper} \\
\]

\[
1 \text{ tablespoon minced onion} \\
4 \text{ teaspoons Heinz Vinegar} \\
1 \text{ teaspoon sugar} \\
1 \text{ quart shredded cabbage} \\
\]


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**cabbage slaw with cream dressing**

\[
\frac{1}{2} \text{ cup dairy sour cream} \\
3 \text{ tablespoons Heinz Chili Sauce} \\
1 \text{ tablespoon minced onion} \\
\frac{1}{4} \text{ teaspoon salt} \\
\text{Dash pepper} \\
1 \text{ quart shredded cabbage} \\
\]

Combine first 5 ingredients; toss with cabbage. Makes 4-6 servings.

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**dutch cole slaw**

\[
2 \text{ cups shredded cabbage} \\
\frac{1}{4} \text{ cup minced green pepper} \\
1 \text{ tablespoon minced onion} \\
6 \text{ slices bacon} \\
\frac{1}{3} \text{ cup Cooked Salad Dressing} \\
(\text{page 9}) \text{ or Mayonnaise (page 11)} \\
1 \text{ tablespoon Heinz Vinegar} \\
\frac{1}{2} \text{ teaspoon salt} \\
\]


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**golden slaw**

\[
4 \text{ hard-cooked eggs, finely chopped} \\
\frac{3}{4} \text{ teaspoon sugar} \\
\frac{3}{4} \text{ teaspoon salt} \\
2 \text{ teaspoons Heinz Prepared Mustard} \\
2 \text{ teaspoons Heinz Vinegar} \\
\frac{1}{4} \text{ cup Cooked Salad Dressing} \\
(\text{page 9}) \text{ or Mayonnaise (page 11)} \\
2 \text{ cups shredded cabbage} \\
\frac{1}{2} \text{ cup chopped Heinz Sweet Pickles} \\
\]

Combine all ingredients, tossing lightly. Chill. Serve on lettuce; garnish with chopped parsley. Makes 4 servings.
pennsylvania dutch pepper cabbage

1 teaspoon salt
1 medium onion, grated
½ cup sugar
1 medium head cabbage (approximately 2 pounds), finely chopped
⅔ cup cream
⅔ cup Heinz Apple Cider or Salad Vinegar
1 green or red pepper, chopped

Add salt, onion and sugar to chopped cabbage. Let stand 1 hour. Blend cream and vinegar; pour over cabbage. Add chopped pepper; mix well. Makes 8 servings.

rainbow salad

1 cup finely shredded cabbage
1 cup finely chopped green pepper
1 cup grated carrots
1 cup chopped lettuce
½ cup finely chopped cucumber
½ cup sliced onion
1 cup sliced celery
1 cup tomato chunks
1 cup (¼ pound) grated, process American cheese
1 cup cooked or canned peas
½ teaspoon salt
½ teaspoon pepper
1 teaspoon sugar
½ cup Heinz Vinegar


german bean salad

1 can (1 pound) Heinz Beans, drained
1 cup chopped sauerkraut
¼ cup chopped Heinz Sweet Pickles
1 tablespoon pickle juice
1 tablespoon Basic French Dressing (page 6)

Lightly mix ingredients. Chill; serve in lettuce cups; garnish with green pepper strips or pickle slice. Makes 6 servings.
corn salad

1 can (1 pound) whole kernel corn, drained
1/4 cup finely chopped celery
1/4 cup chopped green pepper
2 tablespoons chopped pimiento
2 tablespoons minced onion
3/4 teaspoon salt
Dash pepper
2 tablespoons salad oil
3 tablespoons Heinz Vinegar
1/4 cup finely chopped Heinz Dill Pickles
1/4 teaspoon Heinz Prepared Mustard

Combine ingredients. Chill several hours or overnight. Serve as a salad or relish. Makes 6 servings.

asparagus vinaigrette salad

1 package (10 ounces) frozen asparagus spears, cooked, drained
or 1 can (1 pound) green asparagus spears, drained
1/2 cup salad oil
2 tablespoons Heinz Vinegar
1/2 teaspoon finely grated onion
1/4 teaspoon sugar
1/4 teaspoon salt
Thinly sliced onion rings
Slices of hard-cooked egg

Arrange asparagus in shallow dish. Combine oil with next 4 ingredients. Pour over asparagus. Chill at least 1 hour, spooning liquid over asparagus 2 or 3 times. Arrange lettuce leaves on salad plates. Place 3 or 4 asparagus spears on each plate. Slip onion rings around asparagus spears. Garnish with hard-cooked egg slices. Makes 4-6 servings.

bermuda salad

1 cup salad oil
1/2 cup Heinz Tarragon Vinegar
2 teaspoons sugar
1 teaspoon salt
1/2 teaspoon paprika
1 small head cauliflower, separated into flowerettes
1/2 large Bermuda onion, thinly sliced, separated into rings
1/2 cup sliced stuffed olives
1/2 cup crumbled Roquefort or Bleu cheese
1 small head lettuce, shredded

Combine first 5 ingredients in jar; shake well. Combine cauliflower, onion, and olives. Marinate in dressing 1 hour. Immediately before serving, add cheese and lettuce; toss well. Serve in individual salad bowls. Makes 6 servings.
poinsettia salad

For each salad cut a firm tomato into 8 wedges. Arrange wedges petal fashion on bed of watercress or chicory. Place 1 tablespoon finely chopped hard-cooked egg or grated yellow cheese in center. Top with small sprig of parsley. Serve with Avocado Cream Dressing (page 13) or Basic French Dressing (page 6).

german green bean salad

1 1/2 pounds green beans  
1/2 cup Heinz Pickled Sour Onions, thinly sliced  
1/4 cup liquid from Sour Onions  
2 tablespoons salad oil  
1/2 teaspoon salt  
1/8 teaspoon paprika

Wash beans, cook in boiling salted water until tender. Drain; cool; cut lengthwise into thin strips. Combine with other ingredients. Refrigerate about 3 hours. Heap in lettuce cups; garnish with pimiento. Serve with Mayonnaise (page 11) or Basic French Dressing (page 6). Makes 3-4 servings.

sour cream vegetable salad

1/2 cup dairy sour cream  
1/4 teaspoon Heinz Dehydrated Horse Radish (reconstituted) or  
1 teaspoon prepared horseradish  
2 tablespoons Heinz Vinegar  
1 teaspoon sugar  
3/4 teaspoon salt  
Dash pepper  
1 medium cucumber, thinly sliced  
1 medium tomato, cut into wedges  
1 small onion, thinly sliced

green goddess salad

- 1/4 clove garlic
- 1/4 teaspoon salt
- 1/4 cup Mayonnaise (page 11)
- 1/4 cup dairy sour cream
- 2 tablespoons Heinz Tarragon Vinegar
- 4 anchovies, chopped
- 2 tablespoons minced parsley
- Dash pepper
- 6 cups salad greens

Mash garlic in salt; blend with remaining ingredients except greens. Toss lightly with greens in salad bowl. Serve chilled. Makes 6 servings.

NOTE: 2 tablespoons evaporated milk, undiluted, or 2 tablespoons heavy cream may be substituted for sour cream. Vinegar should be increased to 3 tablespoons.

deluxe green salad

- 6 cups salad greens, broken into bite-sized pieces
- 2 slices bacon, cut into 1/2-inch pieces
- 1 egg, well beaten
- 3 tablespoons Heinz Vinegar
- 2 tablespoons sugar
- 1/4 teaspoon salt

Wash, dry salad greens; break into pieces. Sauté bacon bits in small skillet. Remove skillet from heat; remove bacon bits, drain on a paper towel. Combine egg, vinegar, sugar and salt. Gradually stir in cooled bacon fat. Return to skillet; cook over very low heat, stirring constantly, until thickened. Pour over greens; add bacon bits; toss lightly. Serve immediately on salad plates. Makes 6 servings.
picnic potato salad

3 cups (4 medium) diced, cooked potatoes  
½ cup chopped celery  
¼ cup chopped onion  
4 radishes, sliced  
¼ cup Basic French Dressing  
(1 teaspoon salt  
2 hard-cooked eggs, chopped  
¼ cup Heinz Hot Dog Relish  
¼ cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)

Combine first 6 ingredients. Chill several hours. Add remaining ingredients; chill. Garnish with radish roses (page 83) and parsley. Makes 4-6 servings.

For a Main Dish Salad, add 1½ cups julienne salami, bologna or cooked ham or 2 cups canned salmon or tuna.

NOTE: If you don’t have Heinz Hot Dog Relish on hand, substitute ¼ cup Heinz Hamburger Relish or India Relish.

pennsylvania dutch potato salad

10 medium potatoes (3 pounds)  
1 large onion, finely chopped  
½ teaspoon celery seed  
2 teaspoons salt  
½ teaspoon pepper  
4 strips bacon  
½ cup Heinz Apple Cider Vinegar  
2 tablespoons sugar  
3 tablespoons water  
1 egg, beaten  
Parsley

Cook potatoes in boiling water until tender but not soft. Drain, cool slightly; peel, dice. Combine lightly with onion, celery seed, salt and pepper. Sauté bacon until crisp; remove from skillet, drain, crumble. Cool bacon fat slightly in skillet; add vinegar, sugar and water. Cover; heat to simmering point. Slowly add to egg, beating constantly. Pour over potatoes, add bacon and mix lightly. Garnish with parsley. Serve warm with baked ham or frankfurters. Makes 8 servings.
**italian salad**

2 medium tomatoes, peeled, coarsely chopped
1 cucumber, peeled, chopped
1 cup sliced celery
¼ cup sliced ripe olives
¼ cup broken walnuts
½ cup Heinz Tarragon Vinegar
3 tablespoons salad oil
1 teaspoon salt
½ teaspoon oregano leaves
Generous dash pepper

Combine ingredients; toss well. Marinate 1½ hours, tossing occasionally. Serve on lettuce. Makes 6 servings.

**winter salad**

1½ cups shredded raw parsnips
¾ cup diced celery
½ cup sliced stuffed olives
½ cup minced onion
½ teaspoon salt
Dash pepper
¼ cup Basic French Dressing (page 6)
¼ cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)

Combine first 6 ingredients; marinate in French dressing 30 minutes; toss with mayonnaise. Arrange in lettuce cups; garnish with pimiento strips or chopped green pepper. Serve chilled. Makes 4-6 servings.

**vegetable platter with cheese sauce**

In place of the conventional salad on the buffet table, arrange a platter of raw vegetables (cauliflower flowerets, pepper rings, carrot sticks, cucumber spears, scallions, radishes, celery, etc.). Serve with Cheese Dunking Sauce:

**cheese dunking sauce**

1 package (8 ounces) cream cheese
2½ tablespoons finely grated onion
3 tablespoons milk
1 teaspoon Heinz Worcestershire Sauce

_soften_ cream cheese by beating thoroughly. Add other ingredients; beat again. More or less milk may be added, depending on consistency desired. Chill at least 1 hour. Makes 1 cup.

*Note: This sauce makes a wonderful dip for potato chips.*
carrot nests

1 cup cottage cheese
1/4 cup chopped Heinz Sweet Pickle
1 tablespoon pickle juice
1 1/2 cups shredded carrots

Combine first 3 ingredients. In crisp lettuce cups, arrange nests of carrots; place mound of cottage cheese mixture in center of each carrot nest. Serve chilled with Basic French Dressing (page 6). Makes 4 servings.

oriental salad

1/4 cup salad oil
2 tablespoons Heinz Tarragon or Salad Vinegar
1 teaspoon sugar
2 tablespoons orange juice
1 teaspoon lemon juice
Dash ginger
1/2 teaspoon salt
4 navel oranges, peeled, sectioned
Mixed greens (lettuce, endive and/or spinach)

Combine first 7 ingredients. Add oranges and marinate in refrigerator at least 1/2 hour. Toss with assorted greens in salad bowl. Makes 4-6 servings.

A mellow vinegar spiced with ginger is the secret of Oriental Salad's refreshing flavor.
**New Orleans Salad**

1 1/2 cups drained, cooked lima beans  
2 slices bacon, diced, sautéed  
2 tablespoons minced onion  
1 small tomato, chopped, drained  
2 tablespoons Mayonnaise (page 11) or Cooked Salad Dressing (page 9)  
1 teaspoon Heinz Vinegar  
1/4 teaspoon salt


**Lima Bean Salad**

2 cups cold, drained, cooked lima beans  
2 tablespoons Heinz India Relish  
1 tablespoon minced onion  
1/2 teaspoon salt  
3/4 cup chopped celery  
3 tablespoons Mayonnaise (page 11) or Cooked Salad Dressing (page 9)  
2 hard-cooked eggs, sliced

Combine ingredients except eggs. Mix lightly, but well. Serve on salad greens; garnish with egg slices and extra mayonnaise if desired. Sprinkle with paprika. Makes 4-6 servings.

**Salad Macedoïne**

1 can (10 1/2 ounces) Heinz Condensed Chicken Noodle Soup, undiluted  
1 medium-sized tomato, diced  
1/4 cup diced celery  
3 tablespoons diced green pepper  
3 tablespoons Cooked Salad Dressing (page 9) or Mayonnaise (page 11)


**NOTE:** The soup liquid is an excellent base for gravies and sauces.
Main Dish Salads
It's a mistaken notion that the salad is strictly a "woman's world." Granted, wherever ladies gather—in hotel, tearoom, home—the salad reigns supreme; but restaurant operators will quickly confirm that more and more men are ordering salad bowls and platters for the midday meal.

The reasons for the growing popularity of the salad as a main dish are threefold. It's satisfying without being too filling. It fits well into the pattern of calorie counting adopted by so many health-and-figure conscious Americans (not to mention the wealth of vitamins and minerals it supplies). And, it's downright delicious eating.

In this section of your Heinz Salad Book are dozens of ideas for main dish salads. On pages 90-93 are menus—suggested ways for fitting your salad into a delightful meal pattern. Again, these are only guides for your eating pleasure. Let your imagination carry you on to greater epicurean heights!
**Louisiana Salad**

- 1 1/2 pounds green shrimp, cooked, coarsely chopped (3/4 pound cleaned)
- 3 cups cooked, diced potatoes
- 1 1/2 cups chopped celery
- 2 eggs, hard-cooked, chopped
- 3/4 cup mayonnaise or salad dressing
- 2 tablespoons Heinz Prepared Mustard
- 1 tablespoon Heinz Vinegar
- 1 tablespoon grated onion
- 1 1/4 teaspoons salt
- 1/2 teaspoon pepper

Lightly mix ingredients. Chill at least 1 hour. Serve on lettuce or endive. Makes 8 servings.

**Shrimp Salad**

- 1/4 cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)
- 2 tablespoons Heinz Chili Sauce
- 3/4 teaspoon Heinz Dehydrated Horse Radish (reconstituted) or 1 tablespoon prepared horseradish
- 1/4 teaspoon salt
- 1 pound green shrimp, cooked, cleaned, coarsely chopped
- 1 cup chopped celery


**Indian Curry Salad**

- 1/4 cup Heinz Distilled White, Apple Cider or Salad Vinegar
- 1/4 teaspoon Heinz Worcestershire Sauce
- 3/4 teaspoon salt
- 3/4 teaspoon curry powder
- Dash pepper
- 1 tablespoon salad oil
- 1 cup raw cauliflower, broken into small flowerets
- 1 cup cooked rice
- 1 pound green shrimp, cooked (1/2 pound cleaned)
- 1/4 cup julienne green pepper
- 1 cup sliced celery
- 1/4 cup finely sliced onion, separated into rings

Prepare marinade using first 6 ingredients. Pour over cauliflower and rice; marinate at least 1 1/2 hours, stirring occasionally. Combine with remaining ingredients. Chill. Serve on lettuce. Garnish with tomato wedges. Makes 4-5 servings.
curried shrimp salad

1 cup Cooked Salad Dressing (page 9) or Mayonnaise (page 11)
1 1/2 teaspoons curry powder
1 1/2 pounds green shrimp, cooked, cleaned


lobster salad

1 1/2 cups cubed, cooked lobster
1 cup diced celery
1/4 teaspoon salt
Dash pepper
3 to 4 tablespoons Basic French Dressing (page 6)


NOTE: Lobster tails, fresh or frozen, provide more meat, less waste than whole lobsters.

tart lobster salad

2 grapefruit, cut into small pieces
2 cups diced, cooked lobster
1 tablespoon grapefruit juice
1/2 cup Heinz Tomato Ketchup
1/2 cup Mayonnaise (page 11) or salad dressing

Combine grapefruit with lobster. Serve on lettuce, endive or watercress in a sea shell or salad plate. For sauce, mix grapefruit juice with ketchup and salad dressing. Makes 4 servings.

NOTE: Served in smaller portions, this makes a tasty appetizer salad.
crab meat salad

1 cup fresh or canned crabmeat, flaked
2 hard-cooked eggs, chopped
1 cup chopped celery

\( \frac{1}{3} \) cup Mayonnaise (page 11) or salad dressing
2 tablespoons Heinz Vinegar
\( \frac{1}{2} \) teaspoon salt


crab louis

\( \frac{3}{4} \) cup Mayonnaise (page 11) or salad dressing
\( \frac{1}{4} \) cup Heinz Chili Sauce
2 tablespoons minced parsley
2 teaspoons Heinz Vinegar

\( \frac{1}{2} \) teaspoon Heinz Worcestershire Sauce
\( \frac{1}{4} \) teaspoon prepared horseradish
1 pound fresh or canned crabmeat


Fill an avocado pear half with either Crab Meat Salad or Crab Louis.
**hawaiian crabmeat**

2 cups fresh or canned crabmeat
1 cup chopped celery
¾ teaspoon Heinz Dehydrated Horse Radish (reconstituted) or
1 tablespoon prepared horseradish
¼ cup salad dressing
or Mayonnaise (page 11)

¼ cup Heinz Tomato Ketchup
1 teaspoon onion juice
1 tablespoon lemon juice
1 can (1 pound 4 ounces) sliced pineapple, drained

Combine crab and celery. Combine horseradish with next 4 ingredients. Mix half of this sauce with crab; reserve other half for top of salad. Place crab mixture between 2 slices of pineapple, sandwich style, or mound crab on pineapple ring and garnish with pineapple sections. Serve on lettuce, top with dressing. Makes 5 servings.

**salmon-cottage cheese salad**

1 can (1 pound) salmon, drained, boned, flaked
¾ cup chopped Heinz Sweet Pickles
½ cup chopped celery

1 teaspoon salt
1 to 1¼ cups cottage cheese
½ cup Cooked Salad Dressing (page 9) or Mayonnaise (page 11)


**salmon mousse**

1 package lemon flavored gelatine
1 cup hot water
¼ cup Heinz Vinegar
1 teaspoon salt
¼ cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)
1 cup cooked, flaked salmon
1 cup diced celery
2 tablespoons chopped pimiento
½ cup heavy cream, whipped

Dissolve gelatine in hot water, add vinegar and salt; chill. When slightly thickened, whip until light and fluffy; add mayonnaise. Fold in remaining ingredients. Pour into individual molds or 1-quart ring mold; chill until set. Unmold on leaf lettuce or bed of endive. Top with Cucumber Cream Sauce (below). Makes 4-6 servings.
salmon cold plate

For a refreshing noonday meal, arrange a platter of chilled canned salmon topped with Cucumber Cream Sauce (below), tomato slices, crisp pickle and carrot curls. Serve with crackers or rye bread.

**cucumber cream sauce**

\[
\begin{align*}
\frac{1}{2} \text{ cup heavy cream, whipped} \\
\frac{1}{4} \text{ teaspoon salt} \\
2 \text{ tablespoons Heinz Vinegar} \\
\frac{1}{2} \text{ cup pared, diced or grated cucumber}
\end{align*}
\]

Add salt to cream. Gradually add vinegar, beating constantly until thick, not stiff. Fold in cucumbers. Serve over cold fish and vegetable salads. Makes approximately 1 cup.

**epicurean salmon salad**

1 can (1 pound) chilled salmon, drained, flaked
1 medium head lettuce, shredded
1 cup diced cucumber
\(\frac{1}{2}\) cup diced celery
\(\frac{1}{2}\) teaspoon caraway seed

\(\frac{1}{4}\) teaspoon salt
2 tablespoons Heinz Tarragon Vinegar
\(\frac{1}{4}\) cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)

Arrange salmon on beds of shredded lettuce on individual salad plates. Mix cucumber and remaining ingredients; spoon over salmon. Makes 6 servings.

**tuna salad**

1 can (7 ounces) tuna, drained, flaked
\(\frac{1}{2}\) cup chopped celery
2 hard-cooked eggs, chopped

3 tablespoons Heinz Hot Dog Relish
\(\frac{1}{4}\) teaspoon salt
\(\frac{1}{3}\) cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)


**Salmon Salad:** Substitute 1 cup boned, drained, flaked salmon for tuna.
**hearty tuna salad**

2 cups cubed, cold, boiled potatoes  
2 cans (7 ounces each) tuna, drained, flaked  
¼ cup Basic French Dressing (page 6)  
⅛ cup chopped Heinz Sweet Pickles or Candied Dill Strips  
½ teaspoon salt  
⅛ cup chopped celery  
⅛ cup Cooked Salad Dressing (page 9) or Mayonnaise (page 11)

Marinate potatoes and tuna separately, each with 2 tablespoons French dressing; let stand in refrigerator about 1 hour. Mix potatoes and tuna lightly with pickles and next 3 ingredients. Serve on lettuce. Sprinkle with paprika and finely chopped parsley. Makes 4-6 servings.

**fish salad**

2 cups flaked, cooked fish  
2 tablespoons Heinz Dill Pickle liquid  
1 cup diced cucumber  
¼ cup chopped Heinz Dill Pickle  
3 tablespoons Mayonnaise (page 11) or salad dressing  
3 tablespoons Heinz Chili Sauce  
½ teaspoon salt  
⅛ teaspoon ground marjoram, if desired  
Dash pepper

Sprinkle fish with pickle liquid; chill at least 30 minutes. Lightly mix in cucumber and remaining ingredients. Serve in lettuce cups. Garnish with mayonnaise or salad dressing. Makes 3-4 servings.

**swedish herring salad**

1 cup diced, cooked herring  
1 cup diced, cooked potatoes  
½ cup diced, cooked beets  
⅛ cup diced red apple  
½ cup chopped Heinz Sweet Pickles  
⅛ cup Heinz Vinegar  
⅛ teaspoon salt  
1 teaspoon sugar  
1 teaspoon Heinz Prepared Mustard  
½ cup diced, cooked beets  
3 hard-cooked eggs, sliced  
1 tablespoon capers  
⅛ cup chopped parsley

club salad

Place slice of rye bread, plain or toasted, in center of crisp lettuce cup. Top with slices of cooked ham, tomato, Swiss cheese and hard-cooked egg. Spoon Thousand Island Dressing (page 12) over all. Garnish with a pickle fan (page 83), olive and radish rose (page 83).

NOTE: Any type of bread, meat, cheese or dressing may be used.

golden crowned green bean salad

*1 1/2 pounds fresh green beans
1/2 cup salad oil
1/2 cup Heinz Apple Cider
or Salad Vinegar
2 teaspoons salt
Dash pepper
3/4 cup chopped onions
6 slices bacon, cooked, crumbled

6 hard-cooked eggs, chopped
1/2 cup Mayonnaise (page 11)
or salad dressing
2 teaspoons Heinz Prepared Mustard
4 teaspoons Heinz Apple Cider
or Salad Vinegar
1/2 teaspoon salt

Split beans lengthwise, then cut in half. Cook until tender in boiling salted water; drain. Toss beans with next 5 ingredients; chill for several hours. Just before serving add bacon and place in salad bowl. Combine eggs and remaining ingredients; mound over beans or use as a border. Makes 6 servings.

*2 packages (9 ounces) frozen French-style green beans may be used. Start recipe at “cook until tender.”

Fit for a king: golden crowned green bean salad
### bean and cheese salad

| 1 can (16 ounces) Heinz Beans in Tomato Sauce | 2 hard-cooked eggs, chopped |
| ½ cup julienne cheese | 1 tablespoon minced onion |
| 1 cup chopped celery | ½ cup Heinz India or Sweet Relish |
| 1 can (4 ounces) Vienna sausage, drained, sliced | 2 tablespoons Mayonnaise (page 11) or Cooked Salad Dressing (page 9) |
| ½ teaspoon salt |


### hearty bean salad

| ¼ cup minced parsley | 1 tablespoon Heinz Vinegar |
| 1 cup chopped celery | 1 can (16 ounces) Heinz Beans in Tomato Sauce |
| 3 tablespoons chopped green onions | 2 hard-cooked eggs, coarsely chopped |
| ¾ cup chopped green pepper | Salt to taste |
| 2 teaspoons Heinz Prepared Mustard | |
| ¼ cup salad dressing or Mayonnaise (page 11) | |

Mix ingredients lightly; chill. Serve on greens. Makes 6 servings.

### kidney bean salad

| 1 can (16 ounces) kidney beans, drained | ¼ cup minced onion |
| 2 tablespoons salad oil | 2 hard-cooked eggs, chopped |
| 1 tablespoon Heinz Vinegar | Dash pepper |
| ¾ teaspoon salt | 2 tablespoons Mayonnaise (page 11) or salad dressing |
| ½ cup chopped celery | Grated cheese |
| ½ cup chopped Heinz Dill Pickles | |

Combine first 4 ingredients; chill at least 1 hour. Add celery and remaining ingredients, except cheese; chill. Serve on leaf lettuce. Garnish with grated cheese. Makes 4 servings.
maurice salad

½ cup Mayonnaise (page 11) or salad dressing
*2 tablespoons pickle juice
¼ cup Heinz Vinegar
1 tablespoon Heinz Worcestershire Sauce
3 hard-cooked eggs, minced
1 tablespoon minced onion

*¼ cup minced Heinz Sweet Pickle or Candied Dill Strips
1 large head lettuce, broken into bite-size pieces
1 cup julienne cooked chicken
1 cup julienne cooked ham
1 medium tomato, cut into thin wedges or strips

Combine first 4 ingredients. Stir in eggs, onion and pickle. Allow to stand in refrigerator at least 1 hour. Toss lettuce with dressing; serve on individual plates or salad bowls. Top with chicken, ham and tomato. Makes 6 main dish salads.

*Substitute ½ cup Heinz Barbecue Relish for the pickles and juice.

It's the dressing that counts in this Maurice Salad!
kidney bean and tongue salad

1 can (16 ounces) kidney beans, drained  
1 cup julienne cooked tongue  
1 cup chopped celery  
2 tablespoons chopped green pepper  
2 tablespoons chopped pimiento  
1 cup chopped Heinz Candied Dill strips  
3 tablespoons Mayonnaise (page 11)  
or salad dressing  
1 teaspoon salt  
Dash pepper

Combine ingredients. Let stand in refrigerator 1 hour to blend flavors. Serve on lettuce. Makes 4-6 servings.

tongue salad

2 cups chopped, cooked tongue  
1 cup diced, cooked carrots  
½ cup chopped celery  
¼ cup chopped green pepper  
½ cup Basic French Dressing (page 6)  
1/4 cup minced Heinz Dill Pickle  
½ teaspoon salt  
2 teaspoons Heinz Prepared Mustard  
3 tablespoons Mayonnaise (page 11)  
or salad dressing

Combine first 6 ingredients. Chill at least 1 hour. Blend salt and mustard with mayonnaise. Toss with meat mixture. Serve on lettuce or romaine with radish roses (page 83) for garnish. Makes 4 servings.

pork and apple salad

2 cups diced, cooked pork  
2 cups diced, unpared red apples  
1 cup diced celery  
¼ cup Heinz India or Sweet Relish  
1 tablespoon lemon juice  
¼ teaspoon onion juice  
Dash salt  
½ cup Mayonnaise (page 11)  
or salad dressing

Combine ingredients; chill. Serve on lettuce. Makes 4 servings.
*hot frankfurter potato salad*

- 4 strips bacon
- ½ pound (4) frankfurters, sliced
- ½ cup sliced onion
- 1 can (10 1/2 ounces) Heinz Condensed Cream of Celery Soup, undiluted
- ¼ cup water or milk
- 2 tablespoons Heinz Vinegar
- 2 tablespoons Heinz India or Sweet Relish
- 3 cups (5 medium) diced, cooked, potatoes

Fry bacon in deep skillet over low heat until crisp. Remove from skillet; drain and crumble. Cook frankfurter slices and onion in bacon drippings until onion is tender. Add soup, water, vinegar and relish; mix well. Add potatoes, toss lightly; heat. Serve hot with crumbled bacon sprinkled over top. Makes 4-6 servings.

*frankfurter salad*

- 1 tablespoon Heinz Prepared Mustard
- 3 tablespoons Heinz Chili Sauce
- 1 teaspoon Heinz Vinegar
- 1 teaspoon salt
- ½ cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)
- 6 cooked frankfurters, sliced diagonally
- 2 cups diced, cooked potatoes
- ¼ cup minced onion
- ½ cup chopped cucumber


*roast beef salad*

- 3 cups cubed, cooked beef
- ½ cup chopped Heinz Kosher Dill Pickle
- ½ cup chopped celery
- ½ cup finely chopped onion
- ½ cup Mayonnaise (page 11) or salad dressing
- 1 teaspoon Heinz Prepared Mustard
- 1 teaspoon Heinz Worcestershire Sauce
- 1 teaspoon salt

Combine first 4 ingredients. Blend mayonnaise and remaining ingredients. Mix lightly with meat mixture; chill. Serve in lettuce cups; garnish with pimiento or green pepper. Makes 4-6 servings.
An inexpensive main dish for luncheon or buffet is Macaroni Salad.

macaroni salad

1½ cups elbow macaroni
1½ cups chopped celery
½ cup minced onion
6 radishes, thinly sliced
2 tablespoons minced parsley
*½ cup minced Heinz Dill Pickles
¾ cup grated process sharp cheese, if desired

1 cup Mayonnaise (page 11)
or Cooked Salad Dressing
2 tablespoons Heinz Vinegar
2 teaspoons Heinz Prepared Mustard
1½ teaspoons salt
½ teaspoon pepper


*¾ cup minced Heinz Candied Dill Strips may be substituted.
macaroni surprise salad

1 cup elbow macaroni
1 cup diced, cooked meat
1 cup diced, unpared red apple
2 tablespoons sliced green onions
¼ cup chopped pimiento
½ cup chopped green pepper
½ cup Mayonnaise (page 11) or salad dressing
2 tablespoons Heinz Vinegar
1 teaspoon salt

Cook macaroni in boiling, salted water until tender; drain; rinse. Combine macaroni and remaining ingredients. Chill. Serve on lettuce or spinach. Garnish with thin apple wedges or parsley. Makes 5-6 servings.

german macaroni salad

¾ cup elbow macaroni
¼ pound liverwurst, cubed
½ cup chopped Heinz Sweet Pickles
½ cup sliced celery
½ cup Mayonnaise (page 11) or salad dressing
2 tablespoons Heinz Chili Sauce
½ teaspoon salt

Cook macaroni in boiling salted water; drain; rinse. Combine with liverwurst, pickles and celery. Blend remaining ingredients; toss with macaroni mixture. Garnish with tomato wedges, green pepper rings or egg slices. Chill. Makes 4-6 servings.

Tuna macaroni salad

1 cup elbow macaroni
2 cups finely shredded cabbage
½ cup grated carrot
¼ cup julienne green pepper
2 tablespoons minced onion
1 can (7 ounces) tuna, drained, flaked
½ cup Mayonnaise (page 11) or salad dressing
2 tablespoons Heinz Prepared Mustard
1 teaspoon salt
2 teaspoons Heinz Vinegar

Cook macaroni in boiling, salted water until tender; drain; rinse. Combine macaroni and next 5 ingredients. Blend mayonnaise with remaining ingredients; pour over macaroni-tuna mixture and toss. Chill. Serve on lettuce. Makes 6 servings.
almond chicken salad

- 3 cups cubed, cooked chicken
- 1/3 cup chopped Heinz Candied Dill Strips
- 1/2 cup blanched, quartered, toasted almonds
- 1/2 cup seedless white grapes
- 1/2 cup Mayonnaise (page 11) or salad dressing
- 1/2 teaspoon salt
- 1 1/2 teaspoons Heinz Vinegar


piquant chicken salad

- 2 hard-cooked eggs, sliced
- 3 cups cubed, cooked chicken
- 1/2 cup chopped Heinz Sweet Pickles
- 1 cup chopped celery
- 1 teaspoon salt
- 1 teaspoon lemon juice
- 1/2 cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)

Select 3 or 4 center slices of eggs for garnish; chop remaining eggs. Mix chopped eggs lightly with remaining ingredients. Mound on lettuce. Garnish with egg slices and sprinkle with paprika. Makes 6 servings.

piquant chicken salad (variations)

waldorf chicken

Substitute 1/2 cup diced red apples for hard-cooked eggs. If apples are sweet, additional lemon juice may be added.

olive chicken

Omit pickles; add 1/2 cup sliced ripe olives.
**pineapple chicken salad**

Omit eggs and pickles. Add $\frac{1}{2}$ cup drained, chopped pineapple and $\frac{1}{3}$ cup chopped English walnuts.

**rabbit salad**

3 cups, cubed, cooked rabbit may be substituted for the chicken.

**pine-nut salad**

A “Cook with Ketchup” Special

$\frac{1}{2}$ cup water  
2 tablespoons cornstarch  
1 can (1 pound 4 ounces) pineapple tidbits  
$\frac{1}{2}$ cup Heinz Tomato Ketchup

2 tablespoons butter or margarine  
2 cups diced, cooked chicken, veal or pork  
$1\frac{1}{2}$ cups sliced celery  
$\frac{1}{2}$ cup coarsely chopped walnuts

In saucepan, gradually mix water with cornstarch; add pineapple, pineapple juice, ketchup and butter. Cook, stirring, over low heat until mixture comes to boil and thickens. Combine pineapple mixture with meat and celery. Chill. Serve in lettuce cups. Sprinkle with nuts. Makes 5-6 servings.

Tomato Ketchup adds a spicy note to Pine-Nut Salad.
chicken mousse

1½ tablespoons unflavored gelatine
1/4 cup cold water
1 can (10 1/2 ounces) Heinz Condensed Consommé, undiluted
1/4 cup Heinz Vinegar
1 teaspoon salt
Dash celery salt
2 teaspoons grated onion

1 1/2 cups finely minced, cooked chicken
1/3 cup coarsely chopped stuffed olives
1 cup heavy cream, whipped
1/4 teaspoon Heinz Worcestershire Sauce
1/2 cup chopped, toasted almonds (optional)

Soften gelatine in cold water; dissolve in consommé which has been heated. Stir in vinegar and next 3 ingredients. Chill until slightly thickened. Whip until fluffy; fold in remaining ingredients. Pour into individual molds or 1-quart ring mold; chill until firm. Unmold on lettuce; garnish with slices of olive and lemon. Serve with Cucumber Cream Sauce (page 65), if desired. Makes 4-6 servings.

hot chicken salad

3/4 cup mayonnaise or salad dressing
2 teaspoons Heinz Apple Cider Vinegar
1 teaspoon salt
1/4 teaspoon celery seed
1/2 teaspoon pepper
2 cups diced, cooked chicken
1 cup chopped celery

1/4 cup blanched, slivered almonds
1/4 cup chopped Heinz Candied Dill Strips
2 teaspoons chopped onion
1 cup crushed potato chips or 1 cup grated process American cheese

Heat oven to 350°F. (moderate). Blend mayonnaise and next 4 ingredients. Combine chicken and next 4 ingredients; toss with dressing. Place in baking dish (10” x 6” x 2”) or individual casseroles. Sprinkle with cheese and/or potato chips. Bake for 20 minutes or until cheese is melted. Garnish with parsley or pickle fans. Makes 5-6 servings.
creamy egg salad

4 hard-cooked eggs, chopped
¼ cup chopped celery
1 tablespoon minced onion
2 teaspoons Heinz 57 Sauce
2 teaspoons Heinz Prepared Mustard
½ teaspoon salt
3 tablespoons sour cream or creamy cottage cheese

Mix ingredients lightly. Serve on lettuce; garnish with tomato wedges. This salad may also be served on tomato slices and sprinkled with paprika or used to fill hollowed tomatoes. Makes 4 servings.

deviled egg salad

6 hard-cooked eggs, chopped
¼ cup Heinz Hot Dog Relish
3 tablespoons Mayonnaise (page 11)
or Cooked Salad Dressing (page 9)
½ cup chopped celery
½ teaspoon salt

Combine ingredients; chill. Spoon onto bed of lettuce. Makes 3-4 servings.

eggs a la russe

6 hard-cooked eggs, sliced
¾ cup Mayonnaise (page 11)
or salad dressing
3 tablespoons Heinz Chili Sauce
1 tablespoon minced onion
1 tablespoon minced green pepper

Arrange eggs on shredded lettuce, allowing 1½ eggs for each serving. Blend mayonnaise and remaining ingredients. Spoon mixture over eggs. Makes 4 servings.
cottage cheese-stuffed tomatoes

1 pound cottage cheese  
1/2 cup chopped green pepper  
1/2 cup sliced stuffed olives  
1 tablespoon Heinz Vinegar  
1/2 teaspoon salt  
4 medium tomatoes


NOTE: For an attractive salad, stuff tomatoes with chicken, crab, lobster or seafood salad or with cole slaw, bean or egg salad.

ham salad

2 cups cubed, cooked ham  
1/2 cup chopped Heinz Candied Dill Strips  
1/2 cup chopped celery  
1/2 cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)  
2 teaspoons Heinz Prepared Mustard  
1/2 teaspoon prepared horseradish  
2 bananas

Combine ham, pickle and celery. Blend mayonnaise, mustard and horseradish. Mix lightly with ham mixture; chill. Spoon into lettuce cup. Cut bananas in half lengthwise, then in half crosswise. Arrange 2 banana quarters around ham salad. Makes 4 servings.
ham and cheese salad

2 cups diced, cooked ham
¼ pound (¼ cup) julienne American cheese
½ cup cooked or canned peas
½ cup chopped celery
1 medium head lettuce, broken into bite-size pieces
¼ cup Heinz India, Fresh Cucumber or Sweet Relish
2 tablespoons Heinz Vinegar
½ cup salad oil
1 teaspoon salt
Dash pepper


ham and egg salad

½ pound (1 ½ cups) cooked ham, chopped
½ cup chopped celery
2 hard-cooked eggs, chopped
¼ cup diced cucumber
½ cup Mayonnaise (page 11) or Cooked Salad Dressing (page 9)
3 tablespoons Heinz Hot Dog Relish


bologna roll salad

2 packages (3 ounces each) cream cheese
1 tablespoon Heinz Prepared Mustard
½ cup chopped Heinz Candied Dill Strips
¼ cup minced celery
8 thin slices bologna or cooked ham
1 small head lettuce, cut into 4 slices
2 cups sliced cooked beets
2 hard-cooked eggs, sliced

Blend first 4 ingredients; spread on bologna; roll jelly-roll fashion. Chill. Cut each bologna roll into thirds. For each salad arrange 6 bologna pieces, ½ cup beets and ½ hard-cooked egg on lettuce slice. Serve with Basic French Dressing (page 6) or Ketchup Onion Dressing (page 7). Makes 4 servings.

Antipasto (to be served as an appetizer salad): On a lettuce-lined salad plate arrange in attractive fashion, 1 or 2 bologna rolls, a pickle fan (page 83), olive and tomato slice.
chef's salad

4 cups shredded salad greens (head lettuce, leaf lettuce, endive, romaine, escarole and/or spinach)
Salt and pepper
½ cup sliced celery
6 radishes, sliced
1 small onion, sliced, separated into rings

Place salad greens in large salad bowl that has been rubbed with garlic. Sprinkle greens lightly with salt and pepper. Add celery and next 7 ingredients. Toss. Just before serving, add French dressing and toss. Makes 6-8 servings.

Individual Chef's Salad: In large bowl, sprinkle greens, celery, radishes, eggs and onion rings with salt and pepper. Turn into individual salad bowls. Divide ham, cheese and bologna among bowls; arrange on top of greens. Sprinkle with parsley. Pass French dressing so each can toss his own salad.

continental salad

3 cups shredded cabbage
1 cup julienne salami
½ cup chopped green pepper
3 hard-cooked eggs, chopped
3 tablespoons Heinz Tomato Ketchup

3 tablespoons Mayonnaise (page 11)
or Cooked Salad Dressing (page 9)
1 teaspoon Heinz Vinegar
¼ teaspoon salt

Toss ingredients together. Garnish with tomato. Makes 6-8 servings.

delicatessen salad

¼ pound julienne bologna
¼ pound julienne salami
½ cup sliced ripe olives
1 medium apple, unpared, coarsely chopped
½ cup chopped Heinz Kosher Dill Pickles

½ cup chopped green pepper
½ cup sliced celery
½ cup Sour Cream Dressing (page 13)

Lightly mix ingredients; chill. Serve in lettuce cup; garnish with unpared apple slices. Makes 4-6 servings.
WHEN IT'S BROUGHT TO THE TABLE . . . whether it's fruit or vegetable . . . accompaniment or main dish . . . the way you serve your salad is as important as the ingredients you put into it.

On the following pages are suggestions for garnishes—pickle fans, carrot curls, radish roses and the like—those extra touches of color, crispness and flavor contrast that do a Cinderella switch on many a plain-Jane salad.

There are several pages of "how to"—hints for quicker, more successful salad preparation, plus recipes for salad accompaniments—tasty pickle tricks, flavorful breads, biscuits and muffins.

And as a conclusion to your salad recipe book, we've included some menu suggestions. Use them as a handy guide to your own meal planning.
For prettier salads, try these

**pickle fans**
Cut Heinz Sweet or Dill Pickles into thin parallel slices almost the length of each pickle. Spread carefully into a fan shape; then press the uncut end between the thumb and forefinger so the fan will hold its shape.

**stuffed dill pickles**
Cut thin slice from the stem end of a Heinz Dill Pickle. With an apple corer or narrow sharp paring knife, using a twirling motion, remove the center. Stuff with cream cheese, pimiento cheese or deviled ham. Chill 3 to 4 hours, then slice thinly. Serve on watercress or lettuce leaves or as an accompaniment for a meat, fish or jellied salad.

**radish roses**
With a small sharp paring knife, cut off tail and all but one or two green leaves from each radish. Make 6 to 8 deep cuts into each radish from tip to stem end. Cut back petals thus formed, making sure they are thick enough not to break easily. Place in ice water an hour or more so petals will curl.

**carrot curls**
Pare large crisp carrot with a vegetable parer. Then, using the parer, cut lengthwise, paper-thin strips from carrot. Roll each strip around your finger tip. Fasten with a toothpick. Chill on ice for an hour or more. Remove picks for serving.

P.S. Holding the carrot in the palm of your left hand and paring toward you makes the job much easier.

**celery curls**
Slash small stalk or short piece of celery lengthwise, cutting to within ½ inch of the leaves or end of the piece. Or, if you prefer, slash both ends allowing about ½ inch in the center to hold the piece together. Chill on ice or in ice water. To "pretty up" the celery, dip the ends in paprika before serving. Carrots may be curled the same way.
fluted cucumbers or bananas
Hold the whole, peeled or unpeeled (whichever you prefer) cucumber in the left hand and score it lengthwise, all around, with the tines of a fork. Cut the "cuke" crosswise into thin slices.

Flute peeled bananas in the same way.

avocado shells
(attractive containers for fruit, fish or meat salads). Cut ripe avocado into halves lengthwise. To separate, twist halves slightly with palms of hands. Tap seed with knife, twist it slightly and lift it out. Hold half-shell, cut side down, in palm of hand. Peel skin with help of knife.

cherry poinsettias
With a sharp knife, make 6 to 8 cuts in each maraschino cherry from the pitted end to within \( \frac{1}{4} \) inch of round end. Flatten cherry, outside up, on paper towel. Press flat in center and carefully separate petals. Sprinkle with sugar, if desired.

paprika edged lettuce
Add color interest to your salad by shaking paprika on a plate and dipping the frilly edges of lettuce leaves quickly into the crimson powder.

When your recipe says...

to julienne vegetables
Slice the vegetables thinly. Place two or three slices together, then cut lengthwise into match-like strips.

to mince chives or parsley
Try using a pair of kitchen shears. Scissors can also be used for "dicing" many fruits, vegetables and meats.
to peel tomatoes
Stick a sharp fork through the stem end of a tomato. Plunge tomato into boiling water for a few seconds. Remove. With tip of knife, break the skin at the blossom end and peel back. Or hold the tomato over a flame, turning until the skin is blistered; then peel.

to separate head lettuce
Remove core; then let cold, running water flow into the head until the pressure forces the leaves apart. If still too firm, cover the head with cold water until leaves begin to separate.

to chop or mince onion
Cut end slice from peeled onion; discard. Cut exposed surface into tiny squares to any desired depth. Cut crosswise into thin pieces.

to chop celery
Place several stalks of cleaned celery together on a board. Cut through all at once, lengthwise and crosswise, into desired size.

to peel oranges and grapefruit
Using a sharp knife, cut through peel and white membrane to the fruit. Remove peel in a spiral strip.

to section citrus fruit
Slide knife blade down along each section wall to the center of the fruit. Sections will lift out easily.

to keep peeled fruit from darkening
Dip in lemon, orange, grapefruit or pineapple juice.

to cut pineapple
Before peeling, slice horizontally. Remove core from each ring. Cut into wedges. Melon can be cut in a similar manner.
**pickle tricks**

Flavorful bits of good eating that make attractive salad garnishes are these quick tricks with pickles.

1. Wrap Heinz Pickled Sour Onions in half slices of bacon. Fasten with toothpicks. Broil until bacon is done.

2. Cut sharp cheddar cheese or canned luncheon meat into \( \frac{3}{8} \)-inch cubes. Spear with toothpicks; top with Heinz Pickled Sour or Sweet Onions or \( \frac{3}{8} \)-inch slices of Heinz Sweet Gherkins.

3. Wrap Heinz Midget Gherkins or Sweet Pickle Slices in anchovies or smoked salmon.

4. Team slices of Vienna sausages or frankfurters with slices of Heinz Sweet Gherkins.


6. Pickle Cheese Balls—Combine softened cream cheese with Heinz India, Sweet or Fresh Cucumber Relish; form into small balls.

7. Dill Liverwurst Balls—Combine mashed liverwurst with minced celery and green pepper. Form into small balls; roll in minced Heinz Dill Pickles. Serve with toothpicks.

8. Vienna Tidbits—For a tasty appetizer, cut Vienna sausages in half lengthwise. Spread inside of each half with Heinz Prepared Mustard. Place thin slice of Heinz Dill Pickle in center to form sandwich. Cut in half; fasten with toothpicks.

**salad accompaniments**

Probably the salad accompaniment that first comes to mind is one of the many varieties of crackers available in food stores today. Of many shapes and sizes, they include a wide choice of flavors—butter, cheese, whole wheat, corn, soya, celery, poppy seed.

Your grocer also carries an assortment of cheese sticks, pretzels, bread sticks, potato chips, lattice potatoes and shoestring potatoes; popcorn, corn chips, Melba toast, rusks, biscuits, matzoths, etc.—all of which are excellent accompaniments for salads.
Breads such as pumpernickel, rye, cocktail rye, and whole wheat; cinnamon, raisin, oatmeal, brown, French and Italian; rolls of many sizes and shapes; corn sticks, salt sticks, muffins, biscuits and ginger bread, available at bakery shops or grocery stores, offer a wide choice of interesting partners for salads.

If you prefer to try your hand at your own accompaniment, however, try one of the following recipes:

**tasty bread**

\[
\begin{align*}
\frac{1}{2} \text{ cup butter or margarine} \\
1 \text{ clove garlic, peeled} \\
*\text{Condiment} \\
1 \text{ loaf French bread}
\end{align*}
\]


*Any of the following condiments are excellent for this use:

\[
\begin{align*}
1 \text{ tablespoon Heinz Prepared Mustard} \\
3 \text{ tablespoons Heinz Tomato Ketchup} \\
1 \text{ tablespoon Heinz 57 Sauce} \\
1\frac{1}{2} \text{ teaspoons Heinz Worcestershire Sauce}
\end{align*}
\]

**cheese biscuits**

\[
\begin{align*}
\frac{1}{2} \text{ cup grated process American cheese} \\
2 \text{ cups packaged biscuit mix or your favorite biscuit recipe based on} \\
2 \text{ cups flour} \\
4 \text{ teaspoons Heinz Worcestershire Sauce} \\
\frac{3}{4} \text{ cup milk}
\end{align*}
\]

Heat oven to 400°F. (moderately hot). Mix cheese and biscuit mix. Combine Worcestershire sauce and milk. Add to biscuit mix; mix lightly and quickly. Turn onto lightly floured board; knead 10-12 times. Pat to \(\frac{1}{2}\)-inch thickness. Cut with 2-inch biscuit cutter. Place on greased cookie sheet. Bake at 400°F. for 20 minutes or until brown. Makes 12 2-inch biscuits.
**corn bread**

1 cup yellow corn meal
½ cup all-purpose flour
2 teaspoons double-acting baking powder
½ teaspoon salt
1 tablespoon sugar

2 tablespoons salad oil or melted shortening
2 eggs, beaten
1 can (10 ½ ounces) Heinz Condensed Cream of Chicken Soup, undiluted

Heat oven to 425°F. (hot). Sift together first 5 ingredients. Combine remaining ingredients; mix well. Add to dry ingredients, mixing just enough to moisten. Fill greased muffin tins or corn stick pans 2/3 full or pour into greased square pan (9” x 9” x 2”). Bake 20 minutes or until done. Makes 9 muffins or 9 servings.

**novel muffins**

2 cups sifted all-purpose flour
3 ½ teaspoons double-acting baking powder
½ teaspoon salt
1 teaspoon sugar
1 egg, beaten
1 can (10 ½ ounces) Heinz Condensed Cream of Mushroom, Celery or Chicken Soup, undiluted
3 tablespoons melted shortening or salad oil
¼ cup milk


**salad biscuits**

2 ½ cups sifted all-purpose flour
4 teaspoons baking powder
1 teaspoon salt
6 tablespoons shortening
1 can (10 ½ ounces) Heinz Condensed Cream of Mushroom Soup or Cream of Chicken Soup, undiluted

Heat oven to 450°F. (hot). Sift first 3 ingredients together. Cut in shortening until size of coarse cornmeal. Add soup; stirring quickly until a soft, but not sticky dough is formed. Turn onto lightly floured board; knead into a smooth ball. Roll or pat to ½ inch thickness; cut with 2-inch biscuit cutter. Place on a lightly greased baking sheet, ½ inch apart. Bake 12-15 minutes. Makes approximately 18 2-inch biscuits.
relish biscuits

2 cups biscuit mix
1/3 cup Heinz India, Sweet or Fresh Cucumber Relish
1/2 cup milk

Heat oven to 450°F. (hot). Combine biscuit mix with relish. Add milk; stir. Turn out on floured board; knead several times. Roll to 1/2 inch thickness; cut into 2-inch biscuits. Bake on cookie sheet 10-15 minutes or until done. Makes 14-16 biscuits.

salty caraway sticks

2 cups all-purpose flour
1 teaspoon soda
1/2 teaspoon salt
1/2 cup shortening
1/2 cup milk

1/4 cup Heinz Cider Vinegar
or Distilled White Vinegar
1 tablespoon milk
Salt
Caraway seeds

Heat oven to 450°F. (hot). Sift together flour, soda and salt. Cut in shortening until mixture resembles corn meal. Mix 1/2 cup milk and vinegar; stir into dry ingredients, mixing just enough to moisten flour. Knead 15 times on lightly floured board. Divide dough into 16 pieces; shape into balls. Roll into uniform sticks, approximately 6 inches long. Brush on both sides with the 1 tablespoon milk; sprinkle generously with salt and caraway seeds. Place on lightly greased cookie sheets. Bake at 450°F. for 12-15 minutes. Makes 16 salt sticks.

spicy tomato muffins

2 cups sifted all-purpose flour
4 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon baking soda
1/4 cup sugar
1/2 teaspoon ground nutmeg
1/4 teaspoon ground allspice
1/2 teaspoon ground cinnamon

1/2 teaspoon ground cloves
1/2 cup raisins
2 eggs, beaten
1/2 cup Heinz Condensed Cream of Tomato Soup, undiluted
1/2 cup water
2 tablespoons salad oil
or melted shortening

**SALAD MENUS**

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**Club Luncheon**
- Chicken Rice Soup
- *Pine-Nut Salad (p. 75)
- Crisp Corn Chips
- Hot Biscuits Jelly
- Spice Cake
- Coffee or Tea

**Committee Meeting Luncheon**
- Consommé Julienne
- *Luncheon Cheese Ring (p. 38)
- Potato Chips
- Hot Biscuits Jelly
- Coconut Cake
- Coffee or Tea

**Bridge Luncheon**
- Consommé Crisp Corn Wafers
- *Waldorf Chicken Salad (p. 74)
- Brown ’n Serve Rolls
- Ice Cream Snowballs
- Coffee or Tea

**With A Foreign Flavor**
- Frosted Pineapple Juice
- *Indian Curry Salad (p. 61)
- Hot Corn Sticks
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**Dessert Bridge**
- *Frozen Fruit Salad (p. 33)
- Party Cookies
- Mints and Nuts
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**School Day Luncheon**
- Grilled Cheese Sandwich
- *Caprice Salad (p. 19)
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*Picnic Potato Salad (p. 55) or
*Macaroni Salad (p. 72)
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*Hot Frankfurter
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*Recipes in book*
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