SALADS AND SALAD DRESSINGS

The salad course is not only appetizing and delicious but introduces into the menu fresh uncooked greens, vegetables and fruits to balance the cooked foods, increase nutrition and give many body-renewing elements to the blood.

Oranges, lemons and grapefruit, singly and in combinations, offer great variety to salads. They are all-the-year fresh fruits, always available. They combine well with other fruits and with many vegetables. They are equally good in all forms of salad, the simple mixed salad, the jellied salad, the dessert or sweet salad and the frozen salad. In any of these forms the vitamins in the fresh uncooked citrus fruits will increase nutrition and vitality. The minerals and acids contained so richly in the California citrus fruits aid digestion as well as furnish these necessary elements to the body.

These fruits are a correct balance to the protein foods that make up the main course of luncheon or dinner, for although acid in flavor their reaction in the body is alkaline.

All fruits for salads should be carefully prepared so that they look attractive and appetizing. When oranges or grapefruit are used they should be peeled first and then all the thin white separating membrane should be removed from the sections. The California citrus fruits are easily peeled and separated into sections or segments and the scarcity of seeds makes them especially well adapted to use in salads.

Lemon juice used in all forms of salad dressing in place of vinegar gives a delicate and individual flavor that blends harmoniously with the other ingredients and develops their
individuality. Besides this it increases the vitamins, acids and minerals so valuable in the diet.

Lemons are also used as a garnish to many salads, especially those containing fish and vegetables, and the juice is utilized to flavor the jelly used as a basis for many delicious luncheon and dessert salads.

Salads are served as the introduction to a luncheon or dinner, as a separate course, and as a dessert if a sweet dressing is used, or if the salad molded or frozen uses ingredients that are sweet rather than sharp or acid. The heartier salads are also used as special refreshments at occasional parties or entertainments.

French dressing is used with the simple mixed salads served with luncheon or dinner, and it also marinates the ingredients of the meat, vegetable or fruit salad to increase and develop the flavor. Mayonnaise is used on the many combinations of fruits, and mixed ingredients as well as jellied or frozen salads. A cooked dressing may be substituted if preferred. For the dessert salads a sweet dressing is most suitable, containing whipped cream. This should be made thick and stiff so that the addition of the cream will not thin it too much.

The greens must be clean and crisp, and all the ingredients well drained and thoroughly chilled.

**SALAD DRESSINGS**

**Fruited French Dressing**

(Serves 6-8)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>oil</td>
<td>6 tablespoons</td>
</tr>
<tr>
<td>lemon or grapefruit juice</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>candied cherries</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>candied orange peel</td>
<td>1 tablespoon</td>
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</tbody>
</table>

Add paprika and salt to taste. Blend together the oil and the fruit juice, mixing until thick. Then add the candied cherries, chopped and the same amount of chopped candied orange peel. Season highly with paprika and slightly with salt. Serve as soon as made or beat well just before serving.

**Fruit Mayonnaise**

(Serves 6-10)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>orange juice</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>juice from canned pineapple</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>sugar</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>cornstarch</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>egg yolk</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>butter</td>
<td>Whipped cream</td>
</tr>
</tbody>
</table>

Heat fruit juices. Add sugar, cornstarch and salt mixed together, and cook in a double boiler for fifteen minutes. Add egg yolk and cook until thickened. Add butter and beat well. When cold mix with an equal quantity of whipped cream.

**Mayonnaise Dressing**

(Serves 6-8)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>salt</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>powdered sugar</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>paprika</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>mustard</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>oil</td>
<td>3 tablespoons</td>
</tr>
</tbody>
</table>

Mix the dry ingredients in a straight-sided bowl, add the egg yolk and mix thoroughly, beating with a rotary egg beater. Add the lemon juice gradually, beating until the mixture is well blended. Then add the oil gradually, beating until thoroughly mixed after each addition. When the mixture begins to thicken the oil may be added more rapidly.

**Mayonnaise**

(Makes 3 quarts)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>mustard</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>powdered sugar</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>salt</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>paprika</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>cayenne</td>
<td>10 egg yolks</td>
</tr>
<tr>
<td>oil</td>
<td>2 quarts</td>
</tr>
<tr>
<td>lemon juice</td>
<td>1 cup</td>
</tr>
<tr>
<td>cream</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

Mix the dry ingredients, add the egg yolks and blend. Add the oil, a very little at a time at first, beating with a rotary egg beater. When mixture is thick add a little lemon juice. Alternate with the oil until all is used. Whip the cream stiff and add just before serving.
**Dessert Salad Dressing**  
(Serves 6-8)  
\[
\frac{3}{4} \text{ cup sugar} \quad \frac{3}{4} \text{ cup orange juice} \\
2 \text{ eggs} \quad \frac{1}{2} \text{ cup whipped cream} \\
1\frac{1}{2} \text{ lemons, juice of}
\]
Mix the sugar and eggs and beat thoroughly, add the fruit juices and cook over hot water until mixture is as thick as cream. Cool and carefully fold in the whipped cream.

**Buildings**

**Grapefruit and Celery Salad**  
(Serves 6-8)  
\[
2 \text{ grapefruit} \quad \text{Celery} \\
\frac{1}{2} \text{ cup Mayonnaise} \\
\frac{1}{2} \text{ teaspoon Paprika}
\]
Cut grapefruit in quarters lengthwise. Remove pulp, carefully discarding membrane. Measure and add an equal amount of finely cut celery, reserving celery tips for garnish. Moisten mixture with mayonnaise and blend all together. Return to grapefruit skins and cover with dressing. Garnish with celery tips and sprinkle with paprika.

**Spinach Salad with Asparagus Tips**  
(Serves 6)  
\[
3 \text{ cups cooked spinach} \quad \frac{1}{4} \text{ teaspoon paprika} \\
\frac{1}{2} \text{ cup lemon juice} \quad \text{Lettuce} \\
\frac{1}{4} \text{ teaspoon onion juice} \quad \text{Asparagus tips} \\
\frac{1}{2} \text{ teaspoon salt} \quad \text{Mayonnaise}
\]
Chop spinach very fine and press out all excess moisture. Add lemon juice, onion juice, salt and paprika. Mix thoroughly. Pack into custard cups greased with salad oil and chill. Unmold on lettuce and arrange several asparagus tips around each mold. Serve with mayonnaise.

**Orange and Onion Salad**  
(Serves 4)  
\[
4 \text{ oranges} \quad \text{Lettuce} \\
2 \text{ slices Spanish onion} \quad \text{French dressing}
\]
Peel oranges and cut in thin slices. Cut onion in very fine shreds, add to orange and allow to stand for several hours in a cold place. Arrange on lettuce and serve with French dressing.

**Orange, Tomato and Onion Salad**  
(Serves 6)  
\[
3 \text{ tomatoes} \quad \text{Lettuce} \\
3 \text{ oranges} \quad \text{Mayonnaise} \\
1 \text{ small onion}
\]
Peel and slice tomatoes and remove peel and white membrane from oranges. Cut in pieces. To these add one small onion finely grated. Toss all the ingredients together until well blended. Serve on crisp lettuce with highly seasoned mayonnaise.

**Divinity Salad Dressing**  
(Serves 6-8)  
\[
\frac{3}{4} \text{ cup sugar} \quad 1 \text{ tablespoon lemon juice} \\
\frac{3}{4} \text{ cup water} \quad 1 \text{ tablespoon grapefruit juice} \\
2 \text{ eggs}
\]
Cook sugar and water until it threads. Pour the syrup gradually over the stiffly beaten egg whites. Beat thoroughly. Add beaten yolks and cook over hot water, beating constantly until the mixture is thick. Beat until cool, add fruit juices and serve very cold.

**Tropical Salad**  
(Serves 6)  
\[
1 \text{ cup melon balls} \quad \text{Lettuce} \\
12 \text{ slices orange} \quad \text{Garnish of green pepper} \\
6 \text{ slices tomato} \quad \text{Any desired dressing}
\]
With a vegetable cutter cut small balls from a cantaloup or watermelon that is fairly firm in texture. Peel and slice oranges and tomatoes. Place 1 slice of tomato and 2 slices of orange on lettuce on each plate and arrange several melon balls on top. Garnish with pieces of green pepper cut in fancy shapes, or finely chopped. Serve with any desired dressing.

**Orange and Grapefruit Salad**  
(Serves 6-8)  
\[
2 \text{ oranges} \quad \frac{3}{4} \text{ cup white cherries} \\
2 \text{ grapefruit} \quad \text{Green pepper garnish} \\
\frac{1}{2} \text{ cup white cherries} \quad \text{Lettuce} \\
\frac{1}{2} \text{ cup Mayonnaise}
\]
Peel fruit and separate from all white membrane. Divide into segments or sections. Arrange on lettuce on individual plates alternate sections of orange and grapefruit like the petals of a flower. In the center put a few pitted canned white cherries. Garnish with thin strips of green pepper placed criss-cross over the center. Serve with mayonnaise.

**Duck and Orange Salad**  
(Serves 6-8)  
\[
2 \text{ cups cold duck cut in small pieces} \quad \text{Lettuce} \\
4 \text{ oranges} \quad \frac{1}{2} \text{ cup salad oil} \\
\frac{1}{2} \text{ cup lemon juice} \quad \text{tablespoon lemon juice} \\
\frac{1}{2} \text{ teaspoon salt} \quad \text{tablespoon pepper} \\
\frac{1}{2} \text{ teaspoon paprika} \quad \text{Lettuce}
\]
Cut the duck into small dice. Peel the oranges and slice very thin. Mix oil, lemon juice and seasonings until well blended. Pour this dressing over the duck and oranges and allow to stand for a few minutes. Serve on lettuce with additional dressing of any desired kind, if necessary.

**Grapefruit and Crab Salad**  
(Serves 10-12)  
\[
2 \text{ cups grapefruit pulp} \quad \text{French dressing} \\
2 \text{ cups crab meat} \quad \text{Lettuce} \\
\frac{3}{4} \text{ cup diced cucumbers} \quad \text{Mayonnaise} \\
1\frac{1}{2} \text{ cups chopped celery}
\]
Peel the grapefruit and free the pulp of all membrane. Cut in pieces. Mix with crab meat, cucumber and celery and marinate in sweetened French dressing. Serve on lettuce with mayonnaise.
### Jellied Ginger Ale Salad

(Serves 6-8)

- 3 tablespoons granulated gelatine
- 4 tablespoons cold water
- ½ cup boiling water
- ¼ cup lemon juice
- 3 tablespoons sugar
- 1½ cups ginger ale
- ⅛ cup white cherries
- 2 oranges
- ½ cup broken nut meats

**Lettuce Dressing**

Soften gelatine in cold water for five minutes. Dissolve in boiling water. Add lemon juice, sugar and ginger ale. Cut cherries in halves and remove pits. Slice banana thin. Peel oranges, separate into sections and discard card membrane. When ginger ale mixture begins to stiffen fold in fruit and nuts. Turn into individual molds dipped in cold water and chill thoroughly. When ready to serve un-mold on beds of lettuce and serve with mayonnaise or a cooked dressing.

### Orange Dessert Salad

(Serves 6)

- 4 oranges
- 1 cup diced canned pears

**Lettuce**

Pare the oranges with a sharp knife and cut crosswise in slices a third of an inch thick. Remove membrane from center, but keep the slices in perfect shape. Place three slices on lettuce on individual plates. Mix pears, pineapple, and walnuts and cover orange slices with the fruit mixture. Pour over French dressing allowing about 3 tablespoons to each serving. Sprinkle with paprika. When this sweet salad is served dessert is not needed.

### Orange Jelly Salad

(Serves 6-8)

- 6 slices canned pineapple
- 12 marshmallows
- 4 oranges
- 18 dates
- ½ cup walnut meats broken in pieces
- 2 tablespoons granulated gelatine
- 1 cup cold water
- 2 cups hot water
- ½ cup sugar
- ½ cup orange juice
- 1 lemon, juice of

**Lettuce Dressing**

Cube the pineapple, quarter the marshmallows, peel the oranges, discard all white membrane, cut in small pieces. Remove pits from dates. Arrange ingredients in a shallow glass dish. Soften gelatine in cold water, dissolve in hot water, add sugar and fruit juices and stir until dissolved. When partially cool pour over the fruit, place in the refrigerator and allow to stand until firm. Cut in squares and serve on lettuce with mayonnaise or cooked dressing.

### Aspic Ring Salad

(Serves 6-8)

- 2 tablespoons granulated gelatine
- ½ cup cold water
- 2 cups hot water
- 1½ cups sugar
- 2 oranges, juice of

**Lettuce**

Soften the gelatine in cold water and dissolve in hot water. Add sugar and stir until dissolved. Add the juice of the oranges and lemons and turn into a ring mold to become firm. Turn out on a bed of lettuce and fill center with grapefruit sections cut in thirds, and canned peaches and pears thoroughly drained and diced. Serve with French, mayonnaise or fruit salad dressing.

### Frozen Fruit Salad

(Serves 6-8)

- 1 tablespoon melted butter
- 3½ tablespoons flour
- 3 tablespoons sugar
- ½ teaspoon salt
- ½ teaspoon paprika
- 1 cup milk
- 2 egg yolks
- ½ cup lemon juice
- 2 bananas

- 3 oranges
- 2 slices pineapple
- ½ bottle cherries
- ½ bottle studded
- 2 olives
- 1 cup nut meats
- 1 cup stiffly beaten
- whipped cream

**Lettuce**

Combine butter, flour, sugar, salt, paprika and milk and cook until thickened. Then carefully add the yolks of the eggs and the lemon juice. When this is cool add the bananas, oranges and pineapple, cut in small pieces, the cherries and olives cut in rings and the chopped nuts. Last of all, fold in the whipped cream. Pack the mixture in a mold in salt and ice for five hours. Serve on crisp lettuce with fruit mayonnaise.

### QUESTIONS FOR REVIEW

What does the salad course introduce into the menu? To what are these a balance?

Why are the citrus fruits always available for salads?

What effect have the vitamins? The acids and minerals?

Name three classes of salads and describe the place of each in the menu.

Describe the preparation of oranges and grapefruit for salads.

Name the advantages of using lemon juice in salad dressing in place of vinegar. In what other forms are lemons used in salads.

Name the dressing most appropriate to each class of salad.

Originate a salad using the citrus fruits.

For further information and recipes send for a free copy of Sunkist Recipe Booklet to:

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