Salad has come a long, long way

The cuisine of almost every country in the world has some form of salad, whatever it may be called. In Italian it's "insalata," derived from the gastronomical gesture of an early Roman citizen who sprinkled salt ("sal" in Latin) on lettuce to make it tastier.

Salads were brought to England by Catherine of Aragon, Henry VIII's Spanish queen, several centuries before they became popular in the U.S.

A book titled Modern Cookery In All Its Branches, published in Philadelphia in 1852, gave this recipe for "Yorkshire Ploughman's Salad":

"Mix treacle and vinegar, in the proportion of the first to two of the latter; add a little black pepper, and eat the sauce with lettuces shred small (with an intermixture of young onions when they are liked). This, though certainly not a very refined order of salad, is scarcely so unpalatable as such ingredients would seem to promise."

How delighted the author would be by the great variety of salads today! And charmed by their appearance...the delicious contrasts in their textures...the year-round selection of fine fresh ingredients.

Salad is an integral part of American cuisine. It may be all things to all people, whether made with meat, fish, poultry, eggs, vegetables, or fruit. It's the light touch to hearty meals—a fetching appetizer, a piquant side dish, a vitamin special. It's a ladies' luncheon entrée, a supper surprise, a buffet showpiece.

Salad is something special when it's gelled: a firm-bodied creation to make ahead, to make entertaining fun.

Creamy-textured gelatine salads made with mayonnaise or whipped cream...

Layered salads in two tones and textures...

Gleaming, glamorous salads, handsomely molded for buffet serving...

Salads to whip up in the electric blender...

Ring mold salad to fill with meat, chicken or fish mixtures...

Homey basics and haughty, high-standing beauties...all for your salad pleasure.

Gelled salads avoid time consuming, often frantic last-minute preparation. With unflavored gelatine as the base, you put an end to wait-and-wilt salads! Fresh natural salad ingredients provide good nutrition. And combined with Knox Unflavored Gelatine, which has no sugar or flavorings added, all the natural flavors and textures of fruits and vegetables come through in delicious gels.

There are so many gelled salads...

"Ho! 'tis the time of salads."
Laurence Sterne (1713-1768), Tristram Shandy
“My salad days, When I was green in judgment.”
William Shakespeare (1564-1616), Antony and Cleopatra

Two simple recipes make dozens of different salads...
with foods of your own choosing

The Knox Basic Method of Salad Making...

Fresh-tasting, beautiful salads are easy to make once you learn the basics.
Two simple, elementary recipes—a Basic Salad Gel that's a clear gelatine flavored with either a natural fruit or vegetable juice, and a Creamy Salad Gel with a rich, smooth texture—are the springboard for a spectrum of superb salads.

With Knox Unflavored Gelatine, you...
use real fruits and vegetables—fresh, frozen or canned...
take advantage of grocery specials, leftovers, almost any canned food you have in your cupboard...
create beautiful-to-look-at, delicious-to-eat gel salads.

as easy as remembering:
1. One envelope of Knox Unflavored Gelatine will gel one pint (2 cups) of liquid.
2. Dissolve gelatine in water over low heat before adding other ingredients.
3. Chill in refrigerator until firm.

BASIC SALAD GEL
1 envelope Knox Unflavored Gelatine
½ cup cold water
¼ cup sugar
½ teaspoon salt
2 to 4 tablespoons vinegar
1 tablespoon lemon juice
1 cup water, bouillon or juice

Salad ingredients*
1. Sprinkle gelatine over ½ cup cold water in small saucepan. Place over low heat; stir constantly until gelatine dissolves (until there are no visible granules), about 3 minutes. Remove from heat.
2. Stir in sugar and salt. Stir in vinegar, lemon juice, and remaining 1 cup water.
3. Chill, stirring occasionally, until mixture thickens slightly and is very syrupy.
4. Stir in 1½ cups salad ingredients*. Turn into 3-cup mold or bowl. Chill until set.

*SALAD INGREDIENTS: Use 1½ cups of a single vegetable or a combination of the following:
Raw Vegetables: finely shredded green or red cabbage, spinach or carrot; chopped celery, chopped green pepper, cucumber or cauliflower; sliced radishes or scallion.
Cooked Vegetables: cut green beans, corn, asparagus, lima beans, sliced carrots, green peas, kidney beans, chick peas.
Meats and Seafood: diced cooked chicken, ham, pork or beef, flaked tuna, crab, diced shrimp or lobster.
Other: chopped hard-cooked eggs, sliced olives, chopped pickle, shredded cheese, chopped apple.

“Our Garrick’s a salad; for in him we see Oil, vinegar, sugar, and saltness agree.”
Oliver Goldsmith (1728-1774), Retaliation
“Let onion atoms lurk within the bowl And, half suspected, animate the whole.”

Sydney Smith (1771-1845), "Recipe for Salad" from Lady Holland’s Memoirs

Tips for successful gelled salads

Picture-pretty molded gel salads

CREAMY SALAD GEL
1 envelope Knox Unflavored Gelatine
¾ cup cold water
2 tablespoons lemon juice
1 teaspoon Worcestershire sauce
½ teaspoon Tabasco pepper sauce
1¾ cups mayonnaise
1 teaspoon dry mustard
½ teaspoon salt*
2 tablespoons minced fresh onion

Salad ingredients**
1. Sprinkle gelatine over cold water in small saucepan. Place over low heat; stir constantly until gelatine dissolves (until there are no visible granules), about 3 minutes. Remove from heat. Cool slightly.
2. In mixing bowl, gradually blend dissolved gelatine, lemon juice, Worcestershire sauce and Tabasco into mayonnaise. If necessary, beat with rotary beater or wire whisk until smooth. Add dry mustard, salt and onion; mix well.
3. Chill, stirring occasionally, until mixture thickens slightly.
4. Stir in prepared salad ingredients. Turn into 3- or 4-cup mold or bowl. Chill until set.

Makes 4 servings.

*With ham or tuna, decrease salt to ¼ teaspoon; with eggs, increase to ¾ teaspoon.

**SALAD INGREDIENTS:
1½ cups finely chopped ham, chicken, hard-cooked eggs or seafood.
Plus ¼ cup chopped celery, or ½ cup chopped celery and ¼ cup chopped green pepper.
Plus ¼ cup diced pimiento, optional.

When dissolving gelatine, use a rubber spatula to gently stir in the granules from the side and bottom of the pan.

Chill gel mixtures "to the consistency of unbeaten egg white"; that is, until slightly thickened and very syrupy before adding solid ingredients. Chill slightly longer, until the mixture "mounds slightly when dropped from a spoon," before folding in beaten egg whites.

The time for chilling until firm, or until set, depends on the size of the container and the temperature of the gel mixture. Most dishes are ready to serve within 3 to 4 hours.

Use bowls or pans for molds, or buy inexpensive handsome gelatine molds in any variety or hardware store.

To unmold:
Dip container into warm (not hot) water to the depth of gelatine for about 5 seconds. Carefully loosen gel from side of container with tip of sharp knife; tilt or shake container gently to loosen gel. Invert serving dish on top of container. Hold both firmly together and turn over (right side up). Shake gently until gelatine slips from container onto serving dish. If gel does not come loose, repeat process.
Salmon Grape Mold

(Green grapes and salmon provide exciting new taste)

3 envelopes Knox Unflavored Gelatine
2 cans (13 1/4 ounces each) chicken broth, divided
2 cups sour cream
1/4 cup cider vinegar
1 1/2 teaspoons salt
1 can (1 pound) salmon, drained and flaked
1 cup chopped celery
1 cup halved seedless green grapes
1/2 cup finely chopped pared, seeded cucumber
2 tablespoons finely chopped onion

Sprinkle gelatine over 1 can chicken broth in saucepan. Place over low heat; stir constantly until gelatine dissolves, about 5 minutes. Remove from heat; stir in remaining 1 can chicken broth, sour cream, vinegar and salt. Chill, stirring occasionally, until slightly thickened. Fold in remaining ingredients. Turn into 2 1/2-quart mold. Chill until firm. Unmold and garnish with halved cucumber slices and grapes.

Makes 8 to 10 servings.
Knox Unflavored Gelatine (of course!) — in the 4- or 32-envelope box.

Good canned companions for gelatine:
- beef bouillon
- tomato juice
- mixed vegetable juices
- pineapple juice
- crushed pineapple (to make gelled pineapple carrot salad)
- vegetables (to make gelled vinaigrette salad)
- peaches, pineapple, pears, apricots (for gelled fruit salads or desserts)

Good refrigerator companions:
- carrots
- celery
- cucumber
- salad greens

and don't overlook leftovers: almost any cooked vegetable — beets, cauliflower, broccoli, asparagus, peas, beans, potato — may be combined with leftover cooked meat, poultry, or seafood in a Knox gel to make delicious luncheon or supper main dishes, or smaller appetizer or side dish molds.

Natural foods were the vogue in 18th-century England, too — just as they are today. Fresh herbs are delightful in salads. So are crunchy canned bean sprouts. A wild green such as water cress from the brook doth make a cheap and wholesome salad still!

Selecting:
Salad greens are a big family — so vary them. There is chicory, sometimes called curly-leaved endive. Escarole, or straight-leaved endive, is slightly "ruffled" at the edges. Its flavor is different from other greens — sharper, but not bitter. French, or Belgian, endive has aristocratic ivory spears to lend elegance to salads. Romaine has long green plume-like leaves. Boston and Bibb lettuce are pale green and softly textured, with a mild, delicate flavor. Spinach makes a handsome darker-colored green for salad. And of course there is the popular iceberg, or crisphead, lettuce.

In choosing greens, remember that the darker ones offer larger amounts of vitamins A and C and are richer in iron than the paler ones.

Generally, all greens should be young, crisp, clean and tender. Leaves that are yellow or withered, or have rusty red streaks or spots, are harmless but unattractive.
Preparing the Green

"She was the sweete Margerom of the sallet, or rather the hearbe of grace."

William Shakespeare (1564-1616), All's Well That Ends Well

Preparation of the Shrimp-Dill Appetizer Mold

**Head lettuce** and **cabbage** should be firm and heavy for their size. **Leaf lettuce** should have pale green leaves and a firm core; **chicory**, broad curly leaves. **Spinach** should have dark leaves and small, tender stems; coarse stems are a sign of toughness. **Celery** stalks should be medium length, solid and thick, brittle enough to snap easily. Avoid limp or cracked stalks with brown, dry tops; press gently to see if they're firm.

**Washing and Storing:**
Back in 1852, *The Ladies New Book of Cookery* offered words of wisdom about salad greens: “The herbs and vegetables for a salad cannot be too freshly gathered. They should be washed with scrupulous nicety.”

Gritty greens are the horror of the salad world! Wash greens promptly under gently running cool water. Let the water run down between the leaves in a head of Boston or iceberg lettuce, or romaine. Swish loose greens in a pan of water till clean, shaking off as much water as possible; or leave them in a colander to drain. Wrap in paper towels and place in a plastic bag or air-tight container, and store in refrigerator. Greens should stay crisp for over a week.

No scissors or knives, please! Greens should never be cut; it bruises and discolors the leaves. Just tear them with your fingers into the size pieces needed.

2 envelopes Knox Unflavored Gelatine
1½ cups tomato juice
2 tablespoons lemon juice
¼ cup chili sauce
1 teaspoon Worcestershire sauce
¼ teaspoon Tabasco pepper sauce
1 tablespoon dried dill weed
1 pint sour cream
2 cups (¾ pound) finely chopped cooked and shelled shrimp

Sprinkle gelatine over tomato juice in medium saucepan. Place over moderate heat and stir constantly until gelatine is dissolved, about 3 minutes. Remove from heat; stir in lemon juice, chili sauce, Worcestershire sauce, Tabasco and dill. When mixture is cool, stir in sour cream; beat until smooth. Stir in shrimp. Turn into individual molds or 5-cup mold. Chill until firm. Unmold; garnish with whole shrimp and sprigs of dill, if desired. Serve with crisp crackers or rounds of bread. Makes 12 appetizer servings.
Waldorf Salad

(A go-with-everything favorite)

1 envelope Knox Unflavored Gelatine
1 1/2 cups cold water, divided
1/2 cup sugar
1/2 teaspoon salt
1/4 cup lemon juice
2 cups diced unpared tart apple
1/2 cup chopped celery
1/4 cup chopped pecans

Sprinkle gelatine over 1/2 cup cold water in saucepan. Place over low heat; stir constantly until gelatine dissolves, about 5 minutes. Remove from heat; stir in sugar, salt, remaining 1 cup water and lemon juice. Chill, stirring occasionally, until consistency of unbeaten egg white. Fold in apple, celery and pecans. Turn into 4-cup mold. Chill until firm. Unmold and garnish with salad greens.

Makes 6 servings.
Cranberry Crown
(A one-dish luncheon specialty; serve with a hot bread)

3 envelopes Knox Unflavored Gelatine
1 cup cold water
4 cups cranberry juice cocktail, divided
½ cup sugar
1 tablespoon lemon juice
Sprinkle gelatine over water and ½ cup cranberry juice cocktail in saucepan. Place over medium heat; stir constantly until gelatine dissolves, 3 or 4 minutes. Remove from heat; add sugar and stir until dissolved. Add lemon juice and remaining 3½ cups cranberry juice cocktail. Pour into 5-cup ring mold and chill until firm. Unmold onto serving platter; fill center with Fruited Crab Salad*

Makes 6 servings.

*Fruited Crab Salad
3 cups lump crab meat**
½ cup chopped celery
1 cup seedless grapes
½ cup mayonnaise
1 tablespoon lemon juice
¼ teaspoon ginger
¼ cup toasted slivered almonds

Combine crab, celery and grapes. Blend together mayonnaise, lemon juice and ginger; add to crab mixture and toss lightly to mix well. Chill. At serving time, turn salad into center of Cranberry Crown and sprinkle with almonds.

**Shrimp, tuna, or chicken may be substituted for crab.

Chicken Curry Mold
(Serve with cold, marinated green bean salad, and sliced tomatoes for color)

3 envelopes Knox Unflavored Gelatine
1½ cups milk
3 chicken bouillon cubes
3 eggs, separated
¼ teaspoon salt
1½ teaspoons curry powder
4 cups (2 pounds) mild creamed cottage cheese
3 tablespoons lemon juice
4 cups finely chopped cooked chicken
½ cup finely chopped chutney
½ cup diced pimiento
3 tablespoons minced onion
2 cups heavy cream, whipped
Sprinkle gelatine over milk in saucepan. Add bouillon cubes and egg yolks; mix well. Place over low heat and stir constantly until gelatine and bouillon cubes dissolve and mixture thickens slightly, about 5 minutes. Remove from heat; stir in salt and curry powder. Sieve or beat cottage cheese at high speed of electric mixer until smooth; stir into gelatine mixture. Stir in lemon juice, chicken, chutney, pimiento and onion. Chill, if necessary, until mixture mounds slightly when dropped from a spoon. Beat egg whites until stiff, but not dry; fold into gelatine mixture. Fold in whipped cream. Turn into a 12-cup mold. Chill until firm. Unmold and serve with salad greens.
Makes 12 servings.
Sprinkle gelatine over cold water in medium saucepan. Drain syrup from pineapple into 2-cup measure; add water to make 2 cups and add ½ cup of mixture to gelatine in saucepan. Place saucepan over low heat; stir constantly until gelatine dissolves, about 5 minutes. Remove from heat; stir in sugar, salt, remaining syrup mixture, vinegar, and lemon juice. Chill, stirring occasionally, until mixture is consistency of unbeaten egg white. Fold in drained crushed pineapple, celery, green pepper, and pimientos. Turn into 4-cup mold. Chill until firm. Unmold onto serving platter. Makes 6 to 8 servings.
Spinach and Egg Loaf
(Fresh, natural flavors in an appetite-appealing, low-calorie gel)

1 envelope Knox Unflavored Gelatine
⅓ cup plus 3 tablespoons cold water, divided
1 teaspoon salt
¼ teaspoon dry mustard
¼ teaspoon Tabasco pepper sauce
1 ½ cups chopped fresh spinach
4 teaspoons lemon juice
¾ cup creamed cottage cheese
4 hard-cooked eggs, diced

Sprinkle gelatine over ⅓ cup cold water in saucepan. Place over low heat; stir constantly until gelatine dissolves, 3 or 4 minutes. Remove from heat. Stir in salt, dry mustard and Tabasco. Chill, stirring occasionally, until mixture is consistency of unbeaten egg white. Mix together spinach and lemon juice. Put cottage cheese and 3 tablespoons water in blender container, cover and process at high speed until smooth (or beat with electric mixer until smooth). Add spinach, lemon juice, cottage cheese and diced eggs to gelatine and mix well. Turn into 3-cup mold and chill until firm. Unmold and garnish with small spinach leaves.

Makes 4 servings, 135 calories each.

Tuna Cucumber Mold
(Creamy texture with cottage cheese instead of mayonnaise)

1 envelope Knox Unflavored Gelatine
1 ½ cups chicken broth, divided
1 teaspoon curry powder
1 tablespoon lemon juice
¼ teaspoon salt
½ cup creamed cottage cheese
2 cans (6 ½ or 7 ounces each) tuna, drained and flaked
½ cup chopped celery
1 cup chopped pared, seeded cucumber
2 tablespoons chopped pimiento

Sprinkle gelatine over ½ cup chicken broth in saucepan. Place over low heat; stir constantly until gelatine dissolves, about 5 minutes. Add remaining 1 cup chicken broth, curry powder, lemon juice, salt and cottage cheese. Chill, stirring occasionally, until slightly thickened. Stir in tuna, celery, cucumber and pimiento. Turn into 4-cup mold. Chill several hours until set. Unmold and serve on salad greens.

Makes 4 servings, 160 calories each.

Celebration Salad
(Serve with cold cuts or sliced ham)

Tomato Aspic Layer:
3 envelopes Knox Unflavored Gelatine
2 ½ cups cold water, divided
3 cans (8 ounces each) tomato sauce

Sprinkle gelatine over 1 ½ cups cold water in medium saucepan. Place over low heat; stir constantly until gelatine dissolves, 4 or 5 minutes. Remove from heat; stir in remaining 1 cup cold water and tomato sauce. Pour into 12-cup mold. Chill until almost firm. Meanwhile, begin preparing Cucumber Layer.
Cucumber Layer:
- 2 envelopes Knox Unflavored Gelatine
- 1 cup cold water
- 1 cup evaporated milk
- 1 cup mayonnaise
- 2 cups (1 pound) creamed cottage cheese
- 2 cups finely chopped pared, seeded cucumbers
- 2 tablespoons minced fresh onion
- 3 tablespoons chopped parsley
- 2 tablespoons chopped chives
- 2 teaspoons dried dill weed
- 1½ teaspoons salt

Sprinkle gelatine over cold water in small saucepan. Place over low heat; stir constantly until gelatine dissolves, 4 or 5 minutes. Remove from heat. Gradually add evaporated milk to mayonnaise in bowl, blending until smooth. Gradually stir in gelatine mixture. Add remaining ingredients; mix well. Turn into mold over almost-firm aspic layer. Chill until firm, several hours or overnight. Unmold onto serving platter. If desired, garnish with cucumber slices and sprigs of dill.
Makes 12 servings.

Ham and Potato Salad Mold
(A favorite combination in a new form)

Ham and Potato Salad Mold
2 envelopes Knox Unflavored Gelatine
1⅛ cups cold water
1 tablespoon instant minced onion
3 tablespoons vinegar
1 cup milk
1 cup mayonnaise
2 tablespoons prepared horseradish
¾ teaspoon salt
1½ cups finely diced cooked potatoes
(2 medium potatoes)
1 cup finely chopped cooked ham
1 cup chopped celery
¼ cup chopped green pepper

Sprinkle gelatine over cold water in medium saucepan. Place over low heat; stir constantly until gelatine dissolves, 4 or 5 minutes. Remove from heat; stir in instant minced onion and vinegar. Gradually add milk to mayonnaise, stirring until smooth. Stir in gelatine mixture and horseradish. Sprinkle salt over potatoes; add to gelatine mixture with ham, celery and green pepper. Mix well. Turn into 6-cup mold. Chill until firm. Unmold and garnish with salad greens and cherry tomatoes.
Makes 8 servings.
Since 1889 Knox Gelatine has been a stand-by for creative cooks. With imagination and practice you too can be a creative cook — and this book is dedicated to you. These recipes have been carefully selected and tested by Knox Gelatine, Inc. to give you an array of delicious gel dishes.

For more Knox Recipes, write to:
Knox Gelatine, Inc.
Johnstown, New York 12095

Printed in U.S.A. 6/73