

Salads Recipes

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Salads

I began converting my favorite vegetable, rice, and dessert recipes and documenting the results on my personal blog. I started to get a lot of comments from readers who were excited to find recipes like, tried them, and wanted more. If you are the sort of cook who likes to experiment, you may find that once you understand why cooking works as it does, you can improvise.

Birthday Corn Salad

2 cups dried black beans, cooked and cooled
1 ripe tomato, chopped
One-quarter yellow onion, finely chopped
1 green bell pepper, stemmed, seeded, and finely chopped
1 cup fresh corn kernels (about 2 medium ears)
1 teaspoon salt
Chopped fresh cilantro leaves

Stir together the beans, tomato, onion, bell pepper, corn, and salt in a large bowl. Sprinkle with cilantro and stir once more.

Birthday egg salad

2 eggs per person
1 T creme fraiche or mayonnaise per egg—or more if you like
dill or parsley, finely chopped
a few scallions or chives, finely chopped
a few capers
sprinkle of Champagne vinegar or white wine vinegar
salt and pepper

Boil eggs. In a bowl, chop the eggs roughly with two butter knives or a pastry cutter. Gently mix all the ingredients except the vinegar gently, keeping the eggs in discernible chunks. Season with the vinegar to taste. Proceed cautiously and mix gently.

Oyster Salad.

1 tin of oysters.
1 crisp lettuce.
1 head of celery.
A little mayonnaise or salad-dressing.

Wash the lettuce, and cut it coarsely. Wash, and cut the celery into one-inch lengths, Trim the oysters, and mix them with the salad. Put the mixture into a salad-bowl, and pour over the mayonnaise.

Celery Salad.

2 heads of celery.
1 beetroot.
A plain salad-dressing.

Wash the celery, and cut it into half-inch lengths. Put them in a salad-bowl, and pour the dressing over. Garnish with a border of beetroot.

Cauliflower Salad.

1 boiled cauliflower.
A little mayonnaise or salad-dressing.
Pepper and salt.

Divide the cauliflower into tufts, and remove the green leaves. Place them on a dish, and pour the dressing over them. Garnish with beetroot.

Potato Salad.

Some boiled potatoes.
1 boiled onion.
Some plain salad-dressing.

Slice the potatoes and onion thinly. Lay them on a dish, and pour the dressing over. If preferred, the onion may be omitted.

Apple and Cheese Salad

1/2 cup cream cheese
1 cup chopped pecans
Salt and pepper
Apples, sliced 1/2-inch thick
Lettuce leaves
Creamy salad dressing

Make tiny seasoned cheese balls, center on the apple slices standing on lettuce leaves, and sluice with creamy salad dressing.

Salad Dressing

3/4 a cup of thick cream.

2 tablespoonfuls of vinegar or lemon juice.

1/4 a teaspoonful of salt.

A dash of white pepper and paprica.

Add the seasonings to the cream and beat with a Dover egg-beater until smooth and light. Add a scant fourth a cup of grated horseradish, for a change. The radish should be freshly grated, and added to the cream after it is beaten.

Swedish Salad.

Cut cold cooked fish into small pieces and mix with chopped hard-boiled eggs, a few sliced olives, capers and gherkins. Sprinkle with salt and pepper. Line the salad bowl with crisp lettuce leaves; add the salad and cover with a mayonnaise dressing. Garnish with aspic, cut into dice pieces and serve cold.

Egyptian Salad.

Mix highly seasoned cold cooked rice with some grated onion, chopped parsley and chives; add 2 dozen fine cut French sardines. Put on crisp lettuce leaves in a salad bowl and cover with a mayonnaise dressing. Garnish with thin shreds of red beets, and serve.

Italian Salad.

Cut 1 pound of cooked veal in very small pieces; add 1 herring that has been soaked in milk, 3 cooked potatoes, 2 pickles, 3 boiled beets, 3 apples, 2 stalks of celery, 1 cooked carrot. Pour over a mayonnaise dressing and garnish with sliced hard-boiled eggs, olives and capers.

Vegetable salad

The special point of this dish is that peas, beans, carrots in dice, are all cooked separately and when they are cold they are placed in a large dish without being mixed. Decorate with the hearts of lettuce round the edge and with slices of tomato, and pour over it, or hand with it, a good mayonnaise.

Endive Salad.

Prepare as lettuce salad, first rubbing over the bowl with a clove of garlic cut in halves. A few sprigs of chives, chopped fine, are exceedingly palatable, sprinkled over a lettuce, endive, string-bean, or other bean salad.

Vegetable Salad.

Dress cooked kidney beans, peas, and balls cut from potatoes, each separately with French dressing,

to which a few drops of onion juice have been added. Dispose upon a serving-dish and let stand in a cool place an hour or more. Garnish at serving with heart leaves of lettuce.

Nut salad.

Cut fine tender stalks of celery and English walnuts and mix with French dressing. Garnish the centre of the salad and the border of the jelly with tender leaves of lettuce and bits of curled celery.

Asparagus Salad.

Cut cold cooked asparagus into pieces an inch long, mix lightly with cream dressing and serve, in individual portions, on curly lettuce leaves.

Salmon Salad.

Mix cold cooked salmon with mayonnaise, form in a mound and encircle with a wreath of cold cooked asparagus tips dressed with French dressing.

Cauliflower Salad.

Break the cooked cauliflower into its flowerets, dispose in the centre of the serving-dish and surround with a wreath of cooked asparagus tips. Pour over the whole a mayonnaise, a boiled or a cream dressing, and sprinkle with chopped capers or pimentos.

Pea Salad.

Mix the peas with a cream dressing; serve in nests of lettuce; garnish the top of each nest with a little chopped beet, or a fanciful figure cut from a pickled beet or pimento.

Potato Salad.

Mix equal parts of cold cooked peas and potatoes cut in very small cubes; season with salt and pepper, and serve as green-pea salad.

Shrimp Salad

Decorate the sides of a ring mould, chilled, with hard-boiled eggs cut in halves, alternated with hearts of lettuce cut in halves; dip the egg and lettuce in half-set aspic, and they will adhere to the sides of the mould. Then proceed as above.

Sardine Salad.

Lay the sardines upon soft paper, that they may be freed from oil. Scrape off the skin and remove the bones; squeeze over them a little lemon juice. Arrange upon a bed of crisp lettuce leaves, or

upon shredded lettuce, and dress with either French or mayonnaise dressing. Garnish with hard-boiled eggs cut in slices.

Chicken Salad.

Use two parts of cold cooked chicken to one part of celery. Marinate and drain the chicken, add the celery, and mix with mayonnaise or boiled dressing. Arrange the salad in nests of lettuce leaves and put a pim-ola in the centre of each nest.

Chestnut Salad.

Prepare the chestnuts as previously directed, using twice as much turkey meat, light or dark, cut into small cubes. Serve with lettuce and French, boiled or mayonnaise dressing, as desired. Marinate and drain the meat before adding the nuts.

Olive Salad.

Cut the meat from a duck in small pieces, and slice pim-olas very thin; use two tablespoonfuls of pim-olas to a cup of meat. Serve on a bed of cress with a French dressing.

Orange Salad.

Slice the oranges lengthwise; use twice as much flesh as fruit. Dress with oil, salt and paprica, and serve on lettuce leaves.

Cherry Salad.

Marinate as many hazelnuts as cherries with plenty of oil, half as much lemon juice as oil, and a little salt, one or two hours. Put a nut in the place of the stone in the cherries. Sprinkle with oil and a very little lemon juice, and serve in lettuce nests.

Chestnut Salad.

Shell and blanch the chestnuts; then boil about fifteen minutes, or until tender; drain and cool. When cool cut into quarters, add an equal quantity of fine-sliced celery, dress with French dressing, and serve on lettuce leaves. Sliced pimentos may be added.

Turquoise Salad.

Mix together equal parts of celery and tart apple cut in match-like pieces, and one or two pimentos cut in similar pieces. Dress with mayonnaise made light with whipped cream.

Watermelon Salad.

Cut a watermelon in two, remove the seeds and break the red part into pieces with a silver fork; put it in layers in a glass dish, sprinkle each layer with sugar and place the dish on ice for 2 hours; when ready to serve pour over S pint claret. If objected to the wine may be omitted.

Peach Salad.

Choose 1 dozen large egg plums, cut them in two and remove the pits; pare and quarter S dozen large, ripe peaches and put them in layers alternately with the plums in a glass dish with 1 cup sugar sprinkled between; place the dish on ice for S hour before serving.

Pear Salad.

Pare and cut into fine slices 4 large, ripe Bartlett pears; pare and cut into quarters S dozen large, ripe peaches; put them with the pears into a glass dish with a layer of whipped cream and sugar between and serve at once.

Peach Salad.

Pare and cut 1 dozen peaches into quarters, put them into a glass dish, sprinkle sugar between and over them and place the dish on ice for S hour before serving.

Banana Salad.

Cut the fruit into slices, put it into a glass dish with sugar sprinkled between, squeeze over some lemon juice and pour over 1 glass claret; place the dish on ice for 1 or 2 hours before serving.

Currant Salad.

Remove the stems from 1 pound currants and wash and drain them; also wash and drain 1 quart raspberries and put them into a glass dish with 1S cups sugar; cover and let them stand for 3 or 4 hours before serving.

Orange Salad.

Remove the skins from 4 bananas and cut the fruit into slices; pare and cut dozen oranges into small pieces and remove the seeds; put oranges and bananas alternately into a glass dish with sugar sprinkled between, set them on ice for 1 hour and then serve.

Cherry Salad.

Remove the pits from 1 pound cherries, sprinkle with sugar and let them stand for 1 hour; then put them with 1 pint ripe strawberries and a little more sugar into a glass dish, set them on ice for 10 minutes and serve.

Lettuce Salad.

Put the prepared lettuce in a dish and pour over some sweet cream to which a little sugar has been added. Some people add a little vinegar and a pinch of salt. Salad prepared with this sauce is often served with large German pancakes.

Asparagus Salad.

Pare and cut into 2 inch lengths 1 bunch asparagus and boil it in salt water till tender; when done drain in a colander and when cold put the asparagus into a salad bowl; dress it either with mayonaise or pepper, salt, oil and vinegar.

Carrot Salad.

Boil the carrots the same as for Carrot Salad and cut them into small dice; put 1 pint fresh green peas in a saucepan, cover with boiling water and add 2 teaspoonfuls sugar.

Salad of Red Cabbage.

Cut the cabbage as fine as possible, put it in a saucepan, pour over boiling water, cover and boil 3 minutes; drain in a colander and when cold dress it with oil, pepper, salt, a small spoonful sugar and some vinegar; the latter should be diluted with water.

Salad Endive.

Take only young and fresh endive; remove the outer leaves, cut the endive into 1 inch pieces and wash and drain it; then dress it with oil, vinegar, pepper and salt, or with mayonaise.

Garnishing Salads.

Grate cocoanut and sprinkle it over the top of salad. Especially nice over chicken, shrimp and fish salads; also on potato, tomato and egg salads. Grated cocoanut lends a handsome appearance to any salad.

Dutch Salad.

Soak 3 Dutch herrings in milk; then cut off the heads and tails and cut herrings into one-half inch pieces. Add 2 apples cut fine, 2 hard-boiled eggs sliced thin, some cooked beets cut fine, some celery and green onions cut into very small pieces. Season and mix together. Pour over some vinaigrette sauce, and sprinkle with chopped gherkins.

Irish Cucumber Salad.

Peel the cucumbers and slice thin; add 1 onion sliced. Sprinkle well with salt; let stand half an hour on ice; press out all the water; sprinkle with white pepper and chopped parsley. Add vinegar mixed

with sugar, to taste, and salad oil. Serve at once.

Portugal Salad.

Slice 2 cucumbers, 2 tomatoes, 1 onion and two green peppers. Then sprinkle with 1 chopped clove of garlic, salt and pepper and cover with some thin slices of bread. Pour over all a cup of vinegar and 1/4 cup of olive-oil and serve.

English Chicken Salad.

Mix 1 cup of cold chicken cut fine with 1 cup of chopped celery, 1 cup of cooked chestnuts chopped and 2 green peppers cut fine. Season with salt and pepper. Put on crisp lettuce leaves in the salad bowl; cover with a mayonnaise dressing. Serve cold.

Birthday fish salad

For salad, take either shrimps, lobster or salmon, and after breaking in small pieces, add an equal amount of celery, season with salt and moisten with salad dressing. Serve on lettuce.

French Lettuce Salad

Take the inner lettuce leaves; sprinkle with salt and pepper. Mix the yolks of 2 hard-boiled eggs with 1 tablespoonful of olive-oil and stir all together with 2 tablespoonfuls of white wine vinegar. Serve at once with meats.

Neapolitan Salad.

Cut cold chicken or turkey in small dice pieces; add some cold potatoes, beets and celery, cut fine; sprinkle with chopped hard-boiled eggs, salt and pepper. Line the salad bowl with lettuce leaves; add the salad. Cover with a French mayonnaise dressing. Garnish with capers and beets.

Swiss Beet Salad.

Boil red beets until tender; skin and cut into thin slices. Sprinkle with salt, whole pepper, whole cloves, 2 bay-leaves and mix with wine vinegar.

Birthday green pepper salad

Take sweet green peppers, cut a slice from the top, remove seeds, and fill with either the mixed vegetables or diced cucumbers, covered with French dressing. Serve on lettuce.

Belgian Potato Salad.

Slice cold boiled potatoes very thin and mix with chopped celery and onion; season with salt and

pepper. Then mix the yolks of 2 hard-boiled eggs with 1 tablespoonful of olive-oil. Add to the salad with 2 tablespoonfuls of vinegar. Sprinkle with chopped parsley and serve.

Norwegian Salad.

Cut some pickled herring into pieces and mix with flaked lax, 2 peeled apples and 2 boiled potatoes. Cut into dice pieces; add some chopped shallots and gherkins; sprinkle with finely minced tarragon and chervil, salt and pepper. Cover with a plain salad dressing.

Bavarian Cabbage Salad.

Chop a cabbage with 1 large onion and 2 stalks of celery and 2 peppers; season well with salt and sprinkle with pepper. Heat some vinegar; add a teaspoonful of prepared mustard. Then beat the yolks of 2 eggs with a tablespoonful of sugar; add the hot vinegar slowly to the beaten eggs and mix with the cabbage.

Russian Salad.

Chop 1/2 pound of cold roast veal with 1/4 pound of smoked salmon, 3 sour pickles, 2 sour apples, 1 large onion, some beans and capers and 3 hard-boiled eggs chopped fine. Add some chopped nuts. Season and pour over a mayonnaise dressing. Garnish with sliced beets and olives; serve cold.

Japanese Salad.

Cut some celery, apples and truffles into fine shreds and mix with chrysanthemum flowers; season with salt and pepper. Put in a salad bowl and cover with a mayonnaise dressing. Garnish with chopped hard-boiled eggs and olives.

Birthday vegetable salad

Small quantities of cooked vegetables, such as beets, string beans, asparagus, peas and boiled potatoes, make a nice salad cut into small pieces, laid on lettuce leaves and covered with French dressing. But they must be thoroughly chilled.

The taco salad.

Just combine tablespoons salsa, olive oil, low fat Greek yogurt and chili powder. Serve this dressing with salad made of spinach, celery stalk, scallion black olives corn, and rinsed black-beans. You can choose to add toasted-tortilla into the salad meal.