DESSERT SALADS, as their name implies, fill two functions in the modern menu. They combine the salad and dessert course in one, having the delicious and nourishing qualities of both, and in this way contribute to economy and save labor in preparation.

A salad of this type has no place in a well balanced dinner menu where a dessert, possibly containing fruits, is also served, often with a rich sauce as its accompaniment, but because of its ingredients such a salad may easily serve the double purpose of salad and dessert with a satisfying result.

Oranges and lemons are the basis for most of the dessert salads in any of their forms, mixed, jellied or frozen. Lemon juice is used in the dressings for these salads as it is more delicate than vinegar and harmonizes better with the mixture of fruits. Oranges and lemons are found in the markets throughout the year, so that they are always conveniently available. They combine well with fresh, dried or canned fruits and may be used in sufficient variety to add attraction to the service. In addition they contribute richly to good health with their many nourishing qualities.

The acids contained in the citrus fruits have an alkaline reaction in the body which makes these fruits an excellent balance to the protein foods. Their vitamine content increases nutrition and enables the body to derive greater nourishment from all the food eaten.

The simplest form of dessert salad is the mixed salad, which may be a combination of fruits, nuts and harmonizing ingredients arranged on a bed of salad greens and served with an appropriate dressing. With these salads a sweet dressing blends better than those used with the plain salad course.
The jellied salad may be made in a single large mold and served at the table, or it may be made in small molds and served individually. In either case, the dressing should be passed separately, as a general rule.

The frozen salads often contain mayonnaise or whipped cream and no additional dressing may be needed, but it is usual to pass a bowl of dressing in case it is desired.

The mixed salads have more flavor if the ingredients are chilled and marinated in oil and lemon juice before serving.

The molds for the jellied salads should be thoroughly rinsed in cold water or rubbed lightly with a flavorless oil before the jellied mixture is poured in.

Frozen salads of the mousse or parfait variety should be placed in a mold and buried in equal parts of ice and salt for four hours. Salads, frozen first like an ice or sherbet, should be repacked in four parts ice to one part salt and allowed to stand for at least one hour.

### DESSERT SALAD DRESSINGS

**French Honey Dressing**

- 3 tablespoons oil
- 2 tablespoons honey
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ⅛ teaspoon paprika

Beat all the ingredients together until well blended. Use at once.

**Cooked Honey Dressing**

- ¾ cup water
- ¼ cup honey
- 1 teaspoon mustard
- ½ teaspoon salt
- 1 tablespoon flour
- 2 tablespoons vinegar
- 2 tablespoons lemon juice
- 2 egg yolks
- ½ cup sour cream

Heat honey and water in a double boiler. Mix the dry ingredients with the vinegar and lemon juice and add to the first mixture. Pour a small amount of the hot mixture over the beaten egg yolks and add this to the mixture in boiler. Cook all together until clear. Just before serving add ½ cup sour cream whipped until stiff.

**Bouquet Salad Dressing**

- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup oil
- 2 tablespoons lemon juice
- 1 green pepper
- 1 orange
- ½ cup chopped stuffed olives

Beat together salt, pepper, oil and lemon juice. Remove seeds and membrane from green pepper and chop fine. Peel orange and chop fine. Add both with all escaping orange juice to salad dressing. Mix all ingredients and serve.

**Currant Jelly Salad Dressing**

- 2 tablespoons currant jelly
- 1 tablespoon lemon juice
- 3 tablespoons oil
- ½ teaspoon salt

Melt jelly, add lemon juice, oil and salt, and beat thoroughly.

**Cooked Dessert Salad Dressing**

- 2 eggs
- ¼ cup sugar
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- 2 tablespoons vinegar
- 2 tablespoons lemon juice
- 2 teaspoons mustard

Beat the eggs until light, gradually adding the sugar, salt, pepper and paprika. Then add vinegar, lemon juice and mustard. Beat well and cook over hot water until thick. Allow to cool until jellylike, when it is ready to use. Mix 2 tablespoons of this dressing with one cup of cream whipped very stiff. This foundation dressing will keep for several weeks in a cool place.

**Whipped Cream Dressing**

- ½ teaspoon mustard
- 1 teaspoon sugar
- Few grains cayenne
- ½ teaspoon salt
- 2 tablespoons grated horseradish
- 2 tablespoons lemon juice
- 1 tablespoon vinegar
- 1 cup cream, whipped

Mix dry ingredients, vinegar and lemon juice together. When ready to serve add the whipped cream slowly, beating constantly.

**Pineapple Dressing**

- 1 cup pineapple syrup
- 2 tablespoons lemon juice
- 2 tablespoons butter
- 1 tablespoon flour
- 2 eggs
- ½ cup sugar
- ½ cup cream, whipped

Heat pineapple syrup and lemon juice together until warm. Blend butter and flour, add beaten egg yolks and sugar and last fold in egg whites beaten stiff. Pour warm pineapple syrup and lemon juice into this, place in top of double boiler and cook until thick. Cool and add whipped cream.
MIXED SALADS

Grapefruit and Apricot Salad

(ser
es 6)
12 canned apricot halves
2 large grapefruit
French dressing
Lettuce

Remove pulp from grapefruit and thoroughly drain apricots. Marinate fruits separately in a Plain French dressing made with lemon juice. Chill the fruit for several hours, drain and arrange on lettuce, using two apricot halves for each serving. Serve with Currant Jelly Salad Dressing.

Fruit Dessert Salad

(ser
es 6)
2 bananas
6 cherries

Honey Salad Dressing

Wash mint and allow to stand in cold water long enough to become fresh and crisp. Arrange on salad plates like wheel spokes, stem ends in the center. Place a slice of pineapple on each, on this place a slice of orange, then a layer of thin banana slices. Top with a candied or Maraschino cherry. Serve with Honey Salad Dressing.

Orange Blossom Salad

(ser
es 6)
2 oranges
6 small oranges
1 tablespoon lemon juice

Lettuce

Peel oranges and carefully remove outside membrane. Separate sections to within one inch of bottom joining so that they remain together. Cut out dividing membranes with scissors and marinate oranges in dressing made of oil, lemon juice and salt for a half hour. Drain, fill centers with celery and pimientos mixed thoroughly with mayonnaise or cooked dressing. Arrange on lettuce on individual salad plates and sprinkle with finely chopped mint.

JELLIED SALADS

Fruit Melange Salad

(ser
es 6)
1/4 cup gelatin
2 tablespoons cold water
2 tablespoons boiling water
2 tablespoons lemon juice
1/2 cup grape juice
1/2 tablespoon sugar
1/4 cup diced figs
1/2 cup diced oranges
1/2 cup diced celery
1/2 cup diced apples

Lettuce

Mayonnaise or Cooked salad dressing

Soften gelatine in cold water and dissolve in hot water. Add the boiling water, grape juice, sugar and salt and allow to stand until partly set. Stir in fruit and celery and transfer to mold that has been rubbed lightly with oil. Turn out on lettuce and serve with any preferred dressing of mayonnaise type.

Prune and Orange Salad

(ser
es 6)
18 prunes
Orange juice
30 orange sections

French Honey Dressing

Celery tips

Soak prunes in a little orange juice for two hours, remove pits and stuff with walnut meats. Marinate orange sections in French dressing for a half hour. Drain, arrange on individual salad plates with prunes piled in center. Pour over French dressing and garnish with celery tips or sprinkle with finely chopped celery.

Pear and Orange Salad

(ser
es 6)
3/4 cups diced canned pears
2 bananas, sliced
2 tablespoons olive oil
1 tablespoon lemon juice
1/2 cup pecan nuts

Lettuce

Serve pears thirty minutes in currant dressing and oranges same length of time in French dressing. Arrange lettuce on individual salad plates, place pears in center and surround with orange sections.

Fruit Combination Salad

(ser
es 6)
2 lettuce hearts
1 cup Malaga grapes, halved and seeded
1 tart apple
2 oranges
1 banana
1 large orange
30 orange sections

French Honey Dressing

Lettuce

Finely shred lettuce. Half grapes and remove seeds. Pare apple and cut into small cubes. Peel oranges and cut into small pieces. Peel bananas and slice very thin. Combine apple, oranges and grapes and marinate a half hour in a dressing made of 2 tablespoons olive oil and 1 tablespoon lemon juice. Drain, add nuts and bananas. Arrange on lettuce on individual plates and garnish with preferred dressing.

Orange Ring Salad

(ser
es 6)
2 tablespoons gelatine
1/2 cup cold water
1/2 cup hot water
1 cup sugar
1 cup orange juice

1 juice of 1 lemon
1 tablespoon milk
1 tablespoon cream cheese
2 tablespoons gelatine

Lettuce

Orange or grapefruit pulp
Whipped Cream Dressing

Lettuce

Soften gelatine in cold water and dissolve in hot water. Add sugar and fruit juices, stir until dissolved, strain and fill a ring mold half full. Soften cheese with milk and form into small balls. When jelly begins to stiffen, add orange pulp and cheese in ring mold, add remaining jelly and set on ice to stiffen. Unmold on bed of lettuce. Stone white cherries and refill with filberts. Mix with equal amount of diced orange or grapefruit pulp and fill center of jelly ring. Garnish with dressing and serve at once.
Jellied Fruit Dessert Salad
(serves 6)
1 tablespoon gelatine
2 tablespoons cold water
1 cup boiling water
2 tablespoons lemon juice
1 tablespoon sugar
2 tablespoons ginger ale
1 cup diced oranges
1/2 cup diced celery
1 cup diced apples
Lettuce
Mayonnaise

Soften gelatine in cold water, add boiling water and stir until dissolved. Add lemon juice, sugar and ginger ale, and when mixture begins to thicken, add oranges, celery and apples. Pour into individual molds to stiffen. Serve on tender heart leaves of lettuce and garnish with mayonnaise.

Ginger Ale Fruit Salad
(serves 6)
2 tablespoons granulated gelatine
1/4 cup warm water
1 cup ginger ale
1/4 cup diced canned pineapple
1/4 cup diced grapefruit pulp
1/4 cup halved and seeded Malaga grapes
1/4 cup blanched almonds shredded
1/4 teaspoon salt
1/4 teaspoon paprika
Mayonnaise
Lettuce

Soften gelatine in warm water five minutes and dissolve over hot water. Add 1/4 cup of ginger ale. Combine fruit, nuts and seasonings and add to them the remaining ginger ale. Add the gelatine mixture, stir thoroughly and pour into individual molds which have been dipped in cold water. Chill thoroughly, unmold and serve on lettuce with mayonnaise.

Orange Salad Dessert
(serves 6)
1 tablespoon gelatine
2 tablespoons cold water
1 tablespoon butter
2 egg yolks
3 tablespoons sugar
1/2 teaspoon salt
3/4 teaspoon paprika
Few grains cayenne
1/2 cup milk
3/4 cup orange juice
2 tablespoons lemon juice
1 cup diced orange pulp
1 cup heavy cream
Lettuce
Mayonnaise, if desired

Soften gelatine in cold water. Melt butter, add well beaten egg yolks, sugar, salt, paprika and cayenne. Remove from fire and gradually add milk and fruit juices. Cook in double boiler, stirring constantly until mixture thickens and add softened gelatine. Remove from heat and beat two minutes. Cool, stirring occasionally. When mixture begins to set add orange pulp and cream beaten until stiff, being careful that fruit does not settle to the bottom. Place in a mold that has been wet in cold water and allow to stand until firm. When set unmold on a bed of lettuce leaves and cut in crosswise slices for serving. Serve with or without mayonnaise as preferred.

FROZEN SALADS

Frozen Tomato Cream
(6-8 servings)
1 tablespoon granulated gelatine
1/4 cup cold water
1 quart cooked or canned tomatoes
2 cloves
1/4 teaspoon celery seed
1/4 teaspoon peppercorns
1 tablespoon minced onion
Few grains cayenne
1 tablespoon lemon juice
1 cup heavy cream
Lettuce
Mayonnaise

Soften gelatine in cold water. Cook tomatoes ten minutes with cloves, celery seed, peppercorns, onions and cayenne. Add gelatine, cool slightly and add lemon juice. Freeze to a mush, add heavy cream whipped stiff, pack in molds in four parts ice to one part salt and allow to stand one hour and a half. Serve on lettuce with mayonnaise.

Frozen Fruit Mayonnaise
(8-10 servings)
1 teaspoon granulated gelatine
2 tablespoons cold water
1 1/2 cups mayonnaise
2 1/2 cups cream, whipped
1 teaspoon powdered sugar
2 1/2 cups mixed fruits, as stoned cherries, diced pineapple, diced oranges, sliced peaches
Lettuce

Soften gelatine in cold water and dissolve over steam. Beat into mayonnaise. Combine with whipped cream and powdered sugar, stir in fruit and pour into a mold rinsed with cold water. Seal carefully and bury in equal parts of ice and salt four hours. Serve garnished with lettuce.

QUESTIONS FOR REVIEW

What two courses are combined in the recipes given in this bulletin?
In what three forms do dessert salads appear?
Describe the three forms?
What fruits are most suitable as the basis for dessert salads?
Give three reasons for your answer.
Why is lemon juice used in dessert salad dressings?
How should a mold be prepared for a jellied salad?
For further information and recipes send for a free copy of Sunkist Recipe Booklet, issued by the California Fruit Growers Exchange, Los Angeles, California.