

# SALADS



## Let Your Slogan be “A Salad a Day”

We used to think of a salad as just a pleasant little addition to cold meat. Now that we have found out more and more about foods we have discovered how rich in value salads are. Especially in their wonderful powers to remedy that “tired feeling,” give us vim and vigour, build up resistance to infection. They are our best natural beauty foods, giving clear soft skin and bright eyes.

There is hardly a root or green vegetable that does not deserve a place in a salad. Use them raw whenever you can.

A good mixed salad with wheatmeal bread and a little grated cheese makes a complete meal. So serve and enjoy a salad or raw vegetable sandwich every day.

When making salads, touch the plants as little as possible. Use directly after picking or buying. If this is not convenient a saucepan, with a well-fitting lid, placed on a cool floor is excellent for keeping a salad crisp.

Just before serving, wash carefully, shake off the water gently and dry the plants in a clean cloth or wire salad basket. Outside leaves can be saved for soup.

Root vegetables, such as carrots, should be washed and scraped lightly before grating, but the thicker skins of turnips call for peeling.

When arranging a salad, remember that a bright gleam here and there in the greenery is tempting, and where the eye leads, good digestion follows.

## ***Spring Salads***

(1) Make a thick bed of chopped raw cabbage heart in your bowl. In the centre, pile a teacup of grated raw white turnip. Round this centre pile arrange smaller piles of grated raw carrot and grated raw beetroot, using a teacupful of each. Decorate with radishes and parsley.

(2) Shred  $\frac{1}{2}$  lb. young turnip tops. Mix with 1 breakfastcup diced cooked potato and 1 breakfastcup diced cooked beetroot. Put into a bowl and decorate the top with 1 large Fresh grated carrot and sprigs of watercress or dandelion leaves.

(3) Young dandelions make a delightful salad by themselves. Cut off the roots, wash the clusters of leaves well, dry in a cloth and toss in a vinaigrette dressing (see p. 4). For a more substantial salad, add Fresh grated carrot, grated raw parsnip or grated raw swede, and a few chopped spring onions.



## ***Summer Salads***

(1) Line a bowl with crisp lettuce leaves. Mix together 1 breakfastcup cooked peas, 1 breakfastcup diced cooked potato and 1 breakfastcup diced cooked carrot. Pile this mixture in the bowl and serve with mint sauce.

(2) Line a bowl with crisp lettuce leaves. Put in a breakfastcup cooked broad beans, a breakfastcup Fresh grated carrots and a medium-sized cucumber, diced. Decorate with a few nasturtium leaves and parsley.

(3) Mix together a breakfastcup cooked runner beans cut into 1 in. lengths and a breakfastcup diced cooked potato and a large lettuce shredded. Decorate with sliced tomato and a few chopped spring onions, if possible.

## *Autumn Salads*

(1) Break a cauliflower into neat sprigs and steam them or boil in a very little salted water. When cold, arrange on a bed of lettuce leaves with a breakfastcupful of sliced cooked potatoes. Decorate with parsley, a sliced tomato, or cooked beetroot.

(2) Allow 1 cooked round beet for each person. Hollow out the centre and fill with a mixture of chopped apple or pear and chopped celery, moistened with a little mayonnaise. Arrange the beets on a bed of green salad (lettuce, chopped cabbage heart, watercress or spinach) and surround with little heaps of Fresh grated carrot, diced cooked potatoes and the beetroot centres, diced.

(3) Wash and dry young celery leaves. Toss them lightly in vinaigrette dressing (see p. 4) and serve with diced cooked beetroots, or grated raw beetroot, whichever you prefer. Serve with a potato salad made as follows: Boil the potatoes in their skins. Peel while still hot, cut into slices and mix well with whichever dressing you prefer. A little chopped spring onion mixed with the potato is a great improvement. When quite cold, sprinkle with chopped parsley and serve. The golden rule for this salad is "make hot and eat cold."

## *Winter Salads*

(1) Make 3 tablespoons of vinaigrette dressing (see p. 4) in your bowl. Put in 2 teacups of shredded raw cabbage heart and 1 teacup each of diced cooked potato, diced apple and celery cut into  $\frac{1}{2}$  in. lengths. Turn over and over in the dressing with a wooden spoon. Decorate with watercress and grated raw beetroot.

(2) Mix together 2 teacups grated raw cabbage heart, 2 teacups Fresh grated carrot and 1 teacup grated raw swede. Decorate with green celery tops and a little grated raw cauliflower.

(3) Line your bowl thickly with watercress, add  $\frac{1}{2}$  lb. chicory cut into thin strips and mixed with 1 breakfastcup grated raw beetroot. Serve with vinaigrette dressing (see p. 4).



## ***Vinaigrette Dressing***

Mix together 1 tablespoon salad oil and 2-3 tablespoons vinegar with salt and pepper to taste and a little mustard, if liked.

## ***Royal Dressing***

2 ozs. National Flour.  
 $\frac{1}{2}$  pint milk or vegetable water.  
2 ozs. Grated Beetroot (raw)  
1 Tablespoonful Vinegar.  
Salt & Pepper  
Sugar

With the national flour and milk or vegetable water make a sauce thick enough to coat the back of a spoon. Beat in the beetroot, sugar, pepper and salt.

Use this dressing to serve with raw vegetable salads.

## ***Economical Salad Dressing***

2 oz. flour;  
1 oz. margarine or cooking fat;  
1 small teacup milk;  
1 ,, ,, water;  
1 teaspoon dry mustard;  
salt and pepper;  
vinegar to taste.

Melt the fat in a pan, stir in the flour and mustard and cook together for a couple of minutes. Then add the liquid gradually, stirring well. Season well with salt and pepper and add vinegar to taste. A tablespoonful of salad oil whisked in before the vinegar is added is an improvement. Store in a corked bottle.



**MINISTRY OF FOOD**