

## SALADS

Green Salads .....	2	Vegetable Salads.....	15
An Even Greater Caesar Salad.....	2	Bean Salad .....	15
Caesar Salad.....	2	Broccoli Salad.....	15
Feta and Walnut Spinach Salad with		Cauliflower Salad .....	15
Basil Dressing .....	2	Cole Slaw .....	16
Greek Salad.....	3	Cole Slaw with Celery Seed and Sour	
Green Salad Italian Style .....	3	Cream Dressing.....	16
Hot Spinach Salad.....	3	Corn Salad.....	16
Our Favorite Green Salad with Blue		Cucumber and Tomato Salad.....	17
Cheese Dressing.....	4	Green and White Salad Platter.....	17
Spinach, Pear and Bacon Salad.....	4	Green and White Salad Platter.....	17
Spinach Salad.....	5	Green Bean, Watercress, and Radish Salad..	18
Beef, Chicken and Seafood Salads .....	5	Marinated Carrots .....	18
Asparagus and Crabmeat Salad .....	5	Marinated Cauliflower, Broccoli and	
Avocado Stuffed with Crab Meat .....	5	Kidney Beans.....	18
Avocado and Seafood Salad .....	6	Marinated Cucumbers.....	19
Chicken and Cucumber Salad.....	6	Marinated Mushroom Platter .....	19
Cold Beef Salad with Ginger Dressing.....	7	Marinated Vegetable Salad.....	19
Cucumber Namasu.....	7	Nancee's Wearing of the Green .....	20
Fonduloha .....	8	Potato Salad .....	20
Frozen Chicken and Pineapple Salad.....	8	Salad Champenoise.....	20
Hot Chicken Salad .....	8	Sesame Broccoli Salad.....	21
Lobster-stuffed Tomatoes.....	9	Tomato Aspic.....	21
Molded Lemon-shrimp Salad .....	9		
Oriental Express Chicken Salad .....	9		
Sow See Guy.....	10		
Fruit Salads .....	11		
Cranberry Port Wine Jello Salad .....	11		
Cranberry Salad Mold.....	11		
Frozen Fruit Salad.....	11		
Margaret's Jello Salad .....	12		
Molded Cranberry Sour Cream Salad.....	12		
Molded Strawberry-pineapple Salad .....	12		
Papaya-Mandarin Salsa.....	12		
Pasta and Rice Salads.....	13		
Farfalle and Broccoli Salad with			
Gorgonzola Dressing .....	13		
Hearty Macaroni Salad .....	13		
Rice Salad with Fruit and Cheese.....	13		
Rice-Seafood Salad.....	14		
Wild Rice and Shrimp Salad With			
Curry Dressing .....	14		
Wild Rice Salad with Apples and Walnuts..	14		

---

## Green Salads

---

### An Even Greater Caesar Salad

- 7 garlic cloves
- 3/4 cup mayonnaise
- 4 canned rolled anchovy fillets with capers, drained
- 2 tablespoons plus 1/3 cup freshly grated Parmesan cheese
- 1 tablespoon fresh lemon juice
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1/4 cup olive oil
- 4 cups 1/2-inch bread cubes made from day-old bread, crusts trimmed
- 1 large head romaine lettuce, tear into bite-size pieces

Mince 3 garlic cloves in processor. Add mayonnaise, anchovies with capers, 2 tablespoons Parmesan cheese, lemon juice, Worcestershire sauce and mustard and process to blend. Transfer to a medium bowl. Season with salt and pepper.

Heat oil in a heavy skillet over low heat. Cut remaining 4 garlic cloves in half. Add to skillet and cook until garlic is golden brown, stirring frequently, about 8 minutes. Using slotted spoon, remove garlic from skillet and discard. Add bread cubes to skillet and cook over low heat until golden brown, stirring frequently, about 15 minutes. Remove from heat. Season with salt and pepper. Cool to room temperature.

Place lettuce in a large bowl. Toss with enough dressing to coat. Add remaining 1/3 cup of Parmesan cheese and croutons and toss gently to blend.

Divide salad among 4 plates and serve.

I found that this is really enough salad for six people, or possibly even eight if you want just a small salad with a multi-course meal.

*MEP - Bon Appetit*

---

### Caesar Salad

- 1 large head of romaine, washed and dried and torn into bite-sized pieces, should be about three quarts
- 1/3 cup salad oil
- 1/3 cup freshly grated Parmesan cheese
- 1/3 cup crumbled Blue cheese salt and freshly ground pepper to taste
- 1 clove garlic, finely minced
- 1/4 cup anchovies, finely chopped (optional)
- 1 raw egg
- 1/4 cup lemon juice or the juice of 1/2 lemon
- 1/2 cup croutons

Prepare lettuce. Place in plastic bag and chill in the refrigerator for 2-3 hours. Place greens in a large wooden salad bowl. Add salad oil, Parmesan and Blue cheese, salt, freshly ground pepper, garlic and anchovies. Toss to coat lettuce.

Break egg over greens. Pour lemon juice over egg. Toss well. Sprinkle with croutons and serve immediately on chilled plates.

Serves 4 to 6 I have tried a number of recipes and this one is my favorite.

*MEP*

---

### Feta and Walnut Spinach Salad with Basil Dressing

- 1 bunch fresh spinach, torn into bite-size pieces
- 1 small avocado, thinly sliced
- 1/2 medium sized red onion, thinly sliced
- 1/2 cup crumbled feta cheese, about 4 ounces
- 1/2 cup coarsely chopped walnuts

Toss spinach, avocado, onion, feta and walnuts in a large bowl. Pour Basil Dressing over and toss. Serve immediately.

#### Basil Dressing

- 1/2 cup olive oil

- 1/4 cup red wine vinegar
- 1 tablespoon dried basil, crumbled
- 2 tablespoons sugar
- 2 large cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper

Salad Dressing: Combine all ingredients in blender or processor and mix well. Store in jar with a tight-fitting lid in refrigerator. Shake dressing well before using.

Serves 6.

*MEP*

## **Greek Salad**

- 1 head romaine lettuce, rinsed and torn into bite-sized pieces
- 1 medium green bell pepper, thinly sliced
- 2 medium tomatoes, cut into 8 wedges each
- 1/4 cup pitted sliced Kalamata olives
- 1/4 cup crumbled feta cheese

### Dressing

- 3 tablespoons fresh lemon juice
- 2 teaspoons olive oil
- 1 teaspoon fresh chopped oregano
- 1/4 teaspoon black pepper

In a small bowl, combine the lemon juice, oil, oregano, and pepper. Mix well and set aside. Dry the lettuce thoroughly. Place in a large salad bowl. Add peppers, tomatoes, olives, and feta. Pour the dressing over the salad. Toss gently. Serve immediately.

Serves 4.

*RGP*

## **Green Salad Italian Style**

### Salad Ingredients

- 3 cups salad greens
- 4 large mushrooms, thinly sliced
- 4 radishes, thinly sliced

- 1 small zucchini, thinly sliced on the diagonal
- 4 green onions, thinly sliced (tops and all)
- 1 tomato, cubed

### Basil Dressing

- 4 tablespoons white wine vinegar
- 4 tablespoons lemon juice
- 8 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1 teaspoon basil
- 1 tablespoon chives

freshly ground pepper to taste

Wash and dry lettuce and break into bite-sized pieces. Chill for an hour or so in a plastic bag in the refrigerator. Mix the lettuce with the mushrooms, radishes, zucchini, onions and tomatoes.

Place all the dressing ingredients in a blender and mix for about 2 minutes. Pour over salad ingredients and mix to blend dressing with all the salad ingredients.

Serves 6.

This is an excellent salad to serve with spaghetti.

The basil dressing is excellent over a simple salad of sliced tomatoes or sliced tomatoes and cucumbers.

*MEP*

## **Hot Spinach Salad**

- 2 quarts spinach
- 6 slices bacon, chopped
- 1/2 onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 4 teaspoons sesame seeds
- 2 tablespoons honey
- 1/4 cup white wine vinegar
- croutons (optional)

Fry bacon until crisp and remove from pan with a slotted spoon. Add onion, garlic and sesame seeds to bacon grease and fry until onion is golden brown. Add salt and freshly ground pepper. Mix honey and vinegar together in a small bowl until honey is dissolved. Add to onion mixture and cook until bubbly.

Meanwhile wash and dry spinach and break into bite-sized pieces. Add bacon to spinach. Pour hot dressing over spinach. Toss well and serve immediately. Croutons can be added to top of salad if desired.

Serves 4.

*JPO -- a combination of several recipes*

---

### **Our Favorite Green Salad with Blue Cheese Dressing**

- 3 cups lettuce, I like to use a variety of lettuces
- 1 cup spinach
- 1/2 cup cauliflower, finely sliced
- 1/2 cup radishes, finely sliced
- 1/2 cup mushrooms, finely sliced
- 1/4 cup green onions, finely sliced
- 1 avocado, chopped (optional)
- 2 tomatoes, chopped (optional)

#### Salad Dressing

- 1 tablespoon sugar
- 1 cup mayonnaise
- 1 1/2 cups sour cream
- 1 tablespoon minced onion
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons cooking oil
- 1 tablespoon lemon juice
- 1/3 cup Blue cheese, crumbled

Wash salad greens, dry, tear into bite-sized pieces. Place in a plastic bag in the refrigerator for an hour or so to chill. Put salad greens and other salad ingredients in salad bowl.

Make dressing by mixing all the ingredients well in a blender or food processor. This makes

about three cups. Place in container and serve on the side. Any left over will keep for several weeks if kept in a jar with a tight fitting lid and refrigerated.

Serves 8.

*MEP*

---

### **Spinach, Pear and Bacon Salad**

- 1 cup diced bacon (about 5 ounces)
- 1/4 cup minced shallots
- 3 tablespoons Sherry wine vinegar
- 2 teaspoon Dijon mustard
- 2 teaspoons minced fresh thyme or 1 teaspoon dried
- 1/2 cup extra-virgin olive oil
- 1 1/2 cups ready-to-use spinach leaves
- 2 Bosc pears, halved, cored, and thinly sliced
- 1 medium-sized red onion, very thinly sliced
- 1 head radicchio, separated into leaves

Sauté bacon in nonstick skillet over medium heat until crisp, about six minutes. Drain on paper towels. Pour drippings in skillet into a bowl. Add shallots, vinegar, mustard and thyme and whisk to blend. Add oil and whisk to blend. Season with salt and pepper.

Combine spinach, pears, red onion and bacon in a large bowl. Toss with enough dressing to coat. Surround salad with radicchio leaves and serve.

The dressing can be made a day ahead and refrigerated, but needs to be re whisked. I like the dressing better if it is done in a blender. Although the recipe did not say to peel the pears, I like them better peeled. The original recipe called for pancetta -- an Italian salt-cured bacon, but I cannot buy it so I just use thick sliced bacon.

*MEP - Bon Appetit - November, 1997*

---

## Spinach Salad

- 1 pound spinach or one large head of romaine lettuce
- 1 medium red onion, thinly sliced
- 2 tablespoons freshly grated Parmesan cheese
- 2 hard boiled eggs, chopped
- 6 slices of bacon, cooked and crumbled
- 1 cup croutons

### Salad Dressing

- 1/2 cup salad oil
- 1/4 cup white wine vinegar
- 1/4 cup lemon juice

salt and freshly ground pepper to taste

Wash spinach. Remove stems and dry. Tear into bite-sized pieces, place in a plastic bag and refrigerate for several hours.

Half hour before serving place the salad dressing ingredients in a jar and shake well. Oil the spinach lightly with the dressing.

Just before serving place the spinach in a bowl and toss with the onion, Parmesan cheese, eggs and bacon. Sprinkle with croutons and serve immediately.

A hearty green salad, that everyone likes.

The dressing is a basic one and you can add basil or any other herb you like for a good green salad dressing.

*MEP*

---

## Beef, Chicken and Seafood Salads

---

### Asparagus and Crabmeat Salad

- 1 pound asparagus, trimmed
- 8 ounces crab meat
- 4 large Boston or butter lettuce leaves

### Salad Dressing

- 1 cup mayonnaise
- 1 tablespoon fresh lemon juice
- 2 teaspoons cocktail sauce
- 1 1/2 teaspoons minced shallots

1/4 teaspoon pepper

Whisk salad dressing ingredients in medium bowl. Cover and refrigerate until ready to eat. Can be prepared 3 days ahead.

Cook asparagus in large pot of boiling salted water until crisp-tender, about four minutes. Transfer to bowl of ice water and cool. Drain and pat dry.

Mix crab meat into mayonnaise. Season to taste with salt. Arrange one lettuce leaf on each plate. Top with asparagus. Spoon crabmeat mayonnaise over and serve.

Serves 4      The original recipe called for 1 1/2 teaspoons of tomato paste and 1/2 teaspoon of Dijon mustard. I prefer it made with the cocktail sauce. You can also add 1 chopped, hard-boiled egg to the crab mayonnaise but add when serving and not three days ahead.

*MEP - Bon Appetit*

---

### Avocado Stuffed with Crab Meat

- 3 avocados
- juice of one lemon
- 3/4 pound crab meat (can also use shrimp or lobster)
- 1/2 cup Thousand Island Dressing
- 1 yolk of hard boiled egg
- 6 crab legs or 12 black olives
- salad greens
- cherry tomatoes

Peel the avocados and cut in half. Dip the surfaces in the lemon juice to prevent darkening. Mix together the crab meat and the thousand island dressing. Fill the avocado cavities with mounds of crab mixture.

Garnish with sieved egg yolk and crab leg or black olive wedges. Serve on greens and add cherry tomatoes for color.

Serves 6.

This recipe is best if the crab and the dressing have a change in blend well together. Mix the crab and dressing together and refrigerate for at

least an hour before serving, two to three hours is even better.

MEP

---

## Avocado and Seafood Salad

- 3 cups Oregon shrimp
- 2 lobster tails, cooked and cubed, about 1 cup
- 3 stalks celery, finely chopped
- 4 hard boiled eggs, chopped
- 6 avocados, peeled and cut into bite-size pieces
- 1 avocado, peeled and sliced
- 1 hard boiled egg, sliced
- lettuce to line salad bowl

### Dressing

- 1/3 cup sour cream
- 1/3 cup mayonnaise
- 1/2 teaspoon celery salt
- 1/2 teaspoon garlic salt
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt

Combine seafood, celery and chopped egg. Making dressing by mixing all dressing ingredients together until thoroughly blended. Gently fold in avocado that was cut in bite-sized pieces. Chill for an hour or so. Line salad bowl with lettuce. Place seafood mixture in bowl and decorate with sliced egg and sliced avocado.

Serves 12.

Alternatives:

- Any four cups of cooked seafood will work.
- Instead of putting avocados into salad. Peel, seed and cut in half. Place on a lettuce leaf and fill with the seafood mixture for individual servings.

MEP

---

## Chicken and Cucumber Salad

*An oriental salad of slivered chicken breast and cucumbers in a spicy dressing*

- 1 skinless boneless chicken breast
- 2 cups chicken broth, (a 14 1/2 oz can Swansons plus water)

### Marinade

- 2 teaspoons cornstarch
- 1 tablespoon dry sherry, (NOT cooking sherry)
- 1 tablespoon egg white
- 1 teaspoon oil
- 1 teaspoon soy sauce
- 2 hot house cucumbers

### Dressing

- dash white pepper
- 1/4 teaspoon salt
- 1 teaspoon dry mustard
- 2 teaspoons sugar
- 1 teaspoon soy sauce
- 2 tablespoons white vinegar
- 1 clove garlic, mashed and chopped
- 1/2 stalk green onion, chopped
- 1 tablespoon sesame oil
  
- 2 teaspoons black sesame seeds

Trim off any visible fat from the chicken breast. Cut chicken into 1/8" x 1/8" x 2" slivers (it is important that the chicken be cut into very thin pieces -- they should look like match sticks -- see next page for instructions). Transfer to bowl. Add the marinade ingredients and mix together thoroughly. Let stand for 30 minutes.

Remove half of the cucumber peel by removing alternating strips with a vegetable peeler down the length of the cucumber. Cut the cucumber into pieces like the chicken either by cutting or (more simply) using a grater. Do not use the seed part.

Combine the dressing ingredients together to make the dressing.

Toast the sesame seeds in a dry skillet on medium heat until they start to pop. Bring the chicken broth to a boil over high heat.

Add the chicken strips, and stir to keep them separated. When the broth returns to a boil, remove the chicken with a strainer.

Mix the cucumber with 2/3 of the dressing. Arrange the cucumber on a serving plate. Place the chicken on top of the cucumber. Spoon the remaining dressing over the chicken. Sprinkle with the sesame seeds.

To cut chicken - Cut the chicken across the grain into slices 1/8" thick with a sharp knife. Each cut should go almost all the way through. After each cut, turn the knife sideways and lay the slice down flat. After the whole breast has been cut, it should resemble a deck of cards in a fan spread across a table. Go back over the breast, making vertical cuts every 1/8". The end result - nice slivers. If the breast is especially wide, you can cut the all of the pieces in two with a single final cut at right angles to the others.

Serves 4.

*RGP - Dorothy Huang Cooking Class*

---

## **Cold Beef Salad with Ginger Dressing**

- 2 tablespoons sesame seeds
- 2 cloves garlic
- 1 inch piece of fresh ginger
- 1 tablespoon sugar
- 1 tablespoon rice or white vinegar
- 1 tablespoon light soy sauce
- 1 tablespoon Oriental sesame oil
- 1 tablespoon peanut oil
- 1 1/2 pounds roast beef, thinly sliced
- 1 small red bell pepper
- 1 tablespoon salt
- 3 bunches scallions (green onions)
- 2 stalks celery

In a small skillet, toast the sesame seeds over medium heat, stirring constantly for about 2 minutes until lightly browned and fragrant. Set aside on a plate to cool.

Peel and mince garlic. Peel and mince enough ginger to have 2 teaspoons.

Combine garlic, ginger, sugar, vinegar, and soy sauce in a small bowl. Whisk continuously, gradually adding the sesame and peanut oil. Stir until well blended.

Cut roast beef into 1/4 inch strips. Should have about 4 cups.

Roast red bell pepper. When cool, remove skin and seeds. Cut into 1/4 inch strips, then cut strips in half.

Trim ends of celery and scallions. Cut celery on the diagonal into 1/8-inch-thick slices. Cut scallions into 3-inch-long pieces. Add salt to a quart of boiling water. Blanch celery for two minutes, add scallions and blanch another 15 seconds. Transfer vegetables to a strainer and refresh under cold running water. Drain and pat dry.

Combine beef, red bell pepper, celery, and scallions and toss to combine. Whisk dressing to recombine. Pour dressing over salad ingredients and toss until evenly coated. Place salad on a shallow serving bowl or platter and sprinkle the sesame seeds over the salad.

Serves 4 as part of the main course of an oriental style meal.

I get the roast beef from the deli and have them slice it. Recipe looks a little complicated, but it is easy, just takes a little time.

*MEP- Great Meals in Minutes*

---

## **Cucumber Namasu**

- 2 cucumbers
- 1 tablespoon sugar
- 1/4 cup white wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon monosodium glutamate
- 1/2 cup Oregon shrimp

Cut cucumbers in half lengthwise. Remove skin if desired. Slice the cucumbers in thin diagonal pieces and sprinkle lightly with salt. Set aside for 15 minutes, then squeeze the water out.

Combine the sugar, vinegar, salt and monosodium glutamate in a small bowl and whisk thoroughly. Add to cucumbers, add shrimp and toss lightly.

This is an oriental dish. Makes an excellent salad to serve with other oriental foods. Particularly good with sweet and sour dishes.

*MEP*

---

## Fonduloha

- 6 large fresh pineapples
- 7 1/2 cups cooked chicken or turkey, cubed (a turkey roll is an excellent way to get the meat needed)
- 2 1/2 cups diced celery
- 2 1/2 cups sliced bananas
  - 1 cup salted peanuts without skins
- 2 1/2 cups mayonnaise
  - 6 tablespoons chutney, chopped
  - 1/2 teaspoon curry powder
- 1 1/2 cups shredded or flaked coconut
  - 3 eleven ounce cans mandarin orange segments

Leaving green tops on, cut pineapples into fourths lengthwise. Cut around edges with a curved knife. Remove fruit and cube. Drain fruit and shells on paper towels.

Mix pineapple, chicken, celery, bananas and peanuts.

Blend mayonnaise, chutney and curry powder. Carefully toss mayonnaise mixture with pineapple mixture.

Fill each pineapple shell with the fruit mixture. Sprinkle with the coconut. Garnish each serving with the mandarin orange slices.

Serves 24.

An excellent recipe for a large luncheon. Add a fresh green vegetable with Hollandaise Sauce and a Dinner Roll and you have a perfect luncheon. For desert serve Russian Cream with Strawberries and your guests will think they are in heaven. This is the luncheon menu I designed

for a luncheon I was in charge of at the country club and it really was a hit.

If you are a curry lover, you could increase the amount of curry up to 1 tablespoon.

*MEP*

---

## Frozen Chicken and Pineapple Salad

- 1 1/2 cups cooked diced chicken or turkey
- 3/4 cup drained crushed pineapple
- 1 cup chopped pecans
- 1 cup whipping cream, whipped
- 1 cup mayonnaise

Toss together chicken, pineapple and nuts. Blend whipped cream and mayonnaise together and fold into chicken mixture. Freeze until firm.

*Serves 10 MEP*

---

## Hot Chicken Salad

### Dressing

- 3 tablespoons olive oil
- juice of 1/2 orange
- juice of 1/2 lemon
- 1/2 lemon rind finely julienned
- 1/2 orange rind finely julienned
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

### Chicken

- 1 pound chicken breast tenders
- 1 cup white wine
- 1 cup water

### Salad Base

- 2 cups fresh spinach leaves
- 1/2 head red lettuce, sliced 1 inch thick
- 3-4 cloves of garlic, pureed
- 1/8 teaspoon crushed red pepper
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- 1/2 cup cooked artichoke hearts
- 1 cup sun dried tomatoes

Mix all dressing ingredients well and set aside



Place water and wine in the bottom of a pan. Place the chicken in a steamer and place in the pan. Cover and cook over medium high heat for 10 minutes.

While the chicken is steaming, heat a large skillet over medium heat. When the pan is hot add the olive oil, red pepper, and the garlic puree. Stir lightly to coat the pan for 1 minute. Place the lettuce, spinach, tomatoes, and artichoke hearts in the skillet. Sprinkle with salt. Cover and cook over medium heat for 3 - 4 minutes.

To serve arrange the salad base on a plate and top with the chicken breasts. Spoon the dress over the top of each chicken breast tender.

Serves 4 - 6.

*JPO*

---

### **Lobster-stuffed Tomatoes**

- 2 cups diced cooked fresh lobster
- 1/2 cup diced fresh celery
- 1 1/2 tablespoons minced green pepper
- 1 tablespoon minced fresh onion
- 2 tablespoons chopped green olives
- 3 tablespoons mayonnaise
- 3 tablespoons finely chopped fresh tomato
- 2 teaspoons fresh lime juice
- 1 1/2 teaspoons salt
- 1 teaspoon crumbled dried marjoram
- 1/8 teaspoon freshly ground black pepper
- 1/8 teaspoon cayenne pepper
- 6 firm ripe tomatoes
- Bibb lettuce

Combine lobster, celery, green pepper, onion, and olives. Mix well. Blend together the mayonnaise, chopped tomato, lime juice, salt, marjoram, black pepper, and cayenne pepper. Stir dressing into the lobster mixture.

Cut a half-inch thick slice from the bud end of each tomato so it will sit level and reserve the slices. Cut tomatoes into wedges, leaving the wedges attached at the base. Spread the wedges

apart to look like flower petals. Fill with some of the lobster mixture, mounding it in the center.

Serve on Bibb lettuce, topping each mound of lobster with the reserved slice of tomato.

Serves 6.

*MEP - The New York Times Menu Cook Book by Craig Claiborne*

---

### **Molded Lemon-shrimp Salad**

- 1 package lemon jello
- 1 cup hot water
- 1/3 cup vinegar
- 1/2 cup mayonnaise
- 1 three ounce package cream cheese
- 1/4 pound Oregon shrimp
- 1/4 cup dill pickle, chopped

Dissolve jello in hot water. Let cool. Add remaining ingredients and stir to blend. Refrigerate until set.

Serves 4.

*MEP*

---

### **Oriental Express Chicken Salad**

#### Salad Ingredients

- 1/3 cup raisins
- 1 quart chicken stock
- 3 whole chicken breasts split in two
- 3/4 cup mayonnaise
- 3/4 cup sour cream
- 2 apples, cored and diced
- 1 cup diced celery heart
- 1 cup slivered almonds, toasted
- 1 bunch parsley, finely chopped
- 1 lemon, juiced
- salt and freshly ground pepper
- 1 head butter lettuce, separated into leaves
- 1 tomato, thinly sliced
- 1/3 cup Vinaigrette

Plumb raisins in warm water for about 20 minutes. Bring stock to a boil. Add chicken breasts, reduce heat and poach until chicken is

just cooked, about 10 minutes. Remove chicken breasts and cool. Stock can be saved and used again. Remove the bones and skin from the chicken and cut meat in 1/2 inch pieces.

Combine chicken, mayonnaise, sour cream, apples, celery, almonds, raisins, parsley, and lemon juice. Cover and refrigerate until ready to serve.

To serve, arrange lettuce and sliced tomato on a platter. Top with salad and sprinkle with the vinaigrette.

### **Vinaigrette**

- 1 garlic clove, peeled
- 1 teaspoon coarse salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon dry mustard
- 1 teaspoon Dijon mustard
- 1 egg beaten
- 2 tablespoons olive oil
- 2 tablespoons tarragon vinegar
- 1 teaspoon fresh lemon juice
- 1/4 cup peanut oil

Mash garlic and salt together to form a paste. Place in food processor together with pepper, mustards and beaten egg. Blend thoroughly. Slowly add vinegar and lemon juice while blending. Then add peanut oil in a very thin stream. Stop when all has been added or the dressing will break down. Makes about 1/2 cup.

Serves 6 to 8.

*MEP*

---

## **Sow See Guy**

### *Coriander Chicken Salad*

#### Chicken

- 3 whole chicken breasts
- 1/4 cup soy sauce
- 1 clove garlic, crushed
- 4 teaspoons sugar
- 1 tablespoon dry white wine
- 2 teaspoons Hoisin Sauce
- 1 egg yolk
- 1 teaspoon soy sauce

- 6 tablespoons or more sesame seeds
- ice flour
- 1 cup peanut oil

#### Dressing

- 1/4 cup sesame oil
- 1/4 cup white vinegar
- 2 tablespoons soy sauce
- 2-3 teaspoons sugar
- 1 teaspoon crushed red pepper
- 3 cloves garlic, minced
- 1 green onion, minced

#### Noodles

- peanut oil
- 2 ounces bean thread (also known as long rice, rice sticks, rice vermicelli, or cellophane noodles)

#### Other Ingredients

- 1 head iceberg lettuce, finely shredded
- 2 bunches green onions, slivered
- 1 bunch Chinese parsley, leaves only (also called coriander or cilantro)
- 1 tablespoon sesame seeds, toasted
- 1/2 cup chopped cashews, almonds, or peanuts

Preparation of the Chicken: This can be done a day ahead, which makes the preparation of this main dish salad much easier. Mix the soy sauce, garlic, sugar, wine and Hoisin sauce together to form a marinade. Marinate the chicken breasts at room temperature for 1-2 hours in the soy sauce mixture.

Remove and cut the skins of the marinated chicken into thin strips. With a very sharp knife, slice the chicken into fillets, as thinly as possible, detaching all meat from the bone.

Dip the skin and chicken pieces into egg yolk that has been beaten with 1 teaspoon soy sauce, then in sesame seeds and then in rice flour. In a large skillet, fry the chicken in hot peanut oil until crisp and brown. Drain well on paper towels, cool, then refrigerate until ready to serve.

Preparation of the Dressing: Combine all ingredients. Refrigerate until ready to mix salad.

Preparation of the Noodles: Heat 1/2 inch of peanut oil in a skillet until very hot. Fry the bean thread, a handful at a time. It will puff up immediately in the hot oil. Quickly remove to paper towels with a slotted spoon. Bean thread may be made a day ahead but covered tightly to retain crispness.

Completion of the Salad: Ten minutes before serving, cut the prepared chicken into thin strips. Combine in a large bowl with the shredded lettuce, green onions, Chinese parsley, sesame seeds and chopped nuts. Add the dressing and bean thread, and toss.

This looks complicated, but it really isn't if you fix the chicken and the bean thread the day before. It is unbelievably good and well worth the time and effort it takes to prepare this recipe. The first time I had this salad was at Ming's in Palo Alto where it is the specialty of the house. I often wondered how it was prepared and was delighted when I discovered this recipe in cookbook done by the Junior League of Palo Alto.

This is an excellent main dish salad. Serve with some hot rolls and a simple oriental fruit dish with fortune cookies and tea for a superb luncheon.

Serves 8.

*MEP - Private Collection # 1 - Junior League of Palo Alto*

---

## Fruit Salads

---

### Cranberry Port Wine Jello Salad

- 1 medium can crushed pineapple, drained saving liquid
- 1 package unflavored gelatin
- 1 large package dark cherry jello
- 1 cup hot water
- 1 cup cold water
- 1 cup port wine
- 1 can whole cranberries
- 1 8 ounce package cream cheese

sour cream

1/2 cup chopped nuts

Mix pineapple juice with one package of unflavored gelatin. Make jello using package directions and the pineapple juice and wine for the remainder of the liquid. Add the cranberries and pineapple after the jello is partially set up. Put salad in an attractive clear glass serving bowl or an 8 x 8 inch clear baking dish. When set up, thin the cream cheese with sour cream to spread easily. Sprinkle the top with nuts.

Serves 10.

*MEP*

---

### Cranberry Salad Mold

- 2 cups cranberries
- 1 whole orange, sliced
- 1 cup water
- 3/4 cup sugar
- 1 tablespoon gelatin (1 package)
- 2 tablespoons cold water
- 1/2 cup seedless grapes
- 1 cup diced celery
- 1/4 cup chopped nuts

Cook cranberries, orange, water and sugar together until cranberry skins pop open. Put through a fine sieve. Soften gelatin in cold water and dissolve in hot cranberry mixture. Chill until slightly thickened. Pour a thin layer of gelatin mixture into bottom of ring mold and arrange grapes in circle to form topping. Chill. Fold celery and nuts into remaining mixture and add to ring mold. Chill until firm. Serve with a fruit dressing.

Serves about 10.

A good salad for a holiday buffet when serving ham and/or turkey.

*MEP*

---

### Frozen Fruit Salad

- 1 three ounce package orange or strawberry jello

- 1 cup boiling water
- 1 six ounce can frozen lemonade concentrate
- 3 cups partially thawed Kool Whip
- 1 sixteen ounce can sliced peaches
- 1 eight 1/2 ounce can pear halves

Drain and chill fruit. Dissolve jello in boiling water. Add lemonade concentrate and stir until melted. Chill until slightly thickened. Blend in Kool Whip and fold in fruit. Pour into a 9 x 5 inch loaf pan. Freeze at least four hours.

Serves 12.

*MEP*

### **Margaret's Jello Salad**

- 1 can crushed pineapple, reserving juice water
- 1 large package of orange jello
- 1 cup hot water
- 1 eight ounce carton Kool Whip
- 1 cup finely grated cheddar cheese

Drain pineapple reserving liquid. Add enough cold water to the juice to make one cup total.

Dissolve the jello in hot water. Add pineapple juice with water, stirring to blend. Add pineapple and chill until set up.

Stir in Kool Whip and cheese. Put into a 9 x 13 inch or 8 x 11 inch casserole. Can also be placed in a mold or in a clear glass bowl.

*MEP - Margaret Anderson*

### **Molded Cranberry Sour Cream Salad**

- 2 cups hot water
- 2 3 ounce packages cherry flavored gelatin
- 1 1 pound can whole cranberry sauce
- 1 pint sour cream
- lettuce or other crisp greens

Pour hot water over flavored gelatin and stir until dissolved. Add cranberry sauce and mix well. Chill until thick and syrupy and then fold

in sour cream. Turn mixture into a 1- and-1/2 quart mold. Refrigerate at least two hours or until firm. Unmold on platter lined with lettuce or greens.

*MEP*

### **Molded Strawberry-pineapple Salad**

- 1 package strawberry jello
- 1 cup boiling water
- 1 small package frozen strawberries
- 1 can pineapple chunks, drained.

Dissolve jello in boiling water. Add strawberries while still frozen. Their liquid will make up for the usual cup of cold water. Mix until strawberries are thawed. Refrigerate until slightly set. Add pineapple and refrigerate until firm. Will take about an hour.

Serves 4 to 6.

*MEP*

### **Papaya-Mandarin Salsa**

- 1 small jicama
- 1 papaya
- 1/4 cup mandarin orange slices
- 1 two-inch piece of ginger root
- 2 tablespoons minced white onion
- 2 tablespoons chopped cilantro
- 3 tablespoons fresh lime juice

Peel the jicama and cut into a 1/4 inch dice. Peel the papaya, halve, and remove the seeds. Cut it into a 1/2 inch dice. Coarsely chop the mandarin orange slices. Peel the ginger, then thinly slice and cut into julienne strips. Combine all of the ingredients and let sit for fifteen minutes to let the flavors combine.

*RGP*

---

## Pasta and Rice Salads

---

### Farfalle and Broccoli Salad with Gorgonzola Dressing

- 1 pound broccoli, tops cut into 3/4-inch florets, stems cut into 1/4-inch thick rounds
- 1 pound farfalle (bow-tie) pasta
- 2-3 tablespoons olive oil
- 3/4 cup mayonnaise
- 1/2 cup sour cream
- 3 tablespoons white wine vinegar
- 8 ounces Gorgonzola cheese (about 2 cups) crumbled
- 6 green onions, chopped
- 3 celery stalks, thinly sliced
- 3 tablespoons chopped fresh parsley
- salt and pepper to taste

Cook broccoli stems in large pot of boiling salted water for 2 minutes. Add florets and cook until stems and florets are crisp-tender, about 2 minutes longer. Using slotted spoon, transfer broccoli to strainer. Refresh under cold water. Drain.

Add olive oil to same pot of water and bring to a boil. Add pasta; cook until just tender but still firm to bite. Drain.

Whisk mayonnaise, sour cream and vinegar in large bowl. Add half of Gorgonzola cheese. Using rubber spatula, mash until cheese is almost smooth. Stir in remaining cheese. Add pasta, green onions, celery, parsley, and broccoli and toss to coat. Season salad to taste with salt and pepper.

Cover and refrigerate until cold, about 2 hours. Can be made a day ahead.

Serves 8 to 10.

*MEP - Bon Appetit*

---

## Hearty Macaroni Salad

- 3 cups chilled cooked macaroni (about 1 1/2 cups uncooked)
- 1 eight ounce can tuna fish
- 1 cup diced cucumber
- 1/2 pound Cheddar cheese, cut into 1/2 inch cubes
- 2 stalks celery, chopped
- 2 tablespoons minced onion
- 2 tablespoons finely chopped parsley
- 4 hard boiled eggs, chopped
- salt and freshly ground pepper to taste
- mayonnaise
- cream

### Garnishes

- hard boiled egg slices
- green pepper slices
- black olive slices

Toss together the macaroni, tuna fish, cucumber, cheese, celery, onion, parsley and hard boiled eggs. Thin the mayonnaise with a little cream. Add just enough to salad ingredients to bind them together. Garnish with any or all of the garnishes.

Serve 6 to 10 This is really what its name implies, a hearty salad. Makes an excellent luncheon salad when serve on a bed of lettuce or a good main dish salad on a hot day.

*MEP - Adapted from a Betty Crocker recipe*

---

## Rice Salad with Fruit and Cheese

### *Insalata di Riso con Frutta e Formaggio*

- 2 cups Arborio rice
- 1 large tart apple, cut into bite-sized pieces
- 6 pecan halves, coarsely chopped
- 4 ounces Fontina or Swiss cheese, diced
- 3 ounces cooked turkey, diced (Boar's Head Honey Maple turkey)
- 3 ounces ham, diced (Boar's Head Honey Maple ham)
- 3 tablespoons olive oil
- juice of two lemons

- 1 tablespoon Worcestershire sauce
- salt to taste
- freshly ground black pepper to taste

Bring two quarts lightly-salted water to a boil in a large saucepan. Add the rice, checking for doneness in about 16 minutes. The rice should be al dente; do not overcook! When the rice is done, pour it into a colander and rinse with cool water. Set aside to drain and cool completely.

When the rice has cooled, transfer to a large mixing bowl and add the apples, pecans, cheese, and meats. Gently stir to combine.

Sprinkle the remaining ingredients over the top and stir thoroughly to combine.

*RGP – from Kevin and Dana Kentner*

### **Rice-Seafood Salad**

- 1 can tuna fish
- 1 cup shrimp
- 1/2 cup black olives, chopped
- 1/2 cup celery, chopped
- 1/2 cup mayonnaise
- 2 tablespoons lemon juice
- 1/2 teaspoon curry powder
- 3 cups cold rice, cooked
- 2-3 tablespoons French dressing
- 1 avocado, peeled and sliced

Mix tuna fish, shrimp, olives and celery. Combine mayonnaise, lemon juice and curry. Pour mayonnaise mixture over tuna mixture. Add French dressing to rice and spoon onto a plate. Pour tuna mixture over rice.

Place avocado slices on the top.

A good inexpensive main-dish salad.

*MEP*

### **Wild Rice and Shrimp Salad With Curry Dressing**

- 3/4 cup wild and white rice mix
- 3/4 pound fresh mushrooms, sliced
- 4 tablespoons olive oil

- 3/4 pound shrimp
- 5 hard boiled eggs, chopped

#### Dressing

- 8 green onions, finely chopped
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- 1 cup sour cream
- 1 cup mayonnaise
- 1/8 teaspoon oregano
- 1/8 teaspoon thyme
- 1-2 teaspoons curry powder
- salt and pepper to taste

Sauté mushrooms in olive oil and add shrimp. Place cooked and cooled rice in a dish and add shrimp and mushroom mixture and chopped egg. Mix gently. Season with salt and pepper to taste.

Mix dressing ingredients together. Serve on the side or add to salad at last minute.

Serves 12 to 18.

*MEP*

### **Wild Rice Salad with Apples and Walnuts**

- 1 cup wild rice
- 2 cups water
- 1 tablespoon vegetable oil
- 1/4 teaspoon salt
- 1 cup coarsely chopped walnuts
- 1 celery rib, sliced
- 4 scallions, thinly sliced
- 1 cup raisins
- 1 medium red apple, (not delicious) cored and diced
- grated rind of 1 lemon
- lettuce leaves to serve salad on for lining salad bowl

#### Salad Dressing

- 3 tablespoons fresh lemon juice
- 2 cloves garlic, pressed
- 1/2 teaspoon salt
- freshly ground pepper to taste
- 1/3 cup olive oil

Put the wild rice in a strainer and rinse under cold water. Place rice in a medium saucepan along with the water, oil, and salt. Cover, bring to a boil, and reduce heat to simmer. Cook 50 minutes or until the rice is tender and all the water has been absorbed. When wild rice is done, it has a tender yet nubby texture.

Meanwhile, combine the walnuts, celery, scallions, raisins, apple, and lemon rind in a large bowl. In a jar with a tight fitting lid, combine the dressing ingredients and shake vigorously. Pour half the dressing on the apple mixture and toss well.

When the rice is done, let it cool until just warm. Combine with the fruit mixture and pour on the remaining dressing. Let sit at least 1 hour before serving at room temperature.

Serves 4 as a main course and 8 as a salad course.

*MEP*

---

## Vegetable Salads

---

### Bean Salad

- 3/4 cup sugar
- 2/3 cup salad oil
- 1 1/3 cups white vinegar
- 2 teaspoons salt
- 1 teaspoon pepper
- 2 cans green beans
- 2 cans yellow wax beans
- 2 cans red kidney beans
- 2 cans garbanzo beans
- 2 medium onions, thinly sliced
- 1 1/2 cups celery, chopped (optional)
- 1 green pepper, chopped (optional)

Heat sugar, salad oil, vinegar, salt and pepper until the sugar is dissolved. Drain all the beans thoroughly and mix. Pour heated sauce over the beans and add onion, celery and pepper. Let stand at least overnight in the refrigerator. Store in glass jars with screw tops. Will keep

indefinitely in the refrigerator and several days at room temperature.

This makes a substantial quantity so be sure your mixing bowl is really large.

A good recipe to feed a crowd at a picnic.

*MEP*

---

### Broccoli Salad

- 1 bunch broccoli
- juice and rind of half a lemon
- 1/2 cup olive oil
- 1 tablespoon red wine vinegar
- 1/2 tablespoon chopped fresh parsley
- 5 anchovy fillets, finely chopped
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon chopped garlic
- freshly ground black pepper

Cut broccoli into flowerets with 1-inch stems. Wash and drain broccoli.

Add lemon juice and rind to boiling salted water. Cook broccoli about four minutes until crisp tender. Drain in colander and run under cold water.

Mix oil, vinegar, parsley, anchovies, mustard, garlic, and pepper in a serving bowl. Add broccoli. Toss gently to coat flowerets. Let stand at room temperature until ready to serve.

A salad with zip that is a good accompaniment to bland main courses. Goes well with Linguine with Scallops.

*MEP - Great Meals in Minutes*

---

### Cauliflower Salad

- 2 cups thinly sliced cauliflower
- 1/2 medium red onion, thinly sliced
- 1/3 cup stuffed green olives, sliced
- 1/3 cup (two ounces) Blue Cheese, crumbled
- 1/4 cup green pepper strips
- crisp lettuce leaves

### Marinade

- 2/3 cup vegetable oil
- 1/2 cup white wine vinegar
- 1/2 teaspoon dry mustard
- 1 teaspoon basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Mix marinade ingredients thoroughly. Mix salad ingredients gently together. Pour marinade over salad ingredients cover tightly and refrigerated for at least two hours or over night. Stir gently occasionally to blend flavors. Serve on crisp lettuce leaf.

Serves 8.

*MEP*

---

### **Cole Slaw**

- 1 medium sized head of cabbage, shredded
- 3 tablespoons white wine vinegar
- 3 tablespoons sugar
- 1 cup mayonnaise
- 1 cup pineapple or green grapes (optional)

Shred cabbage. A food processor does the job really painlessly. To make dressing dissolve the sugar in the vinegar. Stir in the mayonnaise and continue stirring until you have a smooth mixture. Pour over cabbage and mix well. Add pineapple or grapes for a different taste and texture. Refrigerate for an hour or so to allow the cabbage to absorb the dressing.

*MEP*

---

### **Cole Slaw with Celery Seed and Sour Cream Dressing**

- 2/3 cup Quick Mayonnaise
- 1/2 cup sour cream
- 2 tablespoons white wine vinegar
- 2 tablespoons honey
- 2 tablespoons minced onion
- 6 cups finely shredded green cabbage

- 4 cups finely shredded red cabbage
- 1 teaspoon celery seeds

Whisk mayonnaise, sour cream, vinegar, honey and minced onion together.

In a large bowl toss shredded cabbages and celery seed. Pour dressing over cabbage and mix well. Chill for at least an hour.

### **Quick Mayonnaise**

- 1 large egg
- 5 teaspoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1/2 cup salad oil

Blend egg, lemon juice, mustard, salt and pepper in a food processor. Add the oil in a very slow stream and turn off just as soon as oil is gone.

Serves 6 to 8 *MEP*

---

### **Corn Salad**

- 4 cans white Niblets corn
- 1/2 cup chopped onion
- 1/2 cup chopped red pepper
- 1/2 cup chopped green pepper
- 1/2 cup salad oil
- 1/2 cup vinegar
- 1 teaspoon dried cilantro
- salt and pepper to taste

Place the corn, chopped onion, and chopped peppers in a bowl. Whisk together the oil, vinegar, cilantro, and salt and pepper. Pour dressing over corn mixture. Allow to marinate for several hours in the refrigerator to let flavors blend.

Serves 12 – 16.

A good salad for a barbecue. I like to use half yellow corn and half white corn.

*JPO*



---

## Cucumber and Tomato Salad

- 1 cup peeled and cubed cucumber (1 large cucumber)
- 2 cups cherry tomatoes halved, or 4 large tomatoes cubed
- 1/2 teaspoon finely minced garlic
- 2 teaspoons red wine vinegar
- 3 tablespoons cooking oil
- 1 tablespoon basil
- salt and freshly ground pepper to taste
- 1 tablespoon finely chopped parsley

Prepare cucumbers and tomatoes and set aside. Combine garlic, vinegar, oil, basil, salt and freshly ground pepper. Beat thoroughly with a whisk. Add cucumber, tomatoes, and parsley. Toss gently to blend. Serve on a bed of lettuce.

Serves 4

This is an excellent salad to use with a main dish that has a sauce, as this adds zip and crunch.

---

## Green and White Salad Platter

- 2 cups seeded and diced tomatoes (about 3/4 pound)
- 2 cups diced, seeded, and peeled cucumber (1 very large one)
- 1 cup diced red bell pepper (1 large pepper)
- 1/4 cup pitted Kalamata olives or other brine-cured black olives, halved
- 1/4 cup finely diced red onion
- 3 tablespoons finely chopped fresh Italian parsley
- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons red wine vinegar
- 1/2 teaspoon dried oregano
- 1/4 cup crumbled feta cheese (about 2 ounces)
- salt and pepper

Toss all the ingredients together in a medium bowl, except the cheese. Gently mix in cheese. Season with salt and pepper.

Serve at room temperature. Makes about 4 1/2 cups of salad.

*MEP: Bon Appetit*

---

## Green and White Salad Platter

- 1 large cauliflower
- 2 eight ounce packages frozen artichoke hearts
- 1/2 cup white wine vinegar
- 3/4 cup salad oil
- 1/2 teaspoon dry mustard
- 1/2 teaspoon garlic salt
- 1/2 teaspoon basil, crushed
- 1/8 teaspoon freshly ground pepper
- 1/4 cup finely minced onion
- crisp salad greens
- cherry tomato halves or wedges of tomatoes

Wash cauliflower and break into flowerets. Cook, covered in about 1 1/2 inches of boiling salted water just until tender (about 5 minutes). Drain and plunge into cold water. Drain again and place in a bowl. Cook artichokes according to package's directions. Drain, and plunge into cold water. Drain again and place in another bowl.

Meanwhile in a small bowl or jar combine the vinegar, oil, mustard, garlic salt, basil, pepper and onion. Stir and shake until thoroughly blended. Pour half of the dressing over each vegetable. Mix gently, cover and chill overnight, stirring several times.

Before serving, line a serving platter with lettuce. With a slotted spoon lift cauliflower from marinade and arrange in center of platter like a head of cauliflower. Place the tomatoes around the cauliflower. Lift the artichokes from the marinade with a slotted spoon and place around the cherry tomatoes. Serve the remaining marinade on the side.

Serves about 8 This is one of the best buffet salad, vegetable trays I have ever found. These vegetables need to be marinated the day before. This salad can be put together several hours

before serving and will stand up well. Never gets the droops. For a large dinner party, triple the recipe and put together on one large platter.

*MEP - Sunset Magazine*

---

## **Green Bean, Watercress, and Radish Salad**

- 2 1/2 pounds green beans, trimmed
- 1 bunch watercress, ends trimmed
- 1 1/2 thinly sliced radishes

### Dressing

- 1/4 cup fresh lemon juice
- 2 tablespoons distilled white vinegar
- 4 teaspoons Dijon mustard
- 1/2 cup olive oil
- 1/2 cup canned chicken broth
- 1 cup chopped watercress leaves
- salt and pepper to taste

Cook beans in large pot of boiling salted water until crisp-tender, about 5 minutes. Drain beans and rinse under cold water. Drain and pat dry.

Whisk lemon juice, vinegar, and mustard in a medium bowl to blend. Whisk in oil and broth. Add chopped watercress. Season with salt and pepper.

Toss beans, trimmed watercress, and radishes in bowl with dressing.

Serves 10.

*MEP - Bon Appetit*

---

## **Marinated Carrots**

- 2 pounds carrots, stemmed, pared and sliced (I prefer to use the mini carrots that are already peeled)
- 1 green pepper, stemmed, pared and sliced
- 1 small onion, quartered and sliced
- 1 can tomato soup
- 3/4 cup sugar
- 1 teaspoon dried mustard
- 1 teaspoon prepared mustard

- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 cup vegetable oil
- 3/4 cup vinegar (I like to use a tarragon wine vinegar)
- 1/2 teaspoon freshly ground pepper

Cook carrots until crisp and tender, then drain and cool. Add green pepper and onion. Blend remaining ingredients together and pour over vegetables. Place in a large jar and keep refrigerated. Let carrots marinate at least 2 days before serving. The carrots will keep 2 to 3 weeks.

Makes 2 quarts.

Serve carrots as a meat accompaniment or tossed with lettuce as a salad. I have also used these in clear crystal bowls for large appetizer style buffets. They add excellent color and can be made well ahead of time.

*MEP*

---

## **Marinated Cauliflower, Broccoli and Kidney Beans**

- 1 head of cauliflower
- 1 bunch of broccoli
- 1 large can kidney beans
- 2 cups cider vinegar
- 2 cups vegetable oil
- 2/3 cup sugar
- 3 teaspoons salt
- curry powder to taste (I use about 2 tablespoons)

Cook cauliflower and broccoli until crisp and tender. Rinse kidney beans under cold water to remove all their juice. Put vegetables in separate containers. The original recipe called for mixing the vegetables together, but when using this recipe for a large buffet, having them separate makes for a more attractive presentation.

Mix remainder of ingredients together for marinade. Pour marinade over vegetables. Let vegetables marinate for at least one day before serving.

I usually line an oval platter with lettuce leaves, place the broccoli and cauliflower in mounds in the center, and spoon the kidney beans around the outside.

*MEP*

---

### **Marinated Cucumbers**

- 2 cucumbers
- 1/2 cup white wine
- 1/2 cup vinegar
- 2 teaspoons salt
- 2 tablespoons sugar
- 1/2 teaspoon freshly ground pepper

Peel and slice cucumbers into 1/4 inch slices. Sprinkle with salt, pepper and sugar. Let stand for 1 hour, stirring occasionally. Add wine and vinegar, let stand for another hour, stirring occasionally.

Serves 4.

*MEP*

---

### **Marinated Mushroom Platter**

- 1 1/2 pounds mushrooms
- 1/2 pound Swiss or Gruyere cheese
- 2 cups celery, thinly sliced
- 1/3 cup lemon juice
- 1/2 cup salad oil
- 3/4 teaspoon tarragon, crushed
- 1/4 teaspoon dry mustard
- 1/4 teaspoon garlic salt
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- parsley
- crisp lettuce to line platter

Clean mushrooms and cut through stems into thin slices and place in a bowl. Cut cheese into match stick-sized slivers and place in another bowl with the celery.

In a small jar or bowl combine the lemon juice, oil, tarragon, mustard, garlic salt, salt and pepper. Shake or stir to blend thoroughly. Pour half the dressing over the mushrooms and half

over the cheese and celery. Mix to coat. Cover each and refrigerate overnight, stirring gently several times.

Cover platter with lettuce leaves. Using a slotted spoon arrange mushrooms on one half of the platter and the cheese and celery on the other half. Garnish with parsley. Drizzle the remaining marinade over the mushrooms and cheese and celery.

Serves 10 Another excellent buffet dish, but not as good as Green and White Salad Platter. The two go well together for a large buffet.

*MEP - Sunset Magazine*

---

### **Marinated Vegetable Salad**

- 2 cups cooked vegetables, any combination you like (a good way to use leftovers)
- 1/2 cup Cheddar cheese, cut into 1/4 inch cubes
- lettuce leaves

#### Vinaigrette Dressing

- 2 tablespoons salad oil
- 2 tablespoons white wine vinegar
- 4 teaspoons sugar
- 1 tablespoon finely chopped parsley
- 1/4 teaspoon onion powder or 1 tablespoon minced onion
- 1/2 teaspoon seasoned salt
- dash seasoned pepper

Mix cooked vegetables with the cheese.

Place all the salad dressing ingredients together and shake or beat thoroughly. Pour over vegetables and cheese. Marinate for an hour or more in the refrigerator. Serve on a bed of lettuce.

Serves 4.

*MEP*

---

## Nancee's Wearing of the Green

- 1 20 ounce package of frozen petite green peas, do not thaw
- 1/2 teaspoon basil
- 1/2 cup green onions or chives, sliced
- 1 cup bacon bits
- 1 cup cashews, chopped
- 1/2 cup of sour cream
- 1/2 cup mayonnaise

Mix the peas, basil, onions, bacon bits, and cashews together. Combine the mayonnaise and sour cream and add to salad ingredients. If salad is not as moist as you like add more sour cream and mayonnaise using equal parts of each. Let stand several hours or overnight to transfer the flavors.

*MEP*

---

## Potato Salad

- 8 medium potatoes, boiled in their skins in salted water
- 9-10 hard boiled eggs
- 2 1/2 cups mayonnaise
- 2 teaspoons regular mustard
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon celery salt
- 1 tablespoon instant minced onion or 1/4 cup minced onion
- 1 tablespoon dried parsley flakes or 1/4 cup minced parsley

Boil the potatoes and hard boil the eggs. Meanwhile, put the mayonnaise, mustard, salt, pepper, Worcestershire sauce, celery salt, minced onion, and minced parsley in a small bowl and mix thoroughly. Refrigerate the dressing for at least an hour to allow the flavors to blend.

When potatoes are cold, peel and cut into 1/2 inch cubes and place in large bowl. Chop eight of the eggs and add to the potatoes. Pour the dressing on the potatoes and eggs and mix

thoroughly. Taste for lack of salt or pepper and add if necessary.

Slice the remaining hard boiled egg(s) and garnish the top of the salad with it. Sprinkle with paprika.

The dressing should be sufficient to make the salad moist. Mustard gives it a good color and flavor.

Serves 8 to 10 This is the end result of combining several recipes and trial and error over the years. I have yet to serve this to anyone who did not like this potato salad. If I am serving this to company, I will line a salad bowl with lettuce leaves before adding the potato salad and garnishing it.

*MEP*

---

## Salad Champenoise

- 2 pounds of potatoes, cooked, peeled and thinly sliced
- 1 1/2 pounds green beans, cooked crisp tender, drained, and cut into 3 to 4 inch slices
- 1 small can anchovies, drained and cut into 1 inch slices
- 1 can small or medium pitted black olives
- 4 eggs, hard boiled and sliced

Salad Assembly: Line bottom of large glass serving dish with 1/3 of potatoes. Top with 1/2 the beans, anchovies and olives. Repeat layering, ending with last 1/3 of potatoes.

Garnish with sliced eggs and additional anchovies and olives, if desired.

Serve the Lemon-Mustard Dressing on the side.

Serves 8.

This is an excellent vegetable salad and a good change from the potato salad.

## Lemon-Mustard Dressing

- 3/4 cup Chablis or dry white wine
- 2 tablespoons dry mustard

- 8 egg yolks
- 2 cups vegetable oil
- 3 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh chives or parsley
- 1 teaspoon salt
- 1 teaspoon sugar

Dressing: Combine wine with mustard in large mixing bowl and let stand 1/2 hour. Add egg yolks and mix well with whisk (do not use electric mixer). Add oil very slowly beating constantly. When dressing is thick, blend in all remaining ingredients.

*MEP - Sunset Cook Book*

---

## Sesame Broccoli Salad

- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons Oriental sesame oil
- 2 tablespoons honey salt and pepper
- 12 cups broccoli florets (2 large bunches)
- 1/2 cup sesame seeds

Whisk soy sauce, vinegar, oil, and honey until blended. Season to taste with salt and pepper.

Steam broccoli florets until crisp-tender -- about five minutes. Cool.

Stir sesame seeds in heavy large skillet over medium heat until golden -- about five minutes.

Put broccoli in a large bowl. Add half the sesame seeds and the dressing, stirring to blend. Let marinate at room temperature at least 30 minutes or up to 2 hours, tossing occasionally.

With a slotted spoon, transfer broccoli to lettuce lined platter or bowl. Pour dressing over. Sprinkle with remaining sesame seeds.

*MEP - Bon Appetit, Light Fresh & Easy*

---

## Tomato Aspic

- 1 three-ounce package lemon jello
- 3/4 cup boiling water

- 1 can tomato soup
- 2 tablespoons vinegar or lemon juice
- 1 cup chopped celery
- 3 tablespoons chopped onion

Dissolve jello in boiling water. Add soup and vinegar or lemon juice. Stir until well blended. Chill until slightly thickened but not set and then add celery and onion. Pour into a mold and refrigerate until set.

Serves 6.

Alternatives

- Fill center of ring mold with cottage cheese mixed with mayonnaise, chopped green onion and chopped green pepper.
- Blend 1 cup of cottage cheese until creamy. Blend in 1/2 cup mayonnaise and 1 teaspoon white wine Worcestershire sauce. Stir in 1/2 cup finely chopped red and green pepper. Fill center of ring mold with this dressing.

*MEP*