

Salad Recipes

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Salad Dressing Recipes

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Aunt Cal's Poppy Seed Dressing

From: sehender@reed.edu (S. E. Henderson)

Date: Fri, 29 Oct 1993 13:07:50 +0300

1 1/2 cup sugar
2 tsp. dry mustard
2 tsp. salt
2/3 cup vinegar
3 Tbsp. *finely* grated onion (puree it if you need to)
2 cup vegetable oil
3 Tbsp. poppy seeds

Mix sugar, mustard, salt, vinegar, and onion in blender or food processor. Add oil slowly, beating constantly until thick. Add poppy seeds. Pour into a container with a tight lid and store in refrigerator. It keeps a long time.

[amyl](#)

Blue Cheese Dressing

From: "Neer Carol" Neer_Carol.Grand_Central@pyramid.com

Date: 4 Aug 1993 08:50:59 -0800

I got this recipe from a restaurant. It's some of the BEST I have ever tasted! Not for the fat conscience.

Blue Cheese Dressing

3/4 cup sour cream
1/2 tsp. dry mustard
1/2 tsp. black pepper
1/2 tsp. salt
1/3 tsp. garlic powder
1 tsp. worchestershire sauce
1-1/3 cups mayonnaise
4 oz. crumbled Blue Cheese

Combine first 6 ingredients in mixing bowl and blend 2 minutes at low speed. Add mayo and blend at low speed another 1/2 minute, then increase speed to medium and blend 2 minutes. Slowly add blue cheese and blend at low speed no longer than 4 minutes. Refrigerate for 24 hours before serving.

Carol Neer

[mara](#)

Blue cheese salad dressing (2)

From: shan@niwot.scd.ucar.edu (Val Shanahan)

Date: Thu, 29 Jul 1993 19:51:41 GMT

An easy and good recipe, for hard core blue cheese fans, crumble some cheese into a bowl and just cover it with milk. Cover the bowl and let it sit on a counter all day. It will thicken as it sits. If it is not chunky enough for you, just add some more cheese. This recipe was given to me by a doctor, for a friend with ulcers.

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Blue Cheese Dressing (3)

From: adamr@tamu.edu (Adam B. Roach)

Subject: Blue Cheese Dressing

1/2 cup evaporated milk
1/2 cup salad oil
3 Tablespoons cider vinegar
1/2 teaspoon salt
1/3 cup (2 oz.) crumbled blue cheese
1/2 teaspoon minced onion

Place milk, oil, salt, and onion in blender. Add vinegar while mixing. (This is important for consistency. If you add less vinegar, it will not be thick enough.) Add blue cheese and mix briefly to distribute it evenly. (I like large chunks, so I sometimes do this part by hand.) Refrigerate until thickened.

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Homemade Salad Dressings

From: lynn@cs.ucsb.edu (Lynn Johnson)

Date: 5 Aug 1993 16:24:40 GMT

HOMEMADE SALAD DRESSINGS

Here are some of my favorite homemade salad dressings, most of them invented by relatives or friends. I've thrown in some novelty dressings for good measure.

MARTHA'S SALAD DRESSING

3/4 cup salad oil
1/2 cup vinegar (any kind)
1/2 cup sugar, (optional, the recipe makes a tart dressing without the sugar)
1 Tbs. minced onion
1 clove garlic, minced
1/2 tsp prepared mustard
1 tsp salt
1/2 cup catsup
1 tsp celery seed
1/4 cup water
dash Worcestershire sauce.
Shake in a covered jar or whirl in blender for a few seconds. Refrigerate.

MOM'S ZERO SALAD DRESSING

1/2 cup tomato juice
2 Tbs. vinegar or lemon juice
1 Tbs. finely chopped onion
dash of black pepper
1/2 cup chopped green pepper (Bell pepper)
1 Tbs. chopped parsley
1 Tbs. prepared Horseradish
Garlic if desired.
Shake in jar for a few seconds. Refrigerate.

JOANNE'S FAVORITE FRENCH DRESSING

1 cup salad oil
2/3 cup catsup
1/4 cup sugar
Juice of 1 lemon
1 tsp. Worcestershire sauce
1 tsp. dry mustard (optional)
1 tsp. paprika
1/2 or less tsp. salt
1/2 cup wine vinegar (or less)

Homemade Salad Dressings

1 clove garlic

Mix all ingred except vinegar and garlic in blender. Add vinegar. Float garlic on top. Makes 1 Qt. dressing and serves about 32.

JOANNE'S BLUE CHEESE or ROQUEFORT DRESSING

This is really great!

1/4 lb. Roquefort or Blue cheese

1 small onion, grated

Juice of 2 lemons

2 cups sour cream

1/2 cup mayonnaise

salt and pepper

Mix all ingred. in blender. Makes 1 qt. Will keep refrigerated for 1 month.

(Note, if you like chunky dressing...mix 1/2 of the cheese with the remaining ingred. in blender, then add the remainder of the crumbled cheese at the end.)

LYNN'S HERB DRESSING

In blender combine:

1 egg

1 Tbs. white vinegar

2 tsp. Dijon mustard

1 small garlic clove, halved

3/4 tsp. salt

1/2 tsp each dried thyme, marjoram and basil

1/2 tsp celery salt

1/4 tsp ground white pepper

1/2 cup oil

1 cup buttermilk

2 cups mayonnaise, preferably homemade

1 tsp. dill seed

LEMON - LEEK SALAD DRESSING

for strong flavored salad greens

Makes 1 1/2 cups.

1/2 cup olive oil

3 Tbs. white wine vinegar

3 Tbs. fresh lemon juice

1 medium leek, white part only, cleaned and finely chopped

1 egg

1 Tbs. chopped shallot

1 Tbs. Dijon-style mustard

1 tsp dried tarragon, crumbled

1/4 tsp. salt

1/8 tsp. freshly ground pepper

Whisk in bowl. Chill for several hours before serving.

CHRYSANTHEMUM SALAD DRESSING (from Sunset Magazine)

1/2 cup young chrysanthemum leaves or tips
2 green onions, including some of the tops, sliced
1/2 tsp. crumbled dried basil or 2 Tbs. minced fresh basil
1/4 tsp. grated lemon peel
1/3 cup lemon juice
1 tsp. each sugar and salt
1/4 tsp. freshly ground pepper
1 tsp. capers, drained
2 med. sized cloves garlic
1 egg
1 1/2 cups salad oil

Place chrysanthemum leaves and other ingred. in blender. Blend until smooth, slowly pour in oil. Turn motor on and off to incorporate all of oil. Chill, covered in refrigerator. Makes 2 1/2 cups.

SPICY LEMON DRESSING (from Sunset Magazine)

2 Tbs. grated lemon peel
1/2 cup lemon juice
2 cloves garlic, minced or pressed
2/3 cup salad oil
1 tsp. salt
1/2 tsp. ground coriander
1/2 tsp. ground cumin
1/2 tsp. each dry mustard and paprika
1 tsp. honey
1/8 tsp. liquid hot pepper seasoning

Shake in jar or stir well. Allow to stand at room temperature for at least 1 hour to allow flavors to mellow before serving. Cover and refrigerate for up to 3-4 weeks. Stir or shake before serving. Makes 1 1/4 cups dressing.

In addition to salad greens, this dressing is also good on cold, cooked bulgar or rice accented with nuts, raisins, chopped apple; or cold cooked vegetables such as broccoli, asparagus, green beans or cauliflower.

VINAGRETTE FOR LINGUINE PRIMAVERA SALAD

(the salad consists of cold Linguine noodles and a colorful assortment of cold, steamed vegetables such as broccoli, chinese peas, red bell pepper... use what you have on hand).

Makes 3/4 cup dressing..

1/2 cup plus 1 Tbs. light olive oil
3 Tbs. plus 1 tsp. white wine vinegar
1/2 tsp. salt
freshly ground pepper

PARMESAN HERB DRESSING (Spice Islands Cookbook)

Homemade Salad Dressings

Serve on cooked, artichokes, cauliflower, string beans, asparagus or lettuce. Good with hot vegetables too.

This recipe uses bottled herbs from Spice Island, but you could modify it to use fresh garlic, etc.

1 egg
1 tsp. Beau Monde Seasoning
1/4 tsp. garlic powder (or 1 clove crushed fresh garlic)
1/4 tsp. onion powder (or 1 tsp. finely minced fresh onion)
1/4 tsp. paprika
1/4 tsp. black pepper
1/4 cup Tarragon White Wine Vinegar
1/4 cup grated parmesan cheese
1 cup olive oil
1/2 tsp. Salad Herbs (or an assortment of finely chopped fresh herbs such as tarragon, basil and lemon thyme)

Whirl ingred. in blender, adding oil a little at a time. Continue beating until thick and very smooth. Chill for flavors to develop. Makes 2 cups.

AUNT ALICE'S FRUIT SALAD DRESSING

The fruit base:

2 eggs, beaten light

1 Tbs. flour

2/3 cup sugar

Juice of 1 lemon

Juice of 1 orange

1 cup pineapple juice

Combine eggs, flour and sugar. Add fruit juices and mix, cook in double boiler stirring constantly until thick. Cool. Store the fruit base in in glass in refrigerator for up to 2 weeks.

When you are ready to add the dressing to your fruit salad, fold in one cup of whipped cream to the fruit base.

This is good on chopped apple salad with walnuts and chopped celery or on any assortment of mixed fruits.

ALICE'S COLE SLAW DRESSING

1 cup sour cream

add 2 Tbs. granulated white sugar

stir in 2 Tbs. white vinegar

Salt and pepper

Add to shredded cabbage slaw.

[mara](#)

Lebanese Mint Salad Dressing

From: v313mdm8@ubvmsd.cc.buffalo.edu (ROCHELLE NEWMAN)

Date: Sun, 18 Jul 1993 01:49:00 GMT

This stuff is great, but don't worry too much about exact amounts... You'll probably have to fiddle around a bit to get the amounts right. Recipe courtesy of my future Lebanese grandmother-in-law.

1/4 bunch fresh parsley
1 clove garlic, mashed with 1/2 tsp salt
1 1/2 lemons, squeezed for their juice (get rid of rest of lemon)
2 tblsp oil
1/4 cup dried mint (from your own garden is best!)

Mix all ingredients well.

[mara](#)

Salad Dressing

From: melcue@is.rice.edu (Melissa Elaine Cue)

Date: Wed, 28 Jul 1993 15:30:21 GMT

Here's a recipe that I like to use--I don't buy salad dressing any more because this is so easy.

3 tablespoons salad oil
3 tablespoons cider vinegar
2 tablespoons sugar
1 tablespoon crushed parsley (I usually use dried)
1/2 teaspoon salt
dash pepper
few shakes of your favorite hot sauce (Tabasco, Louisiana, etc.)

The hot sauce doesn't make it spicy, just adds a bit of flavor.

To speed up the dissolving of the sugar and salt, I put the vinegar, sugar, and salt in a jar and zap in the microwave for about 30 seconds, which helps the stuff to dissolve.

The finished product keeps for awhile in the frig.

Good luck!

[mara](#)

Salad Dressing (2)

From: chris@opus.demon.co.uk (Chris)

Date: Wed, 28 Jul 1993 20:03:11 +0000

I like 'em simple.

2oz olive oil
2oz red wine vinegar
1oz balsamic vinegar
1tsp lemon juice
smidgen salt,
smidgen black pepper, fresh milled
sometimes a quick sprinkle of paprica.

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COLLECTION: Vinaigrettes

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 19 Aug 93 10:31:40 +0200

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- [Basic Basalamic Vinegrette \(Vickie McCorkendale\)](#)
- [Tomatillo-Serrano Chile Vinaigrette \(Stephanie da Silva\)](#)
- [Vinagrette For Linguine Primavera Salad \(Lynn Johnson\)](#)

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From: vickiemc@isi.edu (Vickie McCorkendale)

BASIC BASALMIC VINEGRETTE
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Ingredients:

 1/4 cup Basalamic Vinegar
 1/2 cup Olive Oil
 2 garlic cloves sliced thinly

Instructions:

 Whisk ingredients together. Let stand 30 minutes before using. Remove garlic before using.

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From: arielle@taronga.com (Stephanie da Silva)

TOMATILLO-SERRANO CHILE VINAIGRETTE
=====

Ingredients:

 4 fresh tomatillos, husked, rinsed and cut into small dice
 1/3 cup diced jicama
 1 1/2 tblsp diced red bell pepper
 1 1/2 tblsp diced yellow bell pepper
 1/2 mango, peeled and cut into small dice
 1 serrano chile, seeded and finely diced

1/3 cup peanut oil
 2 tblsp olive oil
 2 tblsp white wine vinegar
 1 1/2 tblsp balsamic vinegar
 1 tblsp fresh lime juice
 1 tblsp fresh lemon juice
 1 small garlic clove, minced
 1 - 2 tblsp minced fresh coriander
 Salt

Instructions:

In a bowl, combine the tomatillos, jicama, red and yellow bell peppers, mango and serrano chile; toss to mix.

In a small bowl, combine the peanut oil, olive oil, white wine vinegar, balsamic vinegar, lime juice, lemon juice, garlic and coriander. Whisk to blend well.

Pour the dressing over the diced vegetables and stir lightly to mix. Season with salt to taste.

%%%

From: lynn@cs.ucsb.edu (Lynn Johnson)

VINAGRETTE FOR LINGUINE PRIMAVERA SALAD

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(Makes 3/4 cup dressing)

Ingredients:

1/2 cup plus 1 tblsp light olive oil
 3 tblsp plus 1 tsp. white wine vinegar
 1/2 tsp salt
 freshly ground pepper

Instructions:

The salad consists of cold Linguine noodles and a colorful assortment of cold, steamed vegetables such as broccoli, chinese peas, red bell pepper... use what you have on hand.

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Autumn Colors Salad

From: jagordon@agsm.ucla.edu
Date: 1 Oct 1993 15:07:59 GMT

Autumn Colors Salad
aka Sweet Potato/Apple Salad

about 4 cups peeled, cubed sweet potatoes or yams
1 apple, skin on, chopped
2 stalks celery, sliced
1 small red onion, chopped
1 teaspoon fresh ginger, grated
rice vinegar to taste

steam potatoes til soft, not mushy
toss all ingredients lightly
dress with vinegar to taste
chill

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Caesar Salad

From: leclair@skatter.usask.ca (Don Leclair)

Date: Thu, 22 Jul 1993 19:11:23 +0000 (GMT)

Here is my recipe for Caesar Salad. Hope you enjoy it.

Caesar Salad

1 head Romaine lettuce
4 cloves garlic, minced (or diced or mashed or whatever)
3 tbsp vegie oil (I use Canola)
1 tbsp olive oil
1 tsp lemon juice
1 egg
2 or 3 shakes of Tobasco sauce
2 or 3 shakes of Watsdishere sauce (worchestershire)
2 or 3 grains of salt (or more if you're so inclined)
1/4 tsp dry mustard
1/4 tsp ground black pepper

Mix all ingredients except lettuce in a shaker and shake until well mixed.

Break lettuce into bite sized pieces and put it into a bowl. I find that a wooden bowl works well. Pour the sauce over the lettuce and toss to coat. Enjoy.

[mara](#)

Caesar Salad Recipe

From: billen_j@atdiv.lanl.gov (James H. Billen)

Date: Tue, 21 Sep 1993 08:42:21 -0600

Ingredients for 4 large servings:

2 large or 3 medium cloves of garlic
1 entire 2-ounce tin of flat anchovy fillets
2 coddled eggs
1 cup croutons (see below)
1/2 cup olive oil
1 large or 2 medium bunches of romaine lettuce
1 small lemon cut into quarters
1/2 cup freshly grated Parmesan cheese
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard
1/4 teaspoon black pepper

These quantities are approximate. Experiment to suit your own taste. For example, fewer anchovy fillets will make the dressing less tart. You can vary the relative proportion of olive oil as much as a factor of two to adjust the total bulk of dressing for different amounts of lettuce with little effect on the flavor.

Procedure:

1. Wash and dry the lettuce. Tear into bite-sized pieces and chill until ready to toss.
2. Press the garlic cloves into the bowl. With a large wooden spoon squeeze the pieces against the side of the bowl mashing them into small bits.
3. Cut up the anchovy fillets and then add to the bowl. Mash them with the spoon to make a paste. Add the Worcestershire sauce, pepper, and mustard and mix into the paste.
4. Break the shell of the coddled eggs over the bowl by striking with a butter knife. Pour into the bowl whatever flows out of the shell halves. Discard the shells and the small portion of egg white that still clings to the shell. Thoroughly mix the

ingredients by swirling the bottom of the wooden spoon around the inside of the bowl.

5. Squeeze the juice of a lemon quarter into the bowl, add the olive oil, and mix again as above.
6. Immediately before you are ready to eat the salad, toss the lettuce in the bowl until the leaves are well coated with dressing.
7. Squeeze the remaining lemon and sprinkle the Parmesan cheese over the leaves. Add croutons and toss again until all the croutons have begun to absorb some of the dressing.
8. Serve immediately on large dinner plates, usually before serving the entree.

Caesar salad notes:

Philosophy: The most important feature of a Caesar salad is the delicate taste of the dressing that you prepare in the bowl. It does not keep well and thus the salad should be eaten immediately after it is made. The lettuce and croutons serve as the vehicle for the dressing's flavor. Adding additional ingredients such as tomatoes, onions, or mushrooms, which have distinctive flavors of their own, masks the taste of the dressing and is considered highly irregular.

Salad bowl: The best bowl is solid teak with a hemispherical shape about 12 inches in diameter. To care for the bowl coat it lightly with olive oil. Clean the bowl as soon as possible after serving the salad. The maker of my bowl advised not to use water in it. However, I have found that a quick rinse with warm water followed by thorough towel drying and light oiling keeps the bowl in good shape. (My bowl is over 22 years old.)

Coddled eggs: To prevent egg shells from cracking when first immersed in boiling water, let the eggs sit out at room temperature for half an hour. Or, warm the shells by running cool, then gradually warmer tap water over them. Bring to a boil enough water to cover the eggs. Place the eggs in the boiling water for 1 minute and then immediately remove to cool water for a few minutes. At high elevations leave them in longer (total of about 2 minutes at 7500 feet).

Croutons: For very fresh, absorbent croutons make your own from ordinary white sliced bread. I use one slice per person. First, put the bread slices in the freezer (wrapped in plastic) until the slices are firm. With a sharp knife, cut off the crusts and feed the pieces to the birds. Cut the rest of the bread into roughly 1/2-inch cubes. Place the cubes in a single layer on a cookie sheet and bake at about 250 degrees to dry them out. Stir the cubes around once or twice. Remove them from the oven when they are a very light tan color (usually 30 to 45 minutes). Croutons will stay fresh for several days in a closed refrigerated container.

Substitutions: The most spectacular salad contains all fresh ingredients. However, if you need to simplify the procedure, here are some recommendations for substitutions. Use a few tablespoons of lemon juice in place of a freshly squeezed lemon. In place of the garlic cloves you could sprinkle garlic powder (but not garlic salt!) into the bowl. You can try commercially prepared grated Parmesan cheese, but freshly grated Parmesan is sweeter and has a better texture. (Commercial grated cheese often contains cellulose to prevent caking. If it does, it will taste just like a cardboard box.) Ordinary head lettuce instead of romaine might do in an emergency, but it's not for guests. Anchovy paste in place of flat fillets is not a very good substitute. Never use anything but pure olive oil.

Technique: Part of the enjoyment of a Caesar salad is watching the chef create it at the table. Prepare all of the ingredients ahead of time and arrange them in saucers and bowls on a small table next to the dining table. Be sure to include a stack of dinner plates and a small bowl for discarding the egg shells. Do everything with a flourish and occasionally tip the bowl allowing your guests to watch (and sniff) your progress.

[amyl](#)

Carrot-Yogurt Salad

From: dfw@thumper.bellcore.com (Doris Woods)

Date: Wed, 21 Jul 93 16:41:54 EDT

5-6 carrots or more

1/4 cup Olive oil

3-4 cloves garlic

2-3 tsp salt

Enough Plain yogurt (a Typical amt in Turkish recipes) (not sure what she means by this but I assume to taste)

Peel carrots and grate them using a food processor. Cook them in olive oil until the soften. To microwave use less oil. Let cool. Mash garlic with salt. Mix it with a little yogurt and add to the carrot mixture. Gradually add and mix more yogurt to the carrot mixture. You want to try to get a thick body to it but don't let it get to liquidy. You can add more garlic and salt to taste.

[mara](#)

Cauliflower and Bacon Salad

From: jeanie%jfeagan@jfeagan.lerc.nasa.gov

Date: Wed, 21 Jul 93 15:44:13 -0400

lettuce (about 1 head)
cauliflower (considerably less than 1 head)
peas (frozen, no need to thaw)
bacon bits
Seven Seas dry Italian dressing in envelope
mayo - (e.g Hellmann's, not salad dressing)

Tear enough lettuce to fill a regular-size salad bowl.
Add a layer of cauliflower (cut into bite-sized pieces)
Add a layer of peas and sprinkle on a few bacon bits.
None of this is too exact - just make to your own liking.
Top with an envelope of 7-Seas and frost with mayo. Once again, some people like more mayo than others. You'll have to experiment.
(If you seal the top with mayo, the lettuce will keep for days.)
Before serving, toss. Once it is tossed it doesn't keep well.

[mara](#)

Cobb Salad

From: mnh@catfish.ocpt.ccur.com (Michele Hardy)

Date: Tue, 7 Sep 1993 20:04:58 GMT

from Melissa Probst melissa@spanky.jpl.nasa.gov:

Sounds yummy!

Cobb salad is a wonderful main dish salad. Here is the recipe from the Brown Derby in Los Angeles where it was created:

Cobb Salad

6 cups shredded lettuce
3 cups chopped cooked chicken
3 hard-cooked eggs, chopped
2 medium tomatoes, seeded and chopped
3/4 cup crumbled blue cheese (3 ounces)
6 slices bacon, crisp-cooked, drained and crumbled
1 medium avocado, halved, seeded, peeled and cut into wedges
1 small stalk Belgian endive (optional)
Brown Derby French Dressing

Place lettuce on 6 individual plates. Evenly divide chicken, eggs, tomatoes, blue cheese and bacon among plates, arranging each in a row on top of the lettuce. Place avocado wedges and endive leaves, if desired, to the side. Serve with Brown Derby French Dressing. Makes 6 servings.

Brown Derby French Dressing

In a screw-top jar, combine 1/3 cup red-wine vinegar, 1 tablespoon lemon juice, 1 teaspoon Worcestershire sauce, 1/2 teaspoon salt, 1/2 teaspoon sugar, 1/2 teaspoon dry mustard, 1/2 teaspoon pepper and 1 clove garlic, minced. Cover and shake to mix well. Add 1/2 cup olive oil, or salad oil; cover and shake vigorously. Chill thoroughly. Shake before serving. Makes 1 cup.

[amyl](#)

Cranberry Salad

From: **decaro@ohsu.EDU (Marcia DeCaro)**

Date: **Wed, 20 Oct 1993 19:25:56 GMT**

1 package fresh cranberries (12 oz)
2-3 stalks celery
2-3 apples, peeled, cored,
sugar to taste
whipping cream

Grind together the cranberries, celery, and apples. I use an old fashioned food grinder (a food processor works, but you have to be very careful not to over process). Color should be a fairly rich red. Add sugar to taste (the amount will depend on how tart the apples are). Spread into a bowl and chill. Shortly before serving, spread a layer of whipped cream over the top.

This is a required dish for my husband's family. I have rarely made it without someone asking for the recipe and they can't believe that it is so simple (and do-ahead-able).

[amyl](#)

Cranberry Salad Mold

From: **Glorianne_Wong@notes.pw.com**

Date: Thu, 11 Nov 93 08:32:49 PST

With the holidays coming up, this is a great, easy salad

6 oz Package Cherry Jello dissolved in 2 Cups Hot Water. Add 1/4 Cup sugar and stir in 1 16oz can Whole Cranberry Sauce. Chill until thick but not firm.

Add 1/3 Cup chopped celery
1/3 Cup chopped walnuts
2 Cups sour cream.

Mix together and pour into a 9 x 13 dish. Can be put into a salad mold, or a glass baking dish, etc.

[amyl](#)

Cuban Tofu Salad

From: Marilyn Walker mwalker@taimyr.colorado.edu

Date: Thu, 15 Jul 1993 21:41:14 GMT

This was inspired by a friend's Cuban Chicken Salad, but it is quite different from her recipe. I couldn't think of what else to call it. All measurements are approximate as I made this up from scratch and didn't record anything. This salad is a complete summer meal that got rave reviews.

1 pound firm tofu
1/3 c. nutritional yeast with salt, pepper, and paprika added to taste
oil
1 pound new potatoes
1 good-sized sweet potato or yam (6-8 inches long)
1 mild tasting apple (Golden Delicious is good), sliced or chopped
4 eggs, hard cooked, sliced
1/2 c. green peas, cooked until still slightly firm
1/2 red onion, finely chopped
1 can asparagus tips
mayonnaise (about 3/4 c.)
about 2 T. dill weed
vinegar, mustard, or "Durkee's special sauce"

1. Cut tofu into 1" squares, 1/2" thick. Coat with nutritional yeast. Fry in oil over medium heat until golden brown and slightly chewy. Drain on paper towels.
2. Cut potatoes and sweet potatoes into 1" cubes. Boil until tender. Drain.
3. Mix together tofu, potatoes, apple, 3 of the eggs, peas, and onion. Add enough mayonnaise to make it creamy or to taste. Add dill weed, fresh if possible. Add enough vinegar, prepared mustard, or Durkee's Sauce (basically a mustard-vinegar sauce) to give it a tang.
4. Garnish with additional egg and asparagus spears. Sprinkle with paprika for beauty.

Variations and substitutions:

Broil the tofu to reduce fat. It won't have a nice chewy texture, though. Substitute chicken for the tofu (as in the original recipe) Substitute plain, non-fat yogurt for some of the mayonnaise to reduce fat content.

[mara](#)

Diverse Salads : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Wed, 1 Sep 93 11:58:32 +0200

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- [Three Bean Salad \(Beth Starkey\)](#)
- [Tuna Salad \(Curtis Jackson\)](#)
- [Tuna Salad \(pacilioas@conrad.appstate.edu\)](#)
- [Warm Goat Cheese Salad \(Kimberly Lawler\)](#)
- [Warm Red Cabbage Salad \(Stephanie da Silva\)](#)
- [Zesty Zucchini Chickpea Salad \(Janet "Mostly Harmless" Morrissey\)](#)
- [Zucchini And Mushroom Salad \(Stephanie da Silva\)](#)

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From: Julie.R@applelink.apple.com (Julie Reynolds)

AWESOME SPINACH SALAD

=====

Ingredients:

1 bunch raw spinach
some bean sprouts
bacon bits (fake or real)
parmesan cheese

Dressing:

1 egg
1/2 cup lemon juice (fresh is best)
1/2 cup vegetable oil (or any type of oil)
1-3 cloves of garlic (depends on you)
2 tblsp dijon mustard
5 tblsp parmesan cheese
dashes of salt
dashes of pepper
3 dashes worcestershire sauce (makes it zesty!)

Instructions:

In a tupperware shaker bottle or some other container, put in one egg, add the lemon juice and the oil. Cut the garlic cloves into tiny pieces and add them in. Mix in the remaining dressing ingredients and shake!

Refrigerate for at least 1 hour before serving.

Make sure you carefully wash the spinach (the bunches are awful sandy!). Tear apart into small salad sized pieces. In a small bowl for each guest or in a large one (your choice) put in spinach with bean sprouts on top. Sprinkle with parmesan and bacon bits. At serving time pour dressing over and Voila!!

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From: greg@viewlogic.com (Gregory Larkin)

BULGHUR SALAD
=====

Ingredients:

- 4 cup water
- 2 cup bulghur wheat
- 1 cup chopped pecans
- 1 cup dried currants
- 4 tblsp chopped parsley
- zest of one or two oranges
- salt + pepper to taste
- 1 tblsp olive oil

Instructions:

Combine water and bulghur. Boil, then simmer covered for 25-35 minutes or until water is absorbed. Refrigerate uncovered until cool. Add all other ingredients. Toss and serve chilled.

Note: This is a cousin of Tabouli. It's a bit sweeter and very tasty!

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From: arielle@taronga.com (Stephanie da Silva)

CABBAGE AND PINEAPPLE SALAD
=====

Ingredients:

- 2 cups cabbage, shredded
- 1 1/2 cups cucumber

1 small onion, thinly sliced
1 1/2 cups pineapple, diced
5 tblsp French Dressing
lettuce
grated coconut

Instructions:

Combine cabbage, cucumbers, onion, and pineapple. Add French dressing.
Toss gently. Serve on lettuce. Top with coconut.

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From: dfw@thumper.bellcore.com (Doris Woods)

CARROT-YOGURT SALAD

=====

Ingredients:

5-6 carrots or more
1/4 cup Olive oil
3-4 cloves garlic
2-3 tsp salt
Enough Plain yogurt (a Typical amt in Turkish recipes) (not sure what she means by this but I assume to taste)

Instructions:

Peel carrots and grate them using a food processor. Cook them in olive oil until the soften. To microwave use less oil. Let cool. Mash garlic with salt. Mix it with a little yogurt and add to the carrot mixture. Gradually add and mix more yogurt to the carrot mixture. You want to try to get a thick body to it but don't let it get to liquidy. You can add more garlic and salt to taste.

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From: jeanie@jfeagan.lerc.nasa.gov

CAULIFLOWER AND BACON SALAD

=====

Ingredients:

lettuce (about 1 head)
cauliflower (considerably less than 1 head)
peas (frozen, no need to thaw)
bacon bits
Seven Seas dry Italian dressing in envelope
mayo - (e.g Hellmann's, not salad dressing)

Instructions:

Tear enough lettuce to fill a regular-size salad bowl. Add a layer of cauliflower (cut into bite-sized pieces). Add a layer of peas and sprinkle on a few bacon bits. None of this is too exact - just make to your own liking.

Top with an envelope of 7-Seas and frost with mayo. Once again, some people like more mayo than others. You'll have to experiment. (If you seal the top with mayo, the lettuce will keep for days.) Before serving, toss. Once it is tossed it doesn't keep well.

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From: jamie.wernitznig@his.com (Jamie Wernitznig)

COBB SALAD

=====

(Servings 6)

Ingredients:

1/2 head iceberg lettuce
1/2 bunch Watercress
1 bunch Curly endive (small bunch)
1/2 head romaine
2 tblsp Minced chives
2 medium Tomatoes, peeled, seeded & diced
1 Whole chicken breast; cooked, boned, skinned & diced
6 slices Bacon; cooked, diced
1 Avocado; peeled and diced
3 Hard-cooked eggs; diced
1/2 cup Crumbled Roquefort cheese

Special French Dressing:

1/4 cup Water
1/4 cup Red wine vinegar
1/4 tsp Sugar
1 1/2 tsp Lemon juice

- 1/2 tsp Salt
- 1/2 tsp Black pepper
- 1/2 tsp Worcestershire sauce
- 3/4 tsp Dry mustard
- 1/2 Garlic clove; minced
- 1/4 cup Olive oil
- 3/4 cup Vegetable oil

Instructions:

Chop lettuce, watercress, endive and romaine in very fine pieces. Mix in 1 large wide bowl or 6 individual wide shallow bowls. Add chives. Arrange tomatoes, chicken, bacon, avocado and eggs in narrow strips or wedges across top of greens. Sprinkle with cheese. Chill.

Meanwhile, to make dressing, combine water, vinegar, sugar, lemon juice, salt, pepper, Worcestershire, mustard, garlic and oils. Chill. At serving time, shake dressing well. At table, pour 1/2 cup dressing over salad and toss. Pass remaining dressing at table.

Created by: Original Hollywood Brown Derby, Hollywood

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From: vickiemc@ISI.EDU (Vickie McCorkendale)

COLD BEEF SALAD
=====

Ingredients:

-
- 1 head red leaf lettuce
- 1/2 sweet onion (Vidalia or equivalent) or Red Onion
- 1 carrot
- 1 cup cooked, cold shredded beef
- 6 mushrooms sliced thinly
- 1/4 cup shredded cheese (cheddar or jack or parmesan)
- Freshly ground pepper

Instructions:

Clean and tear the lettuce into bite size pieces. Slice the onion very thinly. Slice the carrot very thinly. Toss all the ingredients together. Toss with the Blue Cheese dressing, grind pepper over the top and serve.

This is from the Frugal Gourmet. I made the dressing to use over pan fried ravioli's (from one of his cookbooks), and then I needed something else to use it on! I'm not a big fan of Blue Cheese dressing, but this is excellent.

Blue Cheese Dressing:

- 2 cup Mayonaise (best quality available)
- 1 cup Buttermilk
- 1 dash worcestershire sauce
- 2 cloves of garlic crushed
- 2 oz crumbled blue cheese

Instructions:

Stir some of the buttermilk in with the cheese. Mix until creamy but still lumpy. Combine all ingredients and stir thouroughly. Keep refridgerated, mix before using.

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From: arielle@taronga.com (Stephanie da Silva)

COLD BEEF SALAD WITH BLUE CHEESE DRESSING
=====

Ingredients:

Cold Beef Salad:

- 1 head red leaf lettuce
- 1/2 sweet onion (Vidalia or equivalent) or Red Onion
- 1 carrot
- 1 cup cooked, cold shredded beef
- 6 mushrooms sliced thinly
- 1/4 cup shredded cheese (cheddar or jack or parmesean)
- Freshly ground pepper

Instructions:

Clean and tear the lettuce into bite size pieces. Slice the onion very thinly. Slice the carrot very thinly. Toss all the ingredients together. Toss with the Blue Cheese dressing, grind pepper over the top and serve.

Blue Cheese Dressing:

- 2 cup Mayonaise
- 1 cup Buttermilk
- 1 dash worcestershire sauce
- 2 cloves of garlic crushed
- 2 oz crumbled blue cheese

Instructions:

Stir some of the buttermilk in with the cheese. Mix until creamy but still lumpy. Combine all ingredients and stir thoroughly. Keep refrigerated, mix before using.

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From: byrne@rcf.rsmas.miami.edu (Charlie Byrne)

CONCH SALAD

=====

Ingredients:

- 2 cups chopped conch
- 1 cup chopped sweet yellow pepper (can use green or red if you want)
- 1 cup chopped onion
- 1 cup chopped celery
- 2 cups chopped tomatoes
- Several cloves chopped garlic
- A few chopped jalepeno or habenero peppers, omit if you're timid.
- Juice of 10 lemons - no bottled juice allowed under any circumstances!!!
- Few tblsp of olive oil
- Some spices such as oregano, parley, thyme, celery seed to taste.
- Sometimes I add a little cumin, not too much!

Instructions:

Chop it all up, mix it together, serve on a bed of lettuce. Better after 2 days in frig, although in the tropics some don't even refrigerate it.

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From: mwalker@taimyr.colorado.edu (Marilyn Walker)

CUBAN TOFU SALAD

=====

Ingredients:

- 1 lb firm tofu
- 1/3 cup nutritional yeast with salt, pepper, and paprika added to taste
- oil
- 1 lb new potatoes
- 1 good-sized sweet potato or yam (6-8 inches long)
- 1 mild tasting apple (Golden Delicious is good), sliced or chopped
- 4 eggs, hard cooked, sliced
- 1/2 cup green peas, cooked until still slightly firm
- 1/2 red onion, finely chopped
- 1 can asparagus tips
- mayonnaise (about 3/4 c.)
- about 2 tblsp dill weed
- vinegar, mustard, or "Durkee's special sauce"

Instructions:

1. Cut tofu into 1" squares, 1/2" thick. Coat with nutritional yeast. Fry in oil over medium heat until golden brown and slightly chewy. Drain on paper towels.
2. Cut potatoes and sweet potatoes into 1" cubes. Boil until tender. Drain.
3. Mix together tofu, potatoes, apple, 3 of the eggs, peas, and onion. Add enough mayonnaise to make it creamy or to taste. Add dill weed, fresh if possible. Add enough vinegar, prepared mustard, or Durkee's Sauce (basically a mustard-vinegar sauce) to give it a tang.
4. Garnish with additional egg and asparagus spears. Sprinkle with paprika for beauty.

Variations and substitutions:

Broil the tofu to reduce fat. It won't have a nice chewy texture, though. Substitute chicken for the tofu (as in the original recipe). Substitute plain, non-fat yogurt for some of the mayonnaise to reduce fat content.

*

From: jamie.wernitznig@his.com (Jamie Wernitznig)

Source: "Dining al Fresco", Wolf Trap Farm Park Cookbook; Reprinted in "Mid-Atlantic Country", June 1992

DUCK SALAD WITH ASPARAGUS

=====

Ingredients:

2 whole duck breasts, boned but with skin on (about 1 1/2 lbs)
1/2 cup plus 2 tablespoons raspberry vinegar
1/2 cup extra virgin olive oil
1 clove garlic, minced
2 tblsp fresh parsley, chopped
1/3 cup onion, diced
1/4 cup white wine or champagne jelly
10 thin asparagus spears
2 heads leaf lettuce, washed and drained
8 cherry tomatoes, halved
1/4 tsp Dijon mustard
2 tblsp pecan pieces, toasted
salt and pepper to taste

Instructions:

The night before cooking, rinse duck breasts and pat dry. Using a sharp knife, cut a small slit in each side of each breast. Place breasts in a shallow glass baking dish in a single layer. Whisk together 1/4 cup plus 2 tblsp raspberry vinegar, 1/4 cup olive oil, garlic, parsley, and onion. Season with salt and pepper to taste. Pour over breasts and turn to coat. Cover with plastic wrap and refrigerate overnight.

Preheat broiler. Blend 2 tblsp wine jelly with 2 tblsp onions, garlic and parsley strained from the marinade. Stuff into slits of each breast. Broil breasts 4 inches from the heat for 7 to 10 minutes per side, basting occasionally with the rest of the jelly. Remove from heat and cool.

Blanch asparagus for 1 to 2 minutes in boiling water (spears should be tender but firm). Drain, plunge in ice water then cut into 2-inch pieces, reserving tips.

Tear lettuce into small pieces and combine with cherry tomato halves and asparagus pieces (not tips). Whisk together remaining vinegar, oil and mustard. Add salt and pepper to taste. When ready to serve, pour this vinaigrette over the lettuce mixture and toss. Arrange the duck breast slices and asparagus over the lettuce mixture. Sprinkle pecans and asparagus tips over all. Serves 4.

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From: ihw@hostc2.att.com (Irwin H. Walkenfeld)

GREEN AND WHITE SOUR SALAD

=====

Ingredients:

- 6 medium cucumbers
- 1/3 large daikon radish
- 1/2 cup coarse salt
- 3 small white onions, sliced paper thin
- 3 scallions (including green parts), sliced thin
- 3 sprigs fresh dill, chopped
- 6 sprigs watercress, chopped
- 3 tblsp sugar, or to taste (3)
- white vinegar
- lemon juice

Garnish:

- mustard
- radish
- cress sprouts

Instructions:

In a large glass bowl, peel and slice paper thin (#1) 6 medium cucumbers and 1/3 large daikon radish.

Mix in 1/2 cup coarse salt or more, if necessary, to coat all slices. Let stand 10-15 minutes to draw out the water. Drain very well, and squeeze out as much water as you can (#2).

Add 3 small white onions, sliced paper thin; 3 scallions (including green parts), sliced thin; 3 sprigs fresh dill, chopped and 6 sprigs watercress, chopped. Add white vinegar almost to cover. Supplement with enough lemon juice to cover. Add 3 tblsp sugar, or to taste (#3).

Mix well, and store in a glass jar refrigerated. Keep at least one day before serving. Garnish with mustard, radish, or cress sprouts.

Notes:

(#1) Paper thin means as thin as paper. It doesn't mean 1/4 inch thick. Slices should be almost translucent.

(#2) This is very important. If you don't do this properly, it will be too watery. What I do is squeeze out as much as I can, and then I give it one more good squeeze.

(#3) But if you're going to add cups of sugar, you might as well buy generic cucumber salad at your local deli. This is called a *sour* salad, after all.

This makes a lot. You can scale the recipe, but while you're going to the trouble, you might as well make a lot; it keeps well in the refrigerator.

CAVEAT: not for the sodiumally challenged.

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From: lsamura@iniki.soest.hawaii.edu

GRILLED NEW YORK STEAK SALAD WITH SHREDDED MANGO
=====

Ingredients:

-
- 10 oz tender New York steak
- 2 tblsp lime juice
- 2 tblsp fish sauce or soy sauce
- 1/4 tblsp chopped garlic
- 1/4 tblsp chopped lemon grass
- Sugar and chili pepper to your taste
- 2 tblsp sliced onion
- 2 tblsp chopped Chinese parsley
- 2 tblsp sliced carrot
- 2 tblsp shredded green mango
- Some fresh lettuce, tomato and cucumber

Instructions:

Grill steak to about medium or medium-rare, then slice it as thick or thin as you like. Toss the steak with all the ingredients served on a bed of fresh lettuce and topped with roasted peanuts.

Note:

This recipe is from the Honolulu Advertiser food section. Saowalux Saetung has created a Thai-style dish called Grilled New York Steak Salad with Shredded Green Mango. Originally from Thailand, Saetung

said, "You can substitute the steak with seafood or even tofu."

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From: husky1.stmarys.ca@nstn.ns.ca (Dirac)

HOT MUSHROOM AND PINE NUT SALAD

=====

(serves 2)

Ingredients:

- 1 head Boston, leaf or bib lettuce
- 1 red onion thinly sliced
- 10 - 15 mushrooms
- 3 tblsp pine nuts
- 1 clove garlic
- pepper to taste
- 2 tblsp Olive Oil
- 1 1/2 tsp raspberry vinegar

Instructions:

In a skillet heat the oil, sautee the onion , mushrooms, and pine nuts. Be careful not to burn. Take off the stove. Spinkle with pepper and add the vinegar. Toss the cooked ingrediants light with the washed lettuce. Serve with a nice wine and some warm crusty french bread.

*

From: arielle@taronga.com (Stephanie da Silva)

JALEPENO-PINEAPPLE COLESLAW

=====

Ingredients:

- 1 cup Mayonnaise
- 1 cup Sour cream or plain yogurt
- 5 Pickled jalepenos, stemmed and minced (about 1/2 cup)
- 3 tblsp Dijon-style mustard
- 3 tblsp Sugar
- 2 tblsp Fresh lemon juice
- 1/2 tsp Salt
- 1 medium White cabbage (1 1/2lb), cored, finely shredded-8cup

- 1/2 large Ripe pineapple, cored, peel cut into 1/2" cubes (2c)
- 3 Green onions, trimmed and sliced (about 1/2 cup)

Instructions:

In a large bowl, whisk together the mayonnaise, sour cream, jalapenos, mustard, sugar, lemon juice, and salt. Add the cabbage and pineapple and stir well. Cover the slaw and refrigerate it for at least 1 hour. The coleslaw can be prepared up to 1 day ahead.

Stir in the green onions and adjust seasoning just before serving.

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From: joshua@homespace.mtview.ca.us (Joshua Levy)

JOSHUA'S CORN SALAD

=====

Ingredients:

Required:

- 1 16oz can whole kernal corn
- 1/2 3oz bottle bacon bits
- 1/2 4oz can chopped black olives

Optional (use one or more):

- Sprinkle of sun dried tomatoes
- 1 4oz can of diced mild chiles
- Chopped tomatoes

Instructions:

Drain as much liquid as possible from each ingredient, and combine in a large serving bowl.

There are two notes on the ingredients: first, use real bacon bits (I use Hormel), those hard crunchy things found at salad bars don't combine well with the softer ingredients. Second, I think that the corn matters, and I use the best I can find (which is usually Trader Joe's). The olives, mild chiles, and dried tomatoes seem to matter much less.

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From: arielle@taronga.com (Stephanie da Silva)

LAYERED SALAD

=====

Ingredients:

- 4 cups torn mixed greens
- 2 1/2 cups chopped, cooked chicken
- 2 small tomatoes, cut in thin wedges
- 1 10 oz package frozen kernel corn or peas, thawed
- 1/4 cup chopped red onion
- 1 1/2 cups sliced celery
- 1 cup mayonnaise or salad dressing
- 1 8 oz carton sour cream dip (try jalapeno, avocado, bacon and horseradish or chive)
- 1 8 oz package shredded cheddar cheese
- 1/2 cup sliced radishes

Instructions:

In a large, clear glass salad bowl (with straight sides and a flat bottom), layer the torn mixed greens, chicken, tomatoes, corn or peas, red onion and sliced celery.

For dressing, in a small mixing bowl combine mayonnaise or salad dressing, and sour cream dip. Stir till well blended. Spread dressing over top of the salad. Cover and chill up to 24 hours.

To serve, sprinkle with shredded cheese and garnish with radish slices.

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From: jeanie@jfeagan.lerc.nasa.gov

LETTUCE SALAD

=====

Ingredients:

- lettuce (about 1 head)
- cauliflower (considerably less than 1 head)
- peas (frozen, no need to thaw)
- bacon bits
- Seven Seas dry Italian dressing in envelope
- mayo - (e.g Hellmann's, not salad dressing)

Instructions:

Tear enough lettuce to fill a regular-size salad bowl. Add a layer of cauliflower (cut into bite-sized pieces) Add a layer of peas and sprinkle on a few bacon bits. None of this is too exact - just make to your own liking. Top with an envelope of 7-Seas and frost with mayo. Once again, some people like more mayo than others. You'll have to experiment. (If you seal the top with mayo, the lettuce will keep for days.) Before serving, toss. Once it is tossed it doesn't keep well.

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From: arielle@taronga.com (Stephanie da Silva)

MARINATED SALAD

=====

Ingredients:

- 1 Chopped Onion
- 1 Bell Pepper
- 4 stalks Celery
- 1 small jar pimentos
- 1 can small English Peas
- 1 can Shoepeg Corn
- 1 can French Cut Green Beans
- 1/2 Cup Vegetable oil
- 1/2 cup Vinegar
- 1/2 cup sugar
- salt
- pepper
- paprika

Instructions:

Drain cans of peas, corn, and beans, and jar of pimentos and pour ingredients into bowl. Mix chopped onion, bell pepper and celery into bowl with pimentos, peas, corn, and beans.

Bring vegetable oil, vinegar, and sugar to a boil. Add salt, pepper, and paprika to taste.

Pour over vegetables and let set. Overnight in refrigerator is fine. Will keep in refrigerator for 1 to 2 weeks, if sealed.

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From: Stephen Ceideburg

MIXED VEGETABLE SALAD WITH PEANUT SAUCE

=====

Ingredients:

Salad:

1 pkg firm (Chinese-style) tofu
1 tsp kecap manis
oil, for deep frying
6 cups vegetables (a variety of the following): cabbage, in 1-inch squares; bean sprouts; carrots, sliced or julienned; green beans, in 2-inch pieces; potatoes or sweet potatoes in large dice; sliced cucumbers; watercress sprigs; tomato wedges

Garnish:

Hard-cooked eggs
Fried Onion Flakes [I fry dehydrated onion flakes in a little oil till they're golden brown with excellent results. S.C.]

Gado-Gado Sauce:

1 tblsp minced garlic
2 tblsp minced shallot
1 tblsp minced fresh galangal or 1 teaspoon ground
1 tsp dried shrimp paste
1/2 tsp ground dried chile or 1/4 teaspoon sambal ulek
1 cup oil
1/2 cup raw peanuts
1 tsp brown or palm sugar
1 cup thin coconut milk [The thin stuff from the bottom of a can of coconut milk. S.C.]
Salt to taste
Juice of 1/2 lime, to taste

Instructions:

1. Remove tofu from package and drain. Place on a plate lined with cloth or paper towels, top with another layer of towel and an inverted plate, and place a weight of a pound or more on top. Let stand 30 minutes, unwrap, and discard liquid. Cut tofu into bite-sized squares or triangles and sprinkle with kecap manis. Fry in 350 degree F. oil

until golden brown and puffy; transfer to paper towels to drain. Reserve oil to cook peanuts.

2. One at a time, blanch vegetables in lightly salted water, rinsing them in cold water to stop cooking as soon as they reach the desired degree of doneness. Cabbage and bean sprouts require only a few seconds; carrots, green beans, and potatoes may take several minutes depending on size and tenderness. Do not blanch cucumbers, watercress, and tomatoes. use them raw.

3. Place Gado-Gado Sauce in a small bowl in the center of a large platter. Arrange vegetables on platter around sauce. Garnish with wedges or slices of hard-cooked egg and fried onion flakes. To serve, spoon some sauce onto each plate and dip vegetables into sauce.

Serves 4 to 6 with other dishes.

To prepare Gado-Gado Sauce:

1. To prepare sauce in a mortar: Pound garlic, shallot, galangal, shrimp paste, and chile to a paste. To prepare sauce in a blender: Chop together in a 1-cup jar.

2. In a wok or deep skillet, heat oil over medium-high heat until a peanut sizzles on contact. Fry peanuts until lightly browned; transfer to paper towels to drain. When peanuts have cooled, grind in a mortar or food processor to a coarse, grainy paste, adding a little oil if necessary to facilitate blending. (May be made up to a week ahead and stored covered in refrigerator.)

3. Remove all but 2 tablespoons oil from pan and reserve for another use. Return pan to medium-low heat and add pounded mixture. Cook until quite fragrant, but do not burn. Add peanuts, sugar, and coconut milk and bring to a boil, stirring. Simmer until thick and season to taste with salt and lime juice. Allow to cool to room temperature before serving.

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From: devoy@vixvax.mgi.com (Dave Devoy)

PANZANELLA WITH FETA CHEESE
=====

(serves 8?? -- as a side dish, perhaps)

Ingredients:

6 medium tomatoes (cut in mid sized chunks)
 4 each thick (1/2"-3/4") slices of good chewy bread--
 (e.g. Italian wheat or sourdough) toasted and
 cut into 1/2"-3/4" chunks.
 1/2 cup olive oil
 1/4 cup finely chopped sweet onion (red, purple, Vidalia...)
 1/4 cup finely chopped fresh basil
 1 tblsp chopped parsley
 2 each cloves garlic; mashed, minced or both.
 1 tsp finely chopped fresh tarragon
 2 tblsp fresh squeezed lemon juice
 2 tblsp Vinegar: Wine, balsamic or otherwise flavored
 to taste Salt and pepper
 to taste Feta cheese (tomato/basil Feta is good :) for garnish

Instructions:

Combine all ingredients except the bread and cheese in a large salad bowl. Let the mixture marinate in the refrigerator for at least two hours, stirring gently from time if you can.

Toast the bread and cut into chunks just before serving. Stir the toast chunks into the salad and serve at room temperature with crumbled Feta cheese on top.

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From: arielle@taronga.com (Stephanie da Silva)

PORK AND PAPAYA SALAD
=====

Ingredients:

1/4 cup dried currants
 1/2 cup balsamic vinegar
 1/4 cup walnut oil
 1/4 cup chicken broth
 1 tblsp honey
 1/4 tsp ground cinnamon
 1 lb cooked boneless pork loin roast
 1 head Belgian endive
 Bibb lettuce leaves
 2 papayas, seeded, peeled and sliced lengthwise
 2 avocados, seeded, peeled and sliced lengthwise
 1/4 cup broken walnut pieces

Instructions:

In a small bowl pour enough boiling water over currants to cover. Let stand 5 minutes; drain. For dressing, in a screw-top jar combine vinegar, oil, chicken broth, honey, and cinnamon. Cover; shake well. Trim fat from pork; slice thinly. Separate leaves of Belgian endive.

Line 6 salad plates with lettuce leaves. Arrange pork, endive, papaya, and avocado on plates. Sprinkle with currants and walnuts. Drizzle dressing over salads.

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From: pchurch@swell.actrix.gen.nz (Pat Churchill)

PORK SALAD

=====

Ingredients:

- 1 1/4 lb minced lean pork (or minced chicken)
- 2 tblsp water
- 2 tblsp Thai fish sauce
- 2 tblsp lemon juice
- 1 tblsp sugar
- 1/2 tblsp or more of chilli sauce
- 2 spring onions or scallions or shallots, finely chopped
- fresh corinader (cilantro)
- fresh basil
- shredded lettuce
- sliced tomatoes
- roasted peanuts

Instructions:

Place the pork in a large pan with the water and simmer until tender. Remove from the heat and add the fish sauce, lemon juice, sugar, chili sauce and onion. Set aside to cool.

Shred the lettuce and place it in a nice salad bowl (I used a plain white oval dish. Mix in some of the coriander and chopped basil. When the meat is still a little warm, tip it onto the lettuce, along with the juices. Decorate the edges of the dish with tomato slices. Sprinkle some roasted peanuts over the top, garnish with more chopped basil and coriander.

Best served at room temperature. The mix of textures and

sweet/sour/salty/hot flavours make this a very pleasant dish to eat.
Nice as part of a buffet meal, too.

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From: arielle@taronga.com (Stephanie da Silva)

PRAWN SALAD
=====

Ingredients:

-
- 1 kg (2 lb) medium king prawns, peeled with tails attached (It doesn't say, but I assume the prawns are supposed to be already cooked)
 - lemon dressing
 - 1 red banana capsicum (or 1/2 red capsicum)
 - 1 medium sized carrot
 - 2 sticks celery (choose tender sticks from near the centre)
 - 1 tub alfalfa (looks like alfalfa sprouts in the picture)
 - baby lettuce leaves, washed and crisped
 - 2 firm ripe avocados
 - 1 large mango or 1/2 pawpaw (papaya), peeled and cut into thick slices
 - Parsley, chopped

Instructions:

Place the peeled prawns in a bowl and pour over the lemon dressing. Cover and refrigerate for 1 hour.

Cut the capsicum, carrot and celery into fine shreds, then place into a bowl of iced water. Before serving, drain the vegetables and the prawns (but reserve dressing). Peel and slice the avocado and arrange with the fruit, crispy vegetables and lettuce on a large platter or individual plates. Drizzle over the lemon dressing and sprinkle with parsley. Accompany with wholegrain bread.

Lemon Dressing:

-
- 1 lemon
 - 1 clove garlic
 - 1/2 tsp mixed French or German mustard
 - 3 tblsp oil
 - salt and freshly ground black pepper

Instructions:

Remove a couple of paper then strips of lemon peel with a potato peeler or sharp knife. Cut into fine strips. Crush the garlic and put into a bowl, stir in the mustar, then add 1 tablespoon lemon juice and the oil. Add a pinch of salt and pepper, mix well, and add the lemon peel.

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From: wahlsted@CS.ColoState.EDU (Angeli Wahlstedt)

QUICK ORIENTAL CUCUMBER SALAD

=====

(serves 1 or 2)

Ingredients:

- 1/2 cucumber, sliced thinly (you also can peel and seed it if you like)
- 1/2 cup rice vinegar
- 1/2 tblsp brown sugar
- 1/2 tblsp water
- 1 tsp soy sauce
- 1 tsp sesame seeds
- few drops of sesame oil

Instructions:

Put all of the above (except the cucumber) in a medium glass jar, close it with a lid and shake. If you don't plan on eating the salad right away, you can put the dressing in the fridge for a while...it tastes better when it's been chilled for an hour or so.

When you're ready to serve, put the cucumbers in dishes or small bowls, and pour the dressing over them. Fake crabmeat tastes good in this dressing, too.

Note:

You need rice vinegar -- it won't taste right with any other kind of vinegar. Also because I rarely use measuring cups, the proportions in the recipe may be a little off...you may have to taste the dressing eacho time you add something. The end result should taste sweet and somewhat vinegar-like, with a tint of sesame.

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From: arielle@taronga.com (Stephanie da Silva)

ROAST BEEF SALAD
=====

Ingredients:

- 1 lb roast beef
- 1/3 to 1/2 cup walnut pieces
- 1/4 to 1/3 cup crumbled bleu cheese

Vinaigrette:

- olive oil
- balsamic vinager
- the usual spices
- dry mustard

Instructions:

This is an excellent salad I've since lost the recipe for so I don't have the exact amounts, but you'll get the gist of it from the description. It's a roast beef salad.

Get a nice roast, around a pound or so. Roast until medium-rare. Let cool and slice into a thick julienne. Add to it about 1/3 to 1/2 cup walnut pieces and 1/4 to 1/3 cup crumbled bleu cheese.

Dress with a nice vinaigrette made with olive oil and balsamic vinager (add the usual spices and dry mustard). This is really, really good if you like bleu cheese. Use a tender roast, like a sirloin for this. Serve at room temperature.

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From: connally@vms.cis.pitt.edu (Kate Connally)

RATTLESNAKE SALAD
=====

Ingredients:

- 1 medium rattlesnake, cut up
- 2 bay leaves
- 2 cloves garlic
- 1 tblsp salt (? Could this be a copying error? Proceed cautiously)

Diverse Salads : COLLECTION

- 1 tsp poultry seasoning
- 2 tblsp sherry
- 1/2 stalk celery, finely diced
- 4 boiled eggs, diced
- 1/2 onion, finely diced
- 1/2 cup chopped sweet pickles
- 1 cup mayonnaise

Instructions:

Combine first 5 ingredients and boil until tender. Chop meat finely and mix well with remaining ingredients. Serve on sandwiches or over quartered tomatoes and lettuce.

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From: bonvicin@vxcrna.cern.ch (G. Bonvicini)

SALADE LYONNAISE

=====

Ingredients:

-
- 1.5 cups some old bread, diced into croutons
- liver(s), diced
- 1 cup onion or garlic
- a little wine
- 1 head lettuce (red-green, not radicchio)

Mustard de Dijon:

- 2 tsp mustard
- 3 tblsp veg oil

Instructions:

- 1) Take some old bread, sourdough or other dense texture, dice into croutons, put in the oven to brown (1.5 cups)
- 2) Take the liver(s) you have, likewise dice, sautee with a little onion or garlic (1 cup before cooking) (you could also let it cook one minute in a little wine if you have an open bottle)
- 3) Take a lettuce head, the red-green variety (not radicchio, which is bitter), with soft leaves, cut leaves into 1 inch slices
- 4) Prepare mustard de Dijon by whipping 2tsp mustard and 3tblsp veg. oil

with a fork or spoon. Will make a mousse. Add more oil if you think it can be absorbed in the mousse.

Combine all ingredients in bowl, toss and serve with red wine. If liver and bread settle at the bottom of bowl, you may have used a lettuce with too stiff leaves or have sliced them too big.

Note:

I don't usually post here, but for chicken livers I will make an exception. It is really very silly to throw them away, as they contain most of the Vit.B complex, 50% of the iron, and in particular most of the Vit.B-12 in the animal (and these are the nutrients we dominantly intake from meat). Ie, nutritionally speaking, the liver is worth more than the whole chicken.

This is a delicious, quick salad where the liver characteristic flavor (a minus for many) becomes actually a plus when combined with the rest.

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From: lvisco@u.washington.edu (Lydia Visco)

Source: NorthwestSTYLE, Volume 2, No. 3, a coupon publication by Style Publications Bellevue, WA. The recipe is courtesy of The Kayak Grill and Executive Chef Garrett Cho.

SHRIMP AND PAPAYA SPINACH SALAD WITH CITRUS-POPPYSEED VINAIGRETTE

=====

(Yield: Serves 2)

Ingredients:

Salad:

- 1 large bunch fresh spinach - washed, drained, de-stemmed and cut into 1" x 2" [bite-size] pieces
- 1 papaya - skinned, seeded and diced into 1" X 2" [bite-size] pieces
- 1 cup mandarin oranges [canned] - drained
- 1/2 red onion - peeled and sliced into paper thin rings, soaked in iced water for 30 minutes
- 1/2 cup slivered almonds - toasted
- 1/2 lb Bay shrimp meat [very small shrimp]
- 1 cup red cabbage - cored, sliced paper thin and rinsed in water
- 2 tblsp carrots - peeled and finely diced 1/8" [0.5 cm]

2 tblsp red bell pepper - cored and finely diced 1/8" [0.5 cm]

Lime Poppyseed Vinaigrette:

- 1/4 cup lime marmalade
- 2 tblsp fresh lime juice
- 3/4 tsp sugar - granulated
- 3/4 tsp orange juice concentrate - undiluted
- 1 tblsp cider vinegar
- 1/4 tsp Kosher salt
- pinch cayenne pepper
- 1/2 tsp Dijon mustard
- 1/8 tsp ground coriander
- 3/4 tsp poppy seeds
- 1/4 cup canola oil
- 1 tblsp olive oil

Instructions:

Combine and whisk together all the vinaigrette ingredients except canola and olive oils. Slowly add and whisk in the oils until vinaigrette is well blended. Reserve chilled. Place spinach, papaya, mandarin oranges and red onion into a large salad bowl. Add half the vinaigrette and toss to evenly dress spinach greens.

Top salad with shredded red cabbage, shrimp meat and diced carrots and red bell peppers. Drizzle remaining vinaigrette over the shrimp and salad ingredients. Sprinkle top of salad with toasted almonds and serve with fresh lime wedges.

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From: huggett@sequent.com (Terri Huggett)

SMOKED TURKEY SALAD WITH CRANBERRIES AND APPLES

=====

(Serves 4-6)

Ingredients:

- 1/2 12 oz. bag frozen fresh cranberries (if fresh unavailable, use canned, whole cranberries. Eliminate the sugar and reduce oil and vinegars slightly.)
- 1/3 cup sugar
- 1/4 cup raspberry vinegar
- 2 tblsp framboise/raspberry brandy (optional)
- 1/4 cup rice wine vinegar

1/2 cup olive oil
1 1/2 lb smoked turkey, cut into cubes
1 head Romaine lettuce, coarsely chopped
4 apples, such as Granny Smith and Gala, chopped
4 stalks celery, chopped

Instructions:

Place frozen cranberries in food processor with sugar and raspberry vinegar and process to chop cranberries into coarse chunks. If using canned cranberries, leave them whole. Place cranberry mixture or canned cranberries in a large bowl. Add raspberry vinegar to canned cranberries. Add brandy, if using, rice wine vinegar and olive oil. Mix. Add turkey and mix thoroughly. If you wish, let marinate for several hours or overnight.

Before serving, toss lettuce, apples and celery with turkey/cranberry mixture.

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From: arielle@taronga.com (Stephanie da Silva)

SPAGHETTI SQUASH AND AVOCADO SALAD

=====

Ingredients:

1 medium spaghetti squash
6 mushrooms, sliced
1/2 each red and green bell pepper, julienned
1 can (4 ounces) sliced black olives, drained
2 avocados, seeded, peeled and sliced

Avocado Oil Vinaigrette

Instructions:

Prepare Avocado Oil Vinaigrette at least 24 hours before serving time. Halve squash lengthwise, scoop out seeds. Place halves cut side down in large saucepan; add water to a depth of two inches; cover and bring to a boil. Reduce heat; simmer squash 20 minutes. Drain off water; cool squash and shred into strands. Mix squash, mushrooms, peppers, olives and avocados in serving bowl. Pour Vinaigrette over, toss gently and serve.

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From: kmh2@toto.cc.lehigh.edu (Kathy M. Miller)

TACO SALAD

=====

Ingredients:

- 1 head lettuce, broken into bite-size pieces
- 4 medium tomatoes, diced
- 1-1/2 lb. hamburger
- 3/4 cup water
- 1 (8 oz) bottle Thousand Island dressing
- 1/2 cup sugar
- 1 onion, diced
- 8 oz. cheddar cheese, shredded
- 1 pkg taco seasoning mix
- 1 pkg taco flavored corn chips

Instructions:

Brown the burger. Reserve 1 tablespoon taco seasoning mix. Add the rest to the meat with about 3/4 cup water. Simmer for a few minutes then remove from heat. Let cool. Layer lettuce, tomatoes, onion, meat, and cheese. Repeat layers until all is used. Refrigerate.

Sauce: Mix 1/2 cup sugar, 8 ounces Thousand Island dressing, and 1 tablespoon taco seasoning mix. Just before serving, add sauce and broken taco chips to vegetables and toss. Enjoy!

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From: starkey@netcom.com (Beth Starkey)

THREE BEAN SALAD

=====

Ingredients:

- 1/2 cup vinegar
- 1/2 cup salad oil
- 1/2 cup sugar
- 1 tsp salt
- 1/2 tsp pepper
- 1/2 large onion, chunked

Instructions:

Blend above ingredients. Pour over drained (1 can each) wax, green, kidney, and garbanzo beans. Chill overnight.

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From: cjackson@adobe.com (Curtis Jackson)

TUNA SALAD
=====

Ingredients:

- albacore tuna, chopped very fine and drained
- mayo
- lots of sweet pickle relish (optional)
- lots of finely minced red/purple onion,
- A decent amount of garlic powder (to taste)
- cayenne pepper (to taste)
- A touch of cumin
- eggs (optional)

Instructions:

Use white albacore tuna, chopped very fine and drained extremely well (squeeze it if you have to). If you don't drain it nearly dry, it will hide its moisture until you refrigerate it (either before you serve it or the leftovers after) and then become a watery mess.

Add mayo (Best [or Hellman's, as it is marketed on that other coast] is my choice) and [optionally] lots of sweet pickle relish. I like the sweetness to offset the saltiness of the tuna.

Mix this to the desired texture/moisture level, a bit on what you think is the dry side. Then add:

- Lots of finely minced red/purple onion,
- A decent amount of garlic powder (to taste, don't hide the tuna taste)
- Enough cayenne to give it an appropriate light afterburn, no more
- A touch of cumin

Mix it extremely well. You will now find that the garlic powder and cayenne have soaked up a tiny bit of moisture, and it may seem too dry. IT ISN'T! If you are setting this out at a party, be sure to wander by every now and then and mix it up well -- that'll keep the moisture from settling to the bottom.

You can also vary/enhance the taste by replacing some of the mayo with sour cream.

Some folks add egg -- I don't.

Serve aboard good high-quality non-crumbly "stoned" wheat crackers; the stronger the cracker's wheat flavor, the better.

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From: pacilioas@conrad.appstate.edu

TUNA SALAD
=====

Ingredients:

- 1 can tuna (in spring water)
- 1/2 cucumber
- 1 can sliced water chesnuts
- 1/2 cup sliced black olives
- Mayonnaise

Instructions:

Combine all ingredients. Also can add hard boiled eggs.

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From: kimberly@sybase.com (Kimberly Lawler)

WARM GOAT CHEESE SALAD
=====

Ingredients:

- 1 head Boston Lettuce
- 1 head Red Leaf Lettuce
- 1.5 oz goat cheese per person (this is an estimate)
- 3 tblsp chopped hazelnuts
- 2 tblsp bread crumbs
- walnut oil

Dressing:

- 2 tblsp lemon juice
- 2 tblsp Red Wine Vinegar
- 3 tblsp Olive Oil
- 3 tblsp Walnut Oil

Instructions:

For the dressing, just mix the lemon juice and vinegar and add the oils while whisking.

Combine the hazelnuts and bread crumbs in a small bowl. Cut the goat cheese into 1.5 oz slices. Coat the slices with Walnut oil and roll them in the hazelnut mixture. Add any extra hazelnut mixture to the dressing. Break the lettuce into bite size pieces and dress.

Place the goat cheese slices on a oiled (again with walnut oil) sheet and bake at 350 degrees until they begin melting. Then toast the goat cheese until the tops are brown. Serve in individual dishes with one goat cheese slice per bowl.

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From: arielle@taronga.com (Stephanie da Silva)

WARM RED CABBAGE SALAD
=====

Ingredients:

- 15 to 20 walnuts, about 3/4 cup, shelled.
- 2 tsp walnut, or possibly an inexpensive oil
- 1 small red cabbage (about 18 oz.)
- 1 crisp red apple
- 1 clove garlic, finely chopped
- 2 tblsp balsamic vinegar
- 2 1/2 tblsp olive oil
- 1 red onion, quartered and thinly sliced
- 3 to 4 oz. goat cheese, broken into large pieces, I have tried feta or chevre and they work well
- 1 tblsp parsley, chopped
- 1/2 tsp fresh marjoram, finely chopped (or 1/8 tsp dried)
- salt, pepper

Instructions:

Toss the walnuts with the 2 tsp of oil and some salt and freshly ground black pepper. Roast the walnuts in a 350 F oven for about 5-7 minutes

or until they smell toasty.

Quarter and core the cabbage. Cut the wedges into thin pieces, 2 to 3 inches long and set aside.

Cut apple lengthwise into sixths, cut out the core, then slice the pieces thinly, crosswise.

Put the garlic, vinegar, and oil in a wide saute pan over a medium-high flame. As soon as they are hot, add the onion and saute for 30 seconds. Add the cabbage, and cook for about 2 minutes. Season with salt, freshly ground black pepper, and more vinegar, if necessary. Add the goat cheese, apple, herbs, and walnuts. Toss briefly and carefully before serving.

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From: morrissey@stsci.edu (Janet "Mostly Harmless" Morrissey)

ZESTY ZUCCHINI CHICKPEA SALAD
=====

Ingredients:

- 3 medium zucchini (about 6 oz. each)
- 1/2 tsp salt
- 5 tblsp white vinegar
- 1 clove garlic, minced (or more if you like garlic)
- 1/4 tsp dried thyme leaves, crumbled (or 1/2 tsp fresh thyme, minced)
- 1/2 cup olive oil
- 1 cup drained canned chickpeas
- 1/2 cup sliced pitted ripe olives
- 3 green onions, minced
- 1 canned chipotle chili pepper in adobo sauce, drained, seeded, minced
- 1 ripe avacado
- 1/3 cup crumbled feta or 3 tblsp grated Romano cheese
- 1 head Boston lettuce, cored, separated into leaves
- sliced tomatoes and cilantro sprigs for garnish

Instructions:

Cut Zucchini lengthwise into halves; cut halves crosswise into 1/4-inch-thick slices. Place slices in medium bowl; sprinkle with salt. Toss to mix. Spread on several layers of paper towels. Let stand at room temperature for 30 minutes to drain.

Combine vinegar, garlic, and thyme in large bowl. Gradually add oil in thin, steady stream, whisking continuously until dressing is thoroughly blended.

Pat zucchini dry; add to dressing. Ad chickpeas, olives, and onions; toss lightly to coat. Cover; refrigerate at least 30 minutes or up to 4 hours, stiring occasionally.

Add chili to salad just before serving. Stir gently to mix. Peel, pit, and cut avacado into 1/2-inch cubes. Add avacado and cheese to salad; toss lightly to mix.

Serve salad in shallow lettuce-lines bowl or plate. Garnish with slices of tomato and springs of cilantro if desired.

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From: arielle@taronga.com (Stephanie da Silva)

ZUCCHINI AND MUSHROOM SALAD
=====

Ingredients:

-
- 1 lb button mushrooms
- 8 small to medium zucchini
- 1/4 cup wine vinegar
- 2 tblsp olive oil
- 1 tsp salt
- 2 sprigs fresh tarragon
- 1/4 cup water
- 1/4 cup dry white wine

Instructions:

Clean the mushrooms. Cut the zukes into 1 inch lengths. Place all ingredients in a pot. Simmer until the zukes are just tender. Turn off heat. Place lid on pot and leave for 15 minutes. Place the drained vegetables in a bowl, reserving the cooking liquid. Place this liquid back in the pot and cook until reduced to about 1/3 cup. Discard the tarragon. Pour over the vegetables and lightly chill (don't over-chill or it will kill the flavour).

Throw on a little finely chopped parsley before serving.

[amyl](#)

German Tomato Salad

From: maja@cs.tu-berlin.de (M. Jahr)
Date: 19 Sep 1993 00:18:20 GMT
Cross Indexed Salad, German

Very simple:

Slice the tomatoes, add some sliced onions and put it in an oil/vinegar sauce.
Add some salt and pepper.

Refinements: use olive oil instead of 'normal'; add garlic and / or parsley.

[amyl](#)

Herring Salad

From: arielle@taronga.com (Stephanie da Silva)

Date: Wed, 8 Sep 1993 10:55:26 GMT

From Great Dinners From Life

1 pound veal stew meat
2 tablespoons butter
1 tablespoon water
2 medium potatoes
3 eggs
3 5 ounce jars of Bismarck herring
2 tablespoons capers, drained
1 1/2 cups chopped red onion
1 1/2 cups chopped dill pickle
1/2 cup chopped parsley
1 2 ounce can flat anchovy fillets, drained
1 8 ounce can whole beets, drained
Romaine lettuce
1 lemon, in small wedges
Sour cream dressing

Lightly brown the veal chunks in the butter, then add one tablespoon water, cover the pan and braise the veal for one hour. Let it cool, then trim the pieces and cut them into cubes. Meanwhile peel and dice potatoes; cook them in boiling salted water for 15 minutes or until tender. Drain and cool.

Put the eggs in a saucepan, cover them with cold water, bring to a boil, cover pan and turn off heat. Let the eggs stand for 20 minutes. Cool them at once by putting them into cold water for a few minutes. Peel them and rice the whites and yolks separately by putting them through a sieve.

Drain and trim the herring. Cut the fillets into one-half-inch squares. Mix the capers with the herring pieces. Finely chop the onion, pickle and parsley, julienne the beets.

Refrigerate all ingredients covered, until you are ready to arrange the salad. Then set out the ingredients as attractively as you can. If you are using a round bowl, arrange them in wedges (like a pie). If you are using a platter arrange them in strips. Garnish with leaves of romaine and with the lemon wedges.

At the table mix with ingredients together with about half the amount of the sour cream dressing. Pass the rest of the dressing in a small bowl.

Sour Cream Dressing

1/4 cup butter
2 cups sour cream
1/2 cup vinegar
1 teaspoon paprika
1 teaspoon salt
Freshy ground black pepper

Melt the butter in a medium sized saucepan. Remove it from the heat and stir in the sour cream. Mix in the vinegar, paprika, salt and pepper. Put the dressing into a serving bowl and refrigerate until ready to use.

[amyl](#)

Herring Salad

From: aa782@cleveland.freenet.edu (Emilie Unkrich)

Date: 8 Sep 1993 04:01:59 GMT

Soak in water for 12 hours:

6 milter herring

Skin them, remove the milt and the bones.

Rub the milt through a colander with:

1 cup dry red wine or vinegar

Cut into 1/4-inch cubes the herring and:

1 1/2 cups cold cooked veal

2 hard-cooked eggs

1 1/2 cups Pickled Beet Salad (recipie to follow)

1/2 cup onions

1/2 cup pickles

2 stalks celery

1/2 cup cold boiled potatoes

Prepare and add:

3 cups diced apples

Blanch, shred and add:

1 cup almonds

Combine the milt mixture with:

1 cup sugar

2 tablespoons horseradish

2 tablespoons chopped parsley

Pour this over the other ingredients. Mix well. Shape the salad into a mound or place it in a bowl. Garnish it with:

Riced hard-cooked eggs

Pickles and olives

Sardelles and parsley

[amyl](#)

Singapore Noodle Salad

From: arielle@taronga.com (Stephanie da Silva)

Date: Tue, 17 Aug 1993 06:14:45 GMT

1/4 cup sesame seeds
1/2 pound dried Chinese spaghetti-style noodles
2 tablespoons vegetable oil
1 bunch broccoli, separated into 1 inch florets
1 pound asparagus, cut on the diagonal into 1 inch pieces
1/2 cup chicken stock
1/2 cup peanut butter
1/4 cup red wine vinegar
2 tablespoons dark soy sauce
1 tablespoon sesame oil
1 tablespoon dry sherry
2 teaspoons sugar
1 1/2 teaspoons Chinese chili sauce
1/4 cup minced scallions
2 tablespoons finely minced fresh ginger
1 large garlic clove, minced
1 cup bean sprouts
1 cup thinly sliced button or shiitake mushrooms, or separated enoki
1 large red bell pepper, cut into thin julienne
2 tablespoons minced chives

In a small dry skillet, toast the sesame seeds over moderately high heat, tossing, until fragrant and golden brown, about 1 minute. Set aside.

In a large pot of boiling salted water, cook the noodles, separating them with a fork, until tender but still firm, about 2 1/2 minutes. Drain and rinse under cold running water, drain well and toss with the vegetable oil.

Bring a large saucepan of salted water to a boil over high heat. Add the broccoli and cook until crisp-tender, 2 to 3 minutes. Using a slotted spoon, transfer to a bowl of ice water and chill until cold, about 5 minutes. Drain on paper towels. Repeat with the asparagus, cooking them for only 1 to 2 minutes.

In a small saucepan, bring the stock to a boil over moderately high heat; remove from the heat. Stir in the peanut butter, vinegar, soy sauce, sesame oil, sherry, sugar, chili sauce, scallions, ginger, garlic and toasted sesame seeds.

In a large bowl, toss together the noodles, broccoli, asparagus, bean

sprouts, mushrooms and red pepper. Add the dressing and toss to coat. Sprinkle the chives over the top just before serving.

[mara](#)

Tomato, Basil, Parsley, & Mint Salad

From: johnt@wv.mentorg.com (John Thienes)

Date: Mon, 13 Sep 93 13:50:10 -0700

I created the following recipe, mostly out of desperation, to use the bounty o'erflowing from my garden. In spite of unseasonable summer weather in the Pacific Northwest, cool and wet this year, there is last ditch growth and ripening in the presence of recent warm sunny days from everything in an apparent effort to regain lost time.

Even though the combination of the fresh herbs may seem a bit odd, especially the inclusion of mint, let me commend this salad to you as a delightful, refreshing dish to accompany your [late] summer dinners.

2 pints cherry tomatoes
1/2 cup chopped fresh basil
1 cup chopped fresh parsley
1/4 cup chopped fresh mint
1 clove garlic, minced
1/2 cup homemade mayonnaise
salt and pepper to taste
Romaine lettuce
French bread

Quarter the tomatoes into a medium mixing bowl. In a small bowl combine the basil, parsley, mint, and garlic making sure all of the herbs are well mixed. Stir the mayonnaise into the herbs, making a "green" dressing. Add salt and fresh ground pepper to your taste. Carefully mix the dressing into the tomato quarters until they're all covered. Cover the bowl and let it "rest" until just before serving.

Make individual servings of Romaine lettuce torn into bite sized pieces. Serve the tomatoes over the lettuce. Pass the pepper grinder around for those who want more pepper, and soak up the salad "juices" with fresh French bread.

Serves 4-6.

Note: The homemade mayonnaise was made from Anna Thomas's second volume of *The Vegetarian Epicure*, however, I'm sure that most any other favorite homemade mayo will do.

[amyl](#)