

History of Salads

Coleslaw: A cold salad made with shredded cabbage mixed with mayonnaise as well as a variety of ingredients.

The term coleslaw is a late 19th century term, which originated in the United States. Cole slaw got its name from the Dutch “kool sla” – the word “kool” means cabbage and “sla” means salad – meaning simply, cabbage salad. In English, that became “cole slaw” and eventually “cold slaw.” The original Dutch “kool sla” was mostly served hot.

Waldorf Salad: A classic American fruit salad that usually consists of apples, lemon juice, celery, walnuts and mayonnaise.

Oscar Michel Tschirky is usually given credit for creating this salad for a private party on the pre-opening of New York’s Waldorf Astoria Hotel on March 13, 1893. He was known as “Oscar of the Waldorf.” Tschirky compiled a cookbook called The Cook Book by Oscar of the Waldorf and gave the recipe for this salad using only apples, celery and mayonnaise. At some point, walnuts were added to the recipe.

Caesar Salad: This salad consists of greens (classically romaine lettuce) with a garlic vinaigrette dressing.

Caesar salad is probably one of the best known salads but with so many variations being made and served today. It was invented by Chef Caesar Cardini in Tijuana, Mexico in the 1920s. The original recipe consisted of romaine lettuce, garlic croutons, shavings of parmesan cheese tossed in a creamy dressing made of egg, olive oil, vinegar and/or lemon juice, garlic, worchestershire sauce, salt and pepper. Contrary to popular belief, the original Caesar salad recipe did not contain pieces of anchovy. It is believed that the inventor was opposed to using anchovies in his salad. It was also believed that the lettuce leaves were often served whole because it was meant to be lifted by the stem and eaten with the fingers.

Classic Vinaigrette Dressing

Ingredients:

2 tbsp red wine vinegar

2 tsp Dijon mustard

½ tsp salt (could you less)

Pepper to taste

1/3-1/2 cup olive oil (amount depends on the consistency you want)

Directions:

1. Whisk 2 tbsp red wine vinegar, 2 tsp Dijon mustard, salt and pepper together.
2. Gradually whisk in 1/3 to ½ cup olive oil until all is mixed together and you've reached the consistency you like.

Italian Dressing

Ingredients:

2 tbsp minced red onion

½ garlic clove

2 tbsp fresh parsley

1 tsp dried oregano

½ tsp salt (could use less)

2 tbsp red wine vinegar

½ cup olive oil

Directions:

1. Soak 2 tbsp minced red onion in cold water for 15 minutes then drain. (helps soften flavor for raw use)
2. While red onion is soaking, pile garlic, parsley, oregano and salt on board; chop and mash into a paste.
3. Slowly whisk the red wine vinegar and onion with paste.
4. Lastly, gradually whisk in ½ cup olive oil.

Light Ranch Dressing

Ingredients:

½ cup buttermilk
¼ cup nonfat Greek Yogurt
2 tbsp parsley
2 tbsp chives
1 tbsp cider vinegar
½ tsp salt (could use less)
¼ tsp sugar

Directions:

1. Whisk buttermilk, yogurt, parsley, chives, cider vinegar, salt and sugar together until well blended.

French Dressing

Ingredients:

¼ cup olive oil
¼ cup water
3 tbsp red wine vinegar
2 tbsp tomato paste
2 tbsp ketchup
2 tbsp brown sugar
½ tsp paprika
½ tsp salt (could use less)

Directions:

1. Whisk together all ingredients until incorporated together.

Food Processor Mayonnaise

Ingredients:

- 1 egg or $\frac{1}{4}$ cup egg substitute
- $\frac{1}{4}$ tsp. salt (could us less)
- $\frac{1}{8}$ tsp. white pepper
- $\frac{1}{2}$ tsp. dry mustard
- 1 tsp. sugar
- 2 tbsp. vinegar
- 1 cup oil

Directions:

1. Measure all ingredients, except oil, into the bowl of a small food processor fitted with the metal blade.
2. While food processor is running, pour $\frac{1}{4}$ cup oil at a time.
3. The oil will drizzle in a thin stream into egg mixture.
4. Continue to add $\frac{1}{4}$ cup oil until all oil is added and incorporated into the egg mixture.

*Variations of mayonnaise may be made by folding in snipped herbs, cheeses, catsup, pickles, etc.

Yield: 1 $\frac{1}{2}$ cup

Garden Coleslaw

Total Time: 45 minutes

Yield: 12 servings

Ingredients:

- 1 medium head cabbage, shredded
- 1 carrot, shredded
- 2 cups mayonnaise
- 1 cup cider vinegar
- ½ cup white sugar
- 3 tbsp. green onion
- Pepper to taste

Directions:

1. Split open the head of lettuce by smacking the stem on the counter, cutting board or other hard surface.
2. Cut the head of lettuce down the center, cut each in half. If you want smaller pieces, repeat.
3. Begin shredding the pieces by either box or hand grater or food processor.
4. In a large bowl, combine shredded cabbage and carrots.
5. In a medium bowl add 2 cups mayonnaise, vinegar, sugar and green onion. Stir until well blended.
6. Pour dressing mixture over cabbage and carrots and toss well. Chill and serve.

Fruit and Spinach Salad

Yield: 8 (1cup) salads

Ingredients:

- 2 cups strawberries sliced or mandarin oranges
- 8 oz. fresh spinach, washed and stems removed
- 1 cup walnuts or sliced almonds

Ingredients for Dressing:

- 1/3 cup sugar
- 1/2 cup vegetable oil
- 1/4 cup white vinegar
- 1/8 tsp salt (could use less)
- 1/4 cup ketchup
- 12 tbsp. Worcestershire sauce (low sodium)
- 1/8 tsp celery seed
- 1 onion finally chopped

Directions:

1. In a large bowl, combine the spinach and fruit together. Refrigerate until chilled.
2. Mix the dressing ingredients together in a blender and mix well.
3. Pour dressing over chilled fruit and spinach; toss to coat and sprinkle with walnuts or almonds.