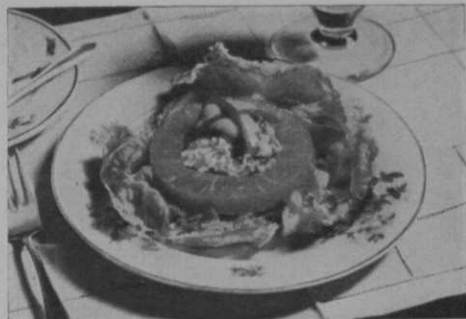


SALAD

Profit and Popularity

Feature of Expert Menu

By ROBERT E. LOVE



Libby, McNeill & Libby

Palm Beach Salad — Arrange lettuce on salad plates, put on a slice of pineapple. Place cream cheese and spiced currants on the pineapple, top with mayonnaise mixed with whipped cream, and two strips of pimento.

THE salad pantry is one of the most important divisions of the club kitchen.

The sales of this section represents a goodly percentage of the total, and it is usually the most profitable division of the restaurant department due primarily to the comparatively low wages of the employees and the percentage yield on the items it serves. It has only been in recent years that the possibilities of this section have been fully recognized. Clever combination of fruits and green vegetables listed on the daily menu as salads will result in ever increasing sales. Too such emphasis cannot be placed upon the merits of this department and its importance to the profits of the club restaurant.

Salad Pantry Airy and Cool

In the first place let us again consider the class of patronage which frequents the club restaurant. It is, of course, a very high class, and exacting clientele used to the best of foods prepared and served in A-1 fashion. The different seasons of the year must be considered. During the hot summer days there is nothing quite so refreshing and easy on the digestive system, as a cold, crisp, attractive salad and a glass of iced tea. Therefore, salads should be featured daily on the menu and great care should be given to every detail con-

connected with their preparation and serving. Of primary importance is the quality

of the materials purchased for the salads.

Only the best quality supplies should be purchased at all times thus keeping in harmony with the exacting demands of the club membership. Fine salads demand fresh, crisp, and clean materials for their preparation. As regards the salad pantry it should first be cool and airy; that is, it should not be in a warm or damp part of the kitchen, as this condition will naturally tend to make the salads wilt, and have a bad appearance in general. Plenty of good natural light is another essential, as the salads must be carefully inspected for tiny insects and spoiled pieces of fruits or vegetables which might ruin what was otherwise a perfect salad. The pantry must be roomy and furnished with the latest mechanical aids for a salad preparation, thus resulting in efficiency, speedily and attractively made products.

Another important point regarding the salad pantry proper is that it is very necessary that there be ample storage space and refrigerators for all the materials, as well as the prepared salads. Do not allow the serious error to be committed in your kitchen of making up a number of salads for lunch or a party, and then allowing them to stand for some length of time out in the warm and stuffy kitchen. In the first place try and estimate your demand, compare that with your help on hand, and only make as many salads in advance as you will have a ready call for. Then be sure and keep these salads in the refrigerator where they will be kept crisp, fresh,

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and attractive looking. There is nothing quite so dis-appetizing, or disheartening in a nice meal as a salad with wilted lettuce leaves, or warm tomatoes or vegetables soaked with the salad dressing.

Salads may be defined as those combinations of vegetables (cooked or uncooked), fruits, nuts, some cooked meats, fish, and fowl, served cold, dressed with condiments, oils, acids, and various tart dressings. The materials are many and varied such as: leaf vegetables as lettuce endive, chicory, romaine, watercress, celery, and cabbage; and cooked vegetables such as peas, carrots, beets, beans, cauliflower, spinach, asparagus, and potatoes. Tomatoes, cucumbers, celery, cabbage, and ground carrots are also excellent raw. Then the fruits such as—oranges, bananas, apples, grapefruit, grapes, peaches, pears, pineapples, watermelon, and cantaloupe in season, as well as dates, figs, and raisins.

The meats commonly used in salad making are chicken, turkey, veal, pork, and the fish such as crab, lobster, shrimp, oysters, salmon, and sardines. Other materials are cream cheese, cottage cheese, eggs and cereals such as prepared bran, wheat or rice. The herbs are chervil, mint, parsley, peppergrass, sorrel, and tarragon. In regard to garnishes; chives, chervil, mint, parsley, sprig or minced, strips of pimento, green pepper, or a dash of paprika give life to a colorless salad. Bar-le-duc, guava jelly, or strawberry jam may be passed with salads that are dressed with French dressing. A chapon, which is a small piece of bread rubbed with garlic, gives a distinctive flavor. The outside leaves of head lettuce are often used for the lettuce garnish of the salad, reserving the heart for head-lettuce and the more choice salads. In respect to marinating salads it is suffice to say that a marinade is used to give flavor to salad materials and is made by mixing oil, salt, lemon juice, or vinegar and sometimes onion juice. The vegetable, fish, or meat, may stand on hour or so in the marinade before using.

Dressing Preparation

In respect to salad dressings there are three in general: 1. French dressings. 2. Mayonnaise, and 3, boiled dressing. The French dressing made from oil and acid is the most widely used. In vegetable and meat salads vinegar is the acid usually employed with the oil; while in fruit salads the juices of lemons, grapefruit, or oranges are used. In oils the olive oil has the most distinct flavor and the cotton-

before serving. A common recipe for French dressing is four parts olive oil to **CLUBHOUSE SECTION** For these a little sugar may be added. seed oil the least, and the more condiments are necessary with the latter.

Epicures prefer the simple French dressing for salads served without fish or fowl; and for chicken, fish, and certain vegetables as tomatoes and cauliflower they use mayonnaise. Canned or cold cooked vegetables may be mixed with the French dressing, standing one hour in a cold place two parts vinegar, a little salt and some pepper. These ingredients may be combined in any one of the four following ways: 1.—Put the ingredients all together in a glass jar, cover, and shake thoroughly. 2.—Mix the oil, salt, and pepper together, and slowly add vinegar beating with the beater. 3.—Beat all the ingredients together with the beater, and 4.—Add small amount of egg white beaten, which will make the emulsion more permanent. Tarragon vinegar and white pepper, or paprika are commonly used. Variations in this dressing are made by the addition of other ingredients as: grated cheese, bits of parsley, catsup, horseradish, garlic, green peppers, and other condiments. It is good practice whenever possible to put the French dressing on the salad just before serving.

There is a so-called thick French dressing which is made for individual service at the table. A recipe for a small portion of this dressing is as follows: $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika or white pepper, $\frac{1}{2}$ teaspoon mustard, $\frac{1}{4}$ cup sugar, 1 teaspoon lemon juice, and $\frac{1}{2}$ cup oil. Moisten $\frac{1}{2}$ teaspoon of water with sugar to make a thick paste, add lemon juice, then oil drop by drop. Some use tarragon vinegar or extra spices. Add ketchup for coloring, and dress at table when ready to serve.

In the preparation of mayonnaise sift the correct proportions of mustard, paprika (one part) and sugar and salt (two parts). Then add egg yolk, mixing thoroughly, then add vinegar stirring constantly. Then add oil little by little beating constantly until thickens. When very thick add lemon juice and remaining oil rapidly. The mayonnaise is added just before serving. If dressing is used within a day, you may add a little whipped cream, this making a thicker dressing. For a mild dressing omit the mustard and pepper which are used for fresh fruit salads.

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Mayonnaise may be extended, that is, the bulk increased without adding egg yolk, by the addition of a corn starch paste made from 2 tablespoons corn starch to 1 cup of water. It must be smooth, transparent, and well-cooked so that the corn-starch is destroyed. When this is done the mayonnaise needs to be seasoned more highly. If the dressing is to be kept for a few days add a little hot water which tends to keep the emulsion together longer.

As regards salad accompaniments, plain toasted crackers, are always appropriate, while toasted crackers with cheese and a dash of paprika are still more delightful. The cheese biscuit may be nicely used in combination with most salads. With fruit salads the ever popular orange biscuit is used most advantageously. It is made with the usual biscuit batter spread with an orange filling made from butter, sugar, orange juice, and grated orange rind. In closing may it again be emphasized that a little care and effort in the salad department will greatly help to satisfy the club restaurant clientele, and in turn will greatly assist to augment the food profits.

This Club Fosters Good-Will Through 30-Year Tradition

FEW clubs in the United States can boast, as can the Faribault (Minn.) Country club, of 32 years of continuous operation. Fewer still can point to a more loyal or active membership.

This latter fact is most unusual in a golf club of Faribault's maturity and strangely enough, it has been brought about, in the judgment of John A. Foster, its president, not through elaborate propaganda and artificial "activities," but rather through the wise retention of a scheme, begun in 1898 and repeated each season thereafter, whereby each member of the club, once each year, serves as a member of a committee in charge of the weekly dinner dance.

At the beginning of each season, the membership at Faribault is divided into 12 supper committees. Since there are 250 members, this means around 20 persons to a committee. These 20 people, once during the season, are expected to pay the cost of a buffet supper at the clubhouse, one of which is held each week during the season and precedes a dance to music by an outside orchestra hired by the club not by the committee of members.

An individual committee member's share of the cost runs in the neighborhood of \$3.50.

These buffet suppers and dances are extremely popular and the average attendance is around 200, including guests of members for which a charge of 50c is made. These guest charges are placed in a special club account and the accumulated money is saved until there is enough to finance some club improvement. For example, by allowing several years' guests' fees to accumulate, the Faribault club recently found itself with over \$1,000 in the fund and used the money to build an additional porch on the clubhouse.

Members gladly pay the small sum the feature costs them on the day they serve as a committee member because, for that almost nominal sum plus the trouble of serving once, they receive in the course of a season 12 buffet suppers.

"The important thing about these suppers," President Foster reports, "is the club spirit fostered by this social activity. Parents and their children enjoy the dancing, since it is the one place in the summertime where the young people are assured a good time under surroundings pleasing to themselves and their parents. Many families belong to the club solely because of this supper-dance attraction. It is a place to which members would not miss taking their house-guests, as is evidenced by the fact that often 30 to 50 out-of-town guests are present at a weekly supper."

U. of Wisconsin Announces Its Greenkeepers Course, Feb. 9-13

UNIVERSITY of Wisconsin's short course for greenkeepers this year will cover a four and one-half day period, February 9 to 13, inclusive.

The number of greenkeepers, pros and green-chairmen who can be accommodated is limited to 80. Applications will be accepted in order of their receipt until the maximum number is reached. Applications must be filed not later than February 9, with James G. Moore, Horticultural Building, Madison, Wisconsin.

A registration fee of \$10 payable when application is made, will be charged to help defray the expense involved in giving the course. There will be no other fees.

Registration will take place at the Horticultural Building, University of Wisconsin, Monday, February 9, between 10 and 12 A. M.