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One Hundred & One
SALADS

COMPILED BY
MAY E. SOUTHWORTH



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CLASSIFICATION

FISH

EGG

MEAT

VEGETABLE

FRUIT

CHEESE

🍷 MAYONNAISE 🍷

PLACE in a shallow plate the yolk of one egg, and beat well with a silver fork. Add drop by drop, stirring constantly, about a half-pint of olive-oil. When it is thick and jelly-like cut with a tablespoonful of vinegar or lemon-juice and season with a saltspoonful of salt and pinch of cayenne. Have plate and all materials very cold. Should the egg curdle and obstinately refuse to thicken commence on another plate with a fresh yolk, and after it begins to thicken the curdled mayonnaise may be slowly added.

FRENCH DRESSING

ONE saltspoonful of salt and half a saltspoonful of pepper, beaten with three tablespoonfuls of olive-oil; when thick and creamy, add slowly one tablespoonful of vinegar or lemon-juice. This should never be mixed or put over the salad until the moment it is to be eaten. If liked, a teaspoonful of scraped onion can be added.

All lettuce and uncooked vegetables should be very fresh, well

washed, thoroughly dried and put
aside in some cold place until they
are perfectly crisp. Use only the
best pure olive-oil.



F I S H



❁ ASTORIA ❁

WRAP a small piece of salmon in a cloth and steam until tender. Pull the skin off while hot, press into shape and put on ice. Arrange the center hearts of lettuce on a platter, with cut slices of hard-boiled egg for a border. Place the salmon in the center, pouring on top a mayonnaise made green by mixing with it the juice of cold boiled spinach, pressed through a sieve. Over all sprinkle capers.

❁ BALTIMORE ❁

CHOOSE the small California oysters, so as not to cut them. Turn off the liquor, wash and drain, and to every cupful of these add a cupful of crisp white celery, cut into half-inch bits, and then split lengthwise. Mix these with mayonnaise dressing and put on the ice. When ready to use line the salad bowl with lettuce leaves, put the salad on top, garnished with pitted olives cut in half, and serve with mayonnaise.

BARATARIA

SHELL freshly boiled shrimps and put immediately on ice until ready to use. Then make a bed of the white crisp leaves of lettuce on a rather flat salad dish, lay the shrimps on top and cover with mayonnaise dressing. Serve with it lettuce sandwiches.

BOHÈME

SCALD large oysters in their own liquor just long enough to make them plump; drain and put on the ice. When ready for use lay each one on an ice-cold lettuce leaf, and sprinkle with finely cut cooked mushrooms. Put a spoonful of mayonnaise on the leaf and one stuffed pimento. Grate a little cheese over thin water wafers, put in the oven, heat and send to the table with the salad.

DEVONSHIRE

BOIL fresh halibut for ten minutes in salted water, drain, and flake. When ice cold lay on a bed of lettuce and garnish

with round slices of cold boiled potato and rings of lemon. Pour over it the following dressing: Take the yolk of a hard-boiled egg, put in a bowl and work smooth with one-half teaspoonful of salt and mustard each, add one cold boiled, mealy potato, mash smoothly, and by degrees two dessert-spoonfuls of cream, and two of oil (or four of oil). When all are well mixed put in one tablespoonful of vinegar.

EN RÉGLE

DISSOLVE a half-box of gelatine in three tablespoonfuls of cold water; add the juice of two lemons, half-pint of boiling water and a pinch of salt. Strain and turn into a ring mold, scattering a cupful of picked shrimps through it, and put on the ice. When firm the mold is held over boiling water for a moment to loosen it, and is then turned out on a bed of lettuce leaves, which are arranged on a round, flat platter. The rest of the shrimps are piled in the middle with tiny heart leaves of the lettuce. Serve with rich mayonnaise and decorate with cut lemon.

FISHERMAN

COOK fresh perch in boiling salted water until tender, drain and put on ice. When ready to serve flake the meat, and mix with shredded lettuce. Over the top place hard-boiled eggs cut in quarters and parsley cut fine. Serve with French dressing and lemons cut in quarters.

HADDON HALL

BOIL shad roe in salted water, with a slice of onion, for fifteen minutes; drain and pour over it a little vinegar and rub until the grains are separated. When ice cold mix with crisp shredded lettuce and French dressing and fill tomato shells. Serve on lettuce leaves, decorated with nasturtium leaves and blossoms, and more dressing. Make nasturtium sandwiches to go with this.

HARLEQUIN

CLEAN, skin and stew frogs' legs until tender; take them out of the water and cook them in milk for a few minutes to whiten. Remove bone and put in

ice-box. When ready to serve use an equal amount of shredded tender lettuce, and a few leaves of water-cress; mix with mayonnaise and turn on a bed of lettuce, and garnish with little tufts of celery tips, alternating with lemon and hard-boiled eggs, quartered lengthwise.

HOCHHEIMER

WASH, skin and bone salted anchovies, removing heads and tails; drain and dry them and shred with the fingers into tiny fillets. Cut a small crust of bread, sprinkle it with salt and rub with a clove of garlic and put it in the bottom of the salad bowl; fill with the crisp hearts of the lettuce and pour on the oil in which the salt and pepper have been dissolved, toss all up together until every leaf is thoroughly covered with oil and then squeeze on the juice of a lemon; remove the "chapon" (the crust) and put the anchovies on top, with slices of hard-boiled eggs and quarters of lemon. Serve with this brunetts, which are made of thin slices of brown bread spread with Neufchâtel cheese, put together like sandwiches, trimmed and cut in squares.

HUNGARIAN

TAKE small potatoes, boil and peel while warm; slice very thin with a silver knife, and to a pint of potatoes, mince one small onion, one pickled beet, one fresh cucumber sliced, a Dutch herring, four sardines and a spoonful of minced cold boiled ham. Mix all together and put on ice. Serve on lettuce leaves, with French dressing, and garnish with walnut pickles.

NEWBURG

REMOVE the meat of a lobster, reserving the creamy fat adhering to the body shell and the coral. Shred the lobster with a silver fork and cut the tender white part of celery into pieces the same size, allowing one-third as much as the amount of meat. Arrange the crisp, dry white lettuce leaves in the center of an oval platter, with the larger green on the outer edge, decorated with the claws. Mix the lobster meat and celery together with enough mayonnaise to moisten it, and heap in the center. The coral pound and pass through a sieve and mix

with the remaining mayonnaise. Pile this red dressing on top and put all on ice till ready to serve.

NIPPON

WASH shell-mussels clean, using a brush. Place them in a wire basket, and set in boiling water. When the shells open lift the basket, remove from the shells and drop them into hot melted butter, seasoned with salt, pepper and lemon-juice. Set on the ice, and when ready to serve mix with shredded lettuce and French dressing. With it serve thin buttered sandwiches of Boston brown bread.

PICNIC

PICK out the meat from a fresh, well-boiled crab, shred with the fingers and set on ice. Prepare a third as much celery as crab, by splitting and cutting in half-inch lengths, and put in ice-water. When ready to use arrange the lettuce in flat dish and on this lay the crab, and the celery wiped dry. Sprinkle a little cayenne and salt over this and serve with rich mayonnaise.

REGIS

SELECT medium large tomatoes of uniform size, remove the skins and carefully cut a piece from the top large enough to scoop out center, which is filled with small shrimps or chopped large ones, mixed with the tarragon mayonnaise. For the mayonnaise wash the tarragon leaves and put in boiling salted water for ten minutes, cool, squeeze dry and work through a sieve. Color the mayonnaise with this; or use the tarragon vinegar in mixing mayonnaise; or chop the tarragon leaves very fine and mix in the mayonnaise.

REMOULADE

PICK the shell from a fresh-boiled crawfish and have enough meat to make a cupful; to these add a half-cupful of cold cooked asparagus tips; toss lightly together and season with salt and paprika and put on a bed of lettuce leaves. Pour over it a dressing made of the yolks of two hard-boiled eggs, rubbed smooth, with sufficient oil to make it like thick cream; thin with a little

lemon-juice and season with salt and white pepper. Garnish the dish with the white rings of the hard-boiled eggs, and have all icy cold.

❁ RHODE ISLAND ❁

PLACE a half-pint of scallops in cold salt water for an hour, and then cook them for twenty-five minutes; drain, and marinate them by sprinkling over them one tablespoonful of vinegar, two of lemon-juice, and a pinch of salt; let them remain overnight on the ice. When ready to serve, make a mound of finely shredded cabbage, celery and green pepper, placing the cut scallops on top and decorating with pickled peppers and pimolas. Use a boiled cream mayonnaise, which is made by beating the yolks of three eggs lightly and adding one tablespoonful each of thick sweet cream, fresh butter and lemon-juice; one teaspoonful each of sugar and made mustard, a little celery salt, salt and pepper. Put in a double boiler and stir constantly until it thickens. This dressing is generally made the day before and kept on ice until needed.

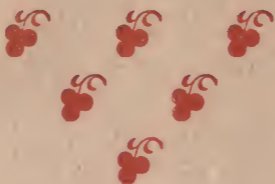
RICHARDSON

STONE ripe California olives to make a pint, and cut in half; to this add two pickles cut fine, and one cupful of small California oysters, washed and drained. Have a bed of lettuce leaves on rather a flat platter, with a square of ice in the center. Make a square hollow in the ice with a hot flat-iron, wipe dry and put the salad in this. Serve on lettuce leaves with mayonnaise, to which a spoonful of freshly grated horse-radish has been added. Pass with it pickle sandwiches.

TRÉBOUL

PUT a half-dozen eggs on in cold water and boil half an hour. Take from fire and put in cold water and let them remain until thoroughly cold. Remove shells and cut each egg in half with a thread held taut. Remove yolks, put in a bowl and rub to a cream; add one-quarter teaspoonful dry mustard, dash of cayenne, salt, a little lemon-juice and twelve sardines scraped fine, after removing skin and bone. Mix smooth and return this to the

empty halves of the eggs. Cover the bottom and sides of salad dish with crisp lettuce leaves and lay the half-eggs in circle on top, with mayonnaise in center.



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BANTAM

CUT hard-boiled eggs in half; remove yolks and mash smooth; add an equal bulk of canned deviled chicken or turkey and moisten with mayonnaise. Shape into balls and fill center of eggs again, and press together and put on ice until ready to serve. When ready lay the whole eggs in a circle on a nest of crisp lettuce leaves, with mayonnaise dressing heaped in the center; garnish with capers and nasturtium leaves and blossoms.

DAISY

TAKE the shells from hard-boiled eggs while hot and put them in warm beet-juice and water, and let stand until colored a delicate pink. Make a bed on each individual plate of small lettuce leaves by placing together the stem ends in the center. Cut the eggs in half, lengthwise, remove the yolks whole and place each half in the center over the ends of the lettuce leaves; around this arrange the pink white of the egg, cut in narrow oval lengthwise strips to resemble the

petals of a flower. Put on ice, and just before serving pour over it a rich French dressing. Serve with this salad, Welsh sandwiches, which are made by rubbing together one part sweet butter and two parts mild soft cheese, flavored with tarragon vinegar, and putting between thin slices of bread.

ŒUFS FRANCIS

COVER the eggs with cold water and let boil for half an hour; remove and douse in cold water until thoroughly chilled, then cut in half, lengthwise, and put yolks into bowl, with a large spoonful of butter, and mash smooth; add a few cracker-crumbs and one cold boiled French carrot, chopped fine; season to taste with lemon-juice, salt and paprika. Return this mixture to the white shells and lay all in a nest of crisp lettuce leaves. Serve with this salad on each plate a small, thin slice of cold broiled ham.

RÔBÈRT

BOIL eight eggs very hard, cut each in half, take out yolks, and mash to a cream. Add a piece of butter the size of an

egg, a half-teaspoonful each cayenne pepper and salt, one teaspoonful Worcestershire sauce, one tablespoonful of chopped parsley and five cents' worth of shrimps chopped fine. Mix well and fill the empty whites with this mixture. Select sixteen large, fine tomatoes, and after skinning, put them on ice to have as cold as possible. Hollow out center, and sink in each the half of a stuffed egg. Serve on lettuce leaves, arranged so that every two will be in round, cuplike shape, on which is placed a tomato. Serve with mayonnaise sauce, seasoned with two drops of onion-juice.



M E A T



BLINGAM

RUB each plate with garlic, and put on it one thin slice of cold boiled ham. Just before serving, tear lettuce leaves into pieces and toss up in salad bowl with French dressing, and serve on the ham.

JOHANATHAN

PUT a pint of Lima beans into just enough boiling salted water to cover them, and boil slowly until tender. Drain off the water; add three medium-sized cold boiled potatoes, cut into thin slices, one stalk of celery chopped, one peeled uncooked sour apple sliced and a little cold boiled beef-tongue cut in wafers; mix with French dressing and put in the refrigerator. At serving time lay on crisp lettuce leaves and garnish with parsley and rings of hard-boiled eggs, having round pieces of red pickled beet cut and fitted into the center of each yolk, and pour over more dressing.

MOUSSE

BOIL a chicken the day before needed and pick from the bone, strain a cupful of the stock and season with salt, white

pepper, celery salt, and one table-
spoonful of sherry; put on the
fire, and when hot stir in a cupful
of the chopped chicken, and lastly
the yolks of two eggs well beaten.
Take instantly from the fire, and
add one tablespoonful of gelatine,
which has been dissolved in a little
water. When cool put in a cupful
of whipped cream and the whites
of three eggs beaten stiff; beat all
together with an egg-beater until
nearly cold, and then put in a mold
and set on the ice. When ready
to use turn from the mold on a
bed of lettuce leaves, and serve in
slices, laying each on a lettuce leaf
with a spoonful of mayonnaise
dressing.

OLD VIRGINIA

RUB a young fowl with pep-
per and salt, put an onion
inside and steam until tender.
When cold separate the meat from
the bone and tear into tiny bits.
To one cupful of chicken, allow
one-half cupful of crisp white celery,
cut into half-inch lengths and then
into strips. Mix the chicken and
celery together with a little may-
onnaise. Heap this mixture in the
center of the salad bowl, with the

fresh white tops of the celery leaves arranged about the edge. Pour the remainder of the mayonnaise on top and put in the refrigerator until time to serve.

PIEDS DE COCHON

WASH and clean pigs' feet, place them in a kettle with two onions, two carrots, one celery stalk sliced, some thyme and laurel, cover with cold water and allow to cook until tender, which will be about four hours. Let them remain in this water until cold, then remove and place on ice. When ready for salad, line dish with lettuce leaves, cut the pigs' feet into tiny bits and mix with chopped parsley and young onions, lay on the lettuce and pour over all a French dressing.

POLISH

CUT the meat from cold game and make into convenient bits; moisten with French dressing and put on the ice for several hours. When wanted make a bed of the long crisp leaves of Romaine lettuce on a flat dish,

stem ends all in the center. Arrange a chain-like pattern on the outer edge of the lettuce of the whites of hard-boiled eggs cut in rings, and pile the game in the center. Over the whole sprinkle the yolks, put through a vegetable press, and serve with French dressing.

RUSSIAN

CUT cold roast beef into little dice about the size of a pea, and with it cut up fine, thin, crisp slices of cold broiled bacon; add a little chopped sweet Spanish pepper. Put the lettuce leaves on a platter and pile the mixed salad in the center, with cut pickles and olives on the edge. Serve with French dressing.

WEST POINT

BOIL an onion and stalk of celery for twenty minutes in one pint of tomatoes, strain and pour upon one-half box of gelatine, which has been soaked one hour in one-half cupful of cold water; season with salt and cayenne, put in a mold, and on ice. When

cold and firm turn from the mold on a bed of lettuce leaves, making a hollow in the center of the jelly and filling it with chicken salad covered with mayonnaise.



VEGETABLE



ARMY CUPS

CUT the roots off the celery heads and boil until tender.

Drain, take off rough outer stalks, and scoop out a little of the center with a sharp knife. Fill this cavity with a spoonful of cold boiled peas, drained perfectly dry, and place the cups on ice. When icy cold, and just before serving, cover the entire top of each with mayonnaise, and place on a bed of the crisp top leaves of celery and garnish with parsley and cut lemon.

BOSTON

SELECT the small white bean; soak overnight, and boil in salted water until the skins blow off; drain and put on ice. Cut tomatoes, peppers and onions in small pieces to make one-half the quantity of beans. At the last moment toss all together with French dressing to which has been added a little tabasco, and serve on lettuce leaves.

BOURGEOISE

TAKE cold boiled spinach, drain and season with butter, pepper, salt and lemon-juice, and press into shallow cups

to shape. Put on ice and let remain overnight, if possible. Remove from cups, hollow out a little round place in center of each, and fill with mayonnaise. Garnish the individual plates with watercress and egg rings.

CHILE

TAKE the middle heart of four heads of lettuce, wash carefully, and wipe dry. Separate the leaves and fill with Chile salad, which consists of three tomatoes peeled and cut fine, one cucumber peeled and sliced very thin, and one long green pepper chopped fine. Over all pour rich French dressing. Prepare tomato and cucumber first and put on ice.

CHRISTMAS

CHOOSE the largest and brightest red apples you can find, and cut a deep slice from each at the stem end. Scoop out the pulp from the apple and smooth the inside; drop both the covers and apples into cold water and leave them until needed. Have crisp celery cut into small pieces and an equal amount of the apple pulp sliced very thin with

one-third the quantity of the meat of English walnuts broken; mix with very stiff mayonnaise. Wipe and polish each apple and fill with the salad, fitting each cover carefully, and set on shredded red cabbage, just for decoration.

 CLUB 

BOIL three artichokes, take out the hearts and cut into dice. Cut six truffles into small pieces, mix with artichokes, and put both on the ice. Rub the bottom of the salad bowl with garlic, and put in the yolks of two hard-boiled eggs (not boiled too hard), one-half teaspoonful of dry mustard and a little salt. Work well together, gradually adding oil until very thick; thin with a little tarragon vinegar. Toss the lettuce up in this and sprinkle over it one teaspoonful of finely chopped tarragon leaves, chervil and chives. Mix the ice-cold artichokes and truffles with a little of the dressing and put on top.

 COLUMBIA 

SELECT fresh medium-sized cucumbers. Cut off the blossom end and rub the two pieces together briskly until a

white foam comes. This is to take out the bitter, if there be any. Peel, scoop out all the seeds, and lay the empty boats in ice water. Cut up fine one large peeled tomato, a stalk of celery, a small onion, a little green pepper and a sprig of parsley. Mix these all together with mayonnaise and put on ice. When ready to serve, fill the boats with this mixture, lay on lettuce leaves, and heap on top of each a big spoonful of mayonnaise, which has been colored green by adding a little spinach-juice, which can be made by boiling a handful of spinach, without water, in the inner part of a double boiler, and squeezing through a cloth.

COUNTRY

PUT in a bowl two teaspoonfuls of sugar, one of salt, one of mustard, one-half teaspoonful of celery seed, dash of cayenne, and one-quarter cupful of vinegar or lemon-juice. Mix thoroughly, and add the beaten yolks of four eggs. Set the bowl in a pan of hot water over the fire and stir constantly until thickened. Remove from the fire, and when cool

add one-half teaspoonful Worcestershire sauce and one-half cupful of olive-oil, stirring the oil in drop by drop. Take equal parts of crisp celery and cabbage, cutting celery into small pieces and shaving cabbage. Stir thoroughly into dressing and let all get as cold as possible. Garnish with rings of hard-boiled eggs.

CREOLE

CUT off the tops of six medium-sized sweet bell-peppers, saving the top with the stem attached; take out all the seeds and veins without breaking the outer wall, and throw in ice water. Roll six soda-crackers, and mix with them two tomatoes skinned and cut fine, one Spanish onion and one red pepper chopped fine, a spoonful of Worcestershire sauce, salt and enough oil to moisten. Take the pepper shells from the ice water, wipe dry and polish, and fill with this mixture, fitting the cover on top, and put them on the ice at least two hours before serving. When ready, place each pepper in a cup of lettuce leaves, garnishing with the polished

red pepper cut in Julienne shreds, and pour over a rich French dressing made with onion-juice, and send to the table with anchovy toast.

DAINTY

WASH a tender, crisp cabbage, and lay in cold water for a half-hour; then with a sharp knife shred very fine and lay in ice water. Gather the young and tender tops of the field sorrel when they first sprout, wash thoroughly and put in ice water. When ready to serve, shake and drain the salad in a colander until perfectly dry. Put the cabbage in the salad bowl and pour over it a rich French dressing, tossing it about until every part is covered with oil; sprinkle the sorrel over the top and serve at once with hot deviled crackers. Cover the top of crackers with a mixture of plain and Parmesan cheese grated. Put in the center of each cracker a teaspoonful of tomato catsup and a dusting of salt and pepper. Place in the oven until the cheese is melted and the crackers crisp.

DECOY

LAY fresh watercress in ice water until crisp, dry thoroughly in a napkin without breaking the leaves. Lay in a salad dish and cover with thin slices of sour apple. Sprinkle hard-boiled egg chopped fine on top, and serve with French dressing. This is nice with duck.

- DIXIE

LAY fresh cucumbers on the ice until nearly frozen. Cut from the blossom end about an inch and rub the two pieces together to take out the bitter; peel and slice very thin and cover with crushed ice. Pour over them a dressing made by beating a cupful of sour cream a few minutes and adding a spoonful each of sugar and lemon-juice. Send immediately to the table.

DUBLIN

BOIL potatoes with jackets on, just to a turn—not too mealy, but just so a fork will pierce them easily. Peel and slice

them with a silver knife while hot. Add a little chopped onion and parsley. For the cream dressing beat together in a small saucepan two tablespoonfuls of sugar, yolk of one egg, mustard, salt and cayenne. Lastly, add one cupful of sour cream and one-third cupful of vinegar, and cook, stirring constantly until it thickens.

DUTCHTOWN

CHOP cabbage to make one pint. Boil one-half cupful of vinegar with one tablespoonful each of sugar and butter and a saltspoon of salt. Add slowly one well-beaten egg. Remove from the fire, stir well, and add one-quarter cupful of sweet cream. Pour this over the cabbage and place on ice. Serve in cups made from hollowed cooked beets.

FINNEY

PEEL small Bermuda turnips of uniform size and boil in salted water until tender, but not soft; drain, cool, and scoop out the centers, making shallow cups. Sprinkle these with salt and lemon-juice and set on ice to chill

for an hour. At serving time drain the turnip cups and fill with cold boiled peas, drained and mixed with mayonnaise tinted green. Place each cup in a little wreath of blanched lettuce leaves and serve with more of the green mayonnaise. With it pass wafer thin bread and butter sandwiches. Nice for green and white luncheon.

FISOLI

SELECT small, tender string-beans; string and cut each bean into strips lengthwise, lay them evenly together, tie in bunches and boil in salted water until tender. Turn into a colander and rinse in cold water, dry on a towel and put on ice. Just before serving arrange the heart of the lettuce leaves on the outer edge of a platter with a layer of white chicory inside. Place the beans neatly and evenly, the slices all lying in one direction, in the center, and pour over all a rich French dressing.

FRIAR

SELECT small green squashes or pumpkins not larger than an egg. Boil quickly without paring, in salted water. Drain, wipe

dry in a napkin and put on the ice. Rub the salad bowl with a clove of garlic, or use a "chapon" and toss the clean crisp lettuce about in oil until every part is covered, then add the salt and vinegar. Three-quarters oil to one-quarter vinegar is the proportion. Take the ice-cold squashes, slice them on top and sprinkle with a dash of powdered sage.



GASPACHO

SOAK French bread in a broth and squeeze perfectly dry. Mix with it chopped tomato, gherkins and a little garlic. Season with salt and Chile-Peka and fill the shells of the Pimentos Morrones. Set each in a cup of lettuce leaves garnished with slices of lemon and serve with rich French dressing.

GIBIER

SELECT large green bell-peppers, firm red tomatoes and white onions as near same size as possible, peel tomatoes and onions and put all on the ice. Take the heart of Romaine lettuce without separating the leaves, wash and thoroughly dry, and when ready to

serve, not a minute before, cut the tomatoes, onions and peppers in rings and slip them on the lettuce leaves, alternating red, white and green, and pour over all French dressing. To serve with game.

 GROTTO 

PLACE in salad bowl one-half of a lemon cut in tiny chunks and on this put the hearts of the lettuce, separating the leaves but not breaking apart, and in these leaves cut chunks of peeled tomatoes and cucumbers which are icy cold. Over all sprinkle green onion cut so fine it is not distinguishable, and if liked two or three tarragon leaves cut fine. Serve with French dressing.

 HARRON 

SCRAPE the outside skin off the small green asparagus and cut off all but two inches from the tips. Tie in bunches and steam until tender, plunge into cold water and drain perfectly dry and put on ice. When ready to serve cut into one-inch lengths and mix with chicory pulled into small bits. Serve on lettuce leaves with French dressing.

HERMITAGE

AFTER washing and scraping white the oyster plant, keeping it under water as much as possible while doing it, throw it into weak lemon-juice and water for a few minutes to blanch. Drain carefully and cover with boiling water. Cook about forty minutes, adding salt and a squeeze of lemon when about half cooked. When tender, remove from the fire, drain well, cut in thin slices with a silver knife and place on ice. Serve on lettuce leaves with French dressing and garnish with slices of lemon.

ITALIENNE

CUT beets, celery root, string-beans, cauliflower, carrots, potatoes, peas and turnips which have been previously boiled into small dice, with the exception of the peas, of course. Take a round plate, place the half of a hard-boiled egg, cut crosswise, in the center to represent the hub of a wheel, and capers from the center to the outer edge for the spokes, with olives stoned and cut in half for the tire. Between these spokes

arrange the cut vegetables separately in the above order. Scatter over the center yolk finely chopped red peppers and green onions mixed. Cover with a rich French dressing, and in serving take a spoonful from each spoke, with a little pepper and onion. Must be icy cold.

JUNE

TAKE equal quantities of fresh young watercress and endive, using the well-blanchéd leaves only. Wash the leaves carefully and lay in ice water; also one young green onion. Just before sending to the table, take from the ice water and dry carefully on a towel. Tear apart gingerly so as not to bruise the leaves, and pile in the salad bowl with the onion cut very fine strewn on top. Toss lightly together with French dressing and serve on the instant.

LAKE COUNTY

PUT three cupfuls of mealy boiled potatoes through a sieve, and while hot add one saltspoon mustard, four table-

spoonfuls butter, two specks paprika, four tablespoonfuls chopped parsley, two teaspoonfuls of onion-juice, three tablespoonfuls of vinegar and one egg. Beat all together lightly with a silver fork, and, if possible, put on ice to get thoroughly chilled. When ready to serve, lay in spoonfuls on crisp lettuce leaves and garnish with sprigs of parsley and rings of hard-boiled eggs.

LOGAN

CHOP little green Chile peppers and young onions separately very fine; add a little crisp celery, shredded, and cut in tiny bits and mix with mayonnaise. Skin firm, smooth tomatoes of only medium size, hollow out the top, fill with the salad and put on ice. When ready to serve, have individual plates covered with green doilies. On each place a large cabbage rose with the center picked out and flattened a little. Set each tomato in one of these with a spoonful of mayonnaise on top and a baby rosebud stuck in the center.

LONE STAR

ON A round plate make an eight-pointed star of the following fresh vegetables, cut fine and arranged separately in the order named: Watercress (green), cucumbers (white), peppers (red), chicory (white), lettuce (green), onions (white), tomatoes (red), celery (white). Put the half of a lemon in the center, around which place cut radishes and green peppers, with the white of a hard-boiled egg chopped fine heaped on the lemon. The tiny leaves of the lettuce can form the outside border around all. In serving first place lettuce leaves on each plate and on them a spoonful of each of the vegetables with a little of the egg and cover with French dressing. Put the star on ice for an hour before serving.

LORA

RUB salad dish with garlic clove and place in it the crisp, tender leaves of the Romaine lettuce. Mix three table-spoonfuls of oil, a pinch of salt and paprika together, and slowly add six drops of Worcestershire

sauce and one tablespoonful of tarragon vinegar, stirring constantly. Pour upon lettuce, toss lightly and serve immediately. This dressing can be made at the table.

MAIS

BOIL young fresh corn on the cob in salted water for twenty minutes. Remove from the fire and wrap in a napkin until cold. Cut from the cob with a sharp knife, and mix with thick mayonnaise and put on ice. Remove the skin of some firm, smooth tomatoes, cut a slice from the stem end, take out enough of the seed part to make a well for the corn, and place these on the ice also. Just before sending to the table, line a salad platter with crisp lettuce, fill the tomatoes with the corn and arrange on the lettuce, with a spoonful of mayonnaise on each top.

MARYLAND

BOIL in the skins three large sweet potatoes. When cold remove the skins and cut into small pieces. Add to these two stalks of celery cut in very small

pieces and a little onion chopped fine, and place in the refrigerator. When ready to serve, put the salad on a bed of crisp lettuce, cover with French dressing, and garnish with pitted olives and parsley.

 MEXICANO 

RUB the salad bowl all around with a clove of garlic and fill it with white, crisp leaves of endive, with a little scattering of chopped chervil and tarragon leaves on top. Sprinkle with salt and pour six tablespoonfuls of oil over it and toss about until every leaf has a coating, and then put on one tablespoonful of vinegar. Serve instantly and send with it to the table the following relish: Get from the baker small cream-puff shells, the smallest that are made; open carefully on one side and fill them with a paste made by beating a cream cheese with French dressing till it is smooth and as thick as soft cream.

 MOUNTAIN 

PLACE young cauliflower in just enough boiling salted water to cover them, and cook for a few minutes but not long

enough to take out the crispness. Remove from the fire, drain, and put on ice until very cold. When ready to serve, separate the sprigs and pile them on the leaves of lettuce and cover with French dressing. Sprinkle a few capers on top and with it serve the following sandwiches: Grate the tenderest, crispest celery stalks to make two tablespoonfuls; mix with it an equal bulk of Neufchâtel cheese, one olive chopped fine and a teaspoonful of lemon-juice. Spread on slices of thinly cut bread spread with butter and put together in pairs.

NUGET

TAKE the small yellow tomatoes, remove the skins carefully and put them in the ice-chest to get as cold as can be without being frozen. Make a bed of the crisp white leaves of lettuce, and arrange the whole tomatoes in uniform order on this, and over all sprinkle a little parsley chopped fine. Serve with French dressing.

OLIVER TWIST

HAVE the celery very cold, scrape and cut the clean, crisp, inner stalks into narrow straws about three inches in

length, and curl by letting them lie in ice water. Peel a few firm radishes and put in ice water also. When ready to serve, place a four-inch cube of ice in the center of the salad bowl and arrange a border of the blanched leaves of the celery and the curly white center of chicory. Dry the celery on a napkin and heap it on the ice cube. Slice the crisp radishes very thin and scatter on top. Make the mayonnaise white to serve with this by using more lemon-juice and the beaten white of an egg.

PIQUANTE

AFTER thoroughly freshening the heart of a big bunch of celery, wipe dry and cut into inch lengths, and then into strips. Mince a tablespoonful of parsley and six blades of chives. Mix with French dressing, and at the last moment toss in lightly the petals of a dozen large nasturtium blossoms. Put this in the center of a salad bowl lined with crisp lettuce, and garnish elaborately with nasturtium leaves and blossoms.

PLUCHE

TAKE the crisp hearts of lettuce and lay open, but do not break apart. Chop the leaves of tarragon, chervil, eschal-

lot, and chives, and put with them a few canned French mushrooms wiped dry and cut into small pieces. Mix all together and scatter in the lettuce hearts. Thoroughly chill and serve with French dressing.

 PORTUGUESE 

THROW macaroni, without washing, into boiling water which has been well salted. Shake frequently to prevent sticking, and the moment it is tender put into a colander and pour cold water over it. After it has drained put on ice until thoroughly cold. Line the salad dish with crisp lettuce leaves, cut the macaroni into inch lengths and spread on top in a heap, around this lay sliced cold boiled beets, and over all scatter chopped hard-boiled eggs. Serve with French dressing.

 PROVENCALE 

BOIL small young beets and skin. Make a mound in the center of the salad dish of cold boiled new potatoes cut in thin slices, minced onions, shredded

lettuce and celery. Around this place a row of beets, quartered, alternating with pieces of hard-boiled egg. Outside of this, sprigs of watercress and chicory, and over all a few chopped coriander leaves. Set on ice and just before serving pour over a rich French dressing.

SING LEE

POUR boiling water over large smooth tomatoes of uniform size, remove the skin and set on ice. Blanch fresh-roasted peanut meats by pouring boiling water over them, skin, and when cold pound finely and mix with mayonnaise dressing. Gouge out the center of each tomato with a spoon and fill the cavity with the peanut mixture. Return to the ice until ready to serve, and then place each tomato on a lettuce leaf with a spoonful of mayonnaise.

SOUTHERN

TAKE eight tomatoes, peel and slice and set on ice. Make a dressing of the yolks of six hard-boiled eggs rubbed smooth, one tablespoonful of dry mustard,

one of oil or melted butter, one of white sugar, a teaspoonful each of salt and pepper, one-half teacupful of vinegar, the juice of one lemon, and a raw egg well beaten. Just before serving cover the tomatoes with broken ice and pour over the dressing.

SPRING

GATHER fresh young dandelion sprigs, pick them over carefully, wash and lay the tender leaves in ice water. When ready to use pat dry between the folds of a napkin, and lay in a salad bowl; add two young spring onions, minced, and toss lightly over and over in French dressing and serve at once.

SUNFLOWER

BOIL artichokes until tender and put on ice until thoroughly cold. Cut the heart out in little chunks, saving enough of the best outer leaves to form a sunflower on individual plates. Fill the center of each with the heart chunks covered completely with mayonnaise to form center of flower.

F R U I T



ALAMO

CHOOOSE medium-sized sour oranges; cut in half crosswise, remove the pulp and throw the shells into cold water. Add to the pulp of each orange one teaspoonful of *creme de menthe* syrup, half a teaspoonful of finely chopped sweet red peppers and a tablespoonful of sliced deviled almonds. When ready to serve, wipe and polish the shells and fill with the pulp mixture. Garnish each with *creme de menthe* cherries and crystallized mint leaves and serve in lettuce cups. Suitable with a game course.

AMBROSIA

MAKE cups of the white heart leaves of crisp lettuce, by crossing the stem ends. Pile a few big red strawberries in the center of each cup and dust with powdered sugar. Put a teaspoonful of mayonnaise dressing on a leaf of each cup.

AVOCADO

KEEP alligator pears on ice until needed, as they should be served as cold as possible. Just before sending to the table

cut them lengthwise and remove the large, hard seeds and fill the cavity with French dressing, to which a few drops of onion-juice has been added. Make a hollow in a shallow square of ice with a hot iron; place the pears in this, evenly arranged with the stem ends in center, and cover the edge of the ice with sprigs of pretty green. Only the center of the pear is eaten out.

 **CARDINAL** 

REMOVE the stones from the black ox-heart cherries and in their place put a blanched hazelnut to preserve the shape. Arrange on lettuce hearts and serve with French dressing made with lemon-juice and no onion.

 **CUBAN** 

LAY bananas on the ice until half frozen; peel, slice thinly into a glass bowl and scatter with maraschino cherries. Make a syrup of a half-cupful of lemon-juice, one cupful granulated sugar and one tablespoonful of sherry, and pour over them; cover closely and keep on ice until needed. Serve on lettuce leaves.

ENGLISH

TAKE pineapple, oranges, white grapes and red plums, remove skin and cut into little irregular pieces; add blackberries and sprinkle sugar over all and cover with white wine. Serve ice cold in place of punch.

EPICURE

SOAK fresh, sweet oranges in water for a few minutes to soften the skin and let the oil out. Wipe dry, polish and slice very thin, at once, unpeeled. Pack in a punch-bowl, sprinkling each layer with sugar, and pour over enough Bourbon to cover it well. Put on the ice for an hour. Serve in liqueur-glasses, putting a lump of cracked ice in the bottom of each glass, and on top a shaving of crisp icy cucumber and a spray of borage. With it pass sea-foam crackers.

FELIX

CUT grapefruit in half and remove pulp. Cut the pulp into junks, being careful to take off all the bitter white; put

back in the shells with a teaspoonful of Jamaica rum and one of sugar to each and cover with French dressing.

FRATERNITY

PUT the oranges on ice for at least an hour before using.

Cut a piece from the top of each, quarter the peel half way down and roll it back and scoop out the pulp. To this add shredded pineapple, sliced bananas, and one maraschino cherry to each orange. Toss all together and return to orange shells and fill remaining space with sherry and sugar, and serve on lettuce cups.

GOOCHE

PARE three juicy apples and cut into dice. Peel two lemons and cut into smaller dice and mix thoroughly with a stalk of chopped celery, cover with mayonnaise dressing and serve on lettuce leaves.

HAVANA

SELECT the firm, small cantaloup melons and lay on ice until nearly frozen. Just before serving cut in half, scrape out

the seeds, and cut from the rind the ripe portion; clean and smooth the empty shells. Divide the ripe parts into small bits, and heap these with chunks of ice in the empty melon, and pour over all French dressing. Arrange grape leaves on each plate, on which place the half of each melon.

IMPERATRICE

TAKE whole pears and cook with their stems on in as little water as possible, with sugar and a little ginger; drain off all the juice and lay, with stems up, in a deep glass dish and put on the ice. Break up with a fork a cream cheese, and pour the syrup of the pears over this and add a rich French dressing made with much lemon-juice and no onion. Blanch a few almonds and chop fine, and a few maraschino cherries cut fine, and scatter over the pears and pour over the dressing. Serve with hot crackers.

MACÉDONE

TAKE two ripe peaches; peel, and quarter the pulp; one grapefruit, free from all the white, and cut in bits; chip cut-

up pears; some acid plums peeled and sliced and a few berries. Mix the fruit and pour over it a dressing made of four tablespoonfuls of powdered sugar, one gill of sherry, one tablespoonful maraschino syrup and two of champagne, stirred until sugar is all dissolved; put in the refrigerator for two hours. When serving put in a glass bowl and set that in a silver one filled with cracked ice. This is suitable as a first course at luncheon, served with crackers spread with Neuf-châtel cheese.

❁ MELON D'EAU ❁

KEEP a watermelon on ice long enough to be chilled through; cut in half lengthwise and scoop out the pulp in egg-shaped pieces with a tablespoon, rejecting every seed. Clean and smooth the inside of one-half of the melon shell and polish the outside to serve as a bowl. Arrange grape leaves on an oblong platter and set the melon bowl in the midst, with a chunk of ice in the middle of it. Pile the pink melon about the ice, and pour over a French dressing made with salt, lemon-juice and oil.

MUM

TAKE a half-dozen each, of peaches, plums and preserved cherries. Peel, quarter and pit the peaches and plums, and cut cherries in half; add one pint of blackberries, raspberries and huckleberries mixed. Toss all together lightly and pour over it a cup of sugar and a pint of champagne, which is almost frozen. Put all on ice to keep at freezing point. Serve on berry plates and put a spoonful of lemon water-ice on top of each portion.

PALACE GRILL

CUT clean, crisp stalks of celery into narrow straws about like matches, and throw in ice water. Peel a pineapple and shred with a fork. Chop fine a few green peppers and pimentos and put all on the ice. When ready to use dry the celery in a napkin, and mix all together with a mayonnaise, to which a cup of whipped cream has been added. Serve icy cold on lettuce hearts.

RENEAU

PEEL and quarter the grapefruit, removing every particle of the bitter white skin that coats the lobe. Cut each quarter in half the other way, place on the white leaves of the lettuce, keep on the ice up to the instant of serving, and then cover with French dressing.

ROEDERER

PEEL a very ripe pineapple, dig out the eyes, and with a fork shred it to the core; mix with it one tomato, peeled and cut into bits, a few diced figs, and a few English walnut meats. Toss the fruit lightly together, sprinkle liberally with fine sugar and put on the ice. When ready to use lift carefully from the juicy syrup and put on a bed of lettuce hearts; mix with the syrup a tablespoonful of brandy and a little maraschino, and pour over the whole.

ROYALE

CHILL apricots, peel them, and cut in half, taking out the stone. Stuff the cavity with maraschino cherries and nuts

cut fine. Arrange on crisp lettuce leaves, and pour over it a dressing made of four tablespoonfuls of oil, salt and paprika, and one tablespoonful each of apricot brandy and vinegar. Serve with thin slices of bread and butter sandwiches, cut into strips.

 VIENNA 

HAVE the salad one-half of thinly sliced tart apples, one-quarter of the white part of the celery cut fine, and one-quarter of English walnuts chopped fine; add a bunch of Malaga grapes, peeled and cut up. Mix with mayonnaise dressing, and serve in cups made by hollowing out the apples. Set in the tender leaves of the celery.



C H E E S E



EN COQUILLE

GRATE a half-pound of good, old cheese; rub smooth the yolk of one hard-boiled egg, with one tablespoonful of olive-oil, one teaspoonful each of salt, sugar and mustard, with a dash of cayenne. After these are well mixed work in one tablespoonful of vinegar and a little tabasco. Mix with the cheese and serve in scallop-shells laid on lettuce leaves, with the white of the egg cut in rings and laid on each.

FILLEY

MOLD cottage cheese into little flat balls, making it moist with cream, and adding a little butter and plenty of salt, and put on ice. Rub the salad bowl with a clove of garlic and arrange in it the bleached leaves of chicory to form a nest. On this alternate the little cakes of cheese, with hard-boiled eggs cut in half. Over it put French dressing, to which a few drops of onion-juice has been added.

❖ GÉRVAISE ❖

USE two heaping tablespoonfuls of Roquefort cheese to one head of lettuce. Tear the lettuce hearts apart, but do not separate, and lay in the salad dish; break the cheese into small bits and scatter among lettuce leaves and cover with rich French dressing. With this serve cresslets, made by placing between thin slices of buttered Boston brown bread watercress dipped in French dressing. Trim the edges neatly and cut in long, narrow fingers.

❖ GRINGO ❖

SEPARATE olives from the stone spirally as one peels an apple. Into this cavity insert a small ball of cream cheese made smooth with oil and seasoned with lemon-juice, salt and tabasco. Scatter these over plain delicate Romaine lettuce, very fresh and crisp, and arranged on a flat salad dish. Serve with French dressing.

❖ MARGUERITE ❖

CUT from Neufchâtel cheese little slices a half-inch in thickness, and from this, with a little two-inch tin cutter, cut out

little rounds. Grate the yolks of two hard-boiled eggs and press a little of this in the center of each round, sprinkling a little paprika on top. Scatter these "daisies" in the hearts of crisp lettuce leaves and serve with a rich French dressing.

MILANAISE

TAKE cottage cheese, and rub smooth with cream, using a silver fork. Season generously with salt and paprika, and mix with it one-half as much ripe olives, stoned and chopped fine. Shape into small ovals and put on ice until ready to use. Serve on the crisp, white leaves of lettuce and chicory, mixed with mayonnaise dressing, and garnish with pitted olives cut in half.

PLOVER

TAKE the little Sierra cream cheese, remove the outside rind and put into a bowl with a little salt, tabasco sauce, a spoonful of mayonnaise and a little left-over spinach, mashed and put through a sieve. Rub together thoroughly until smooth and the

green coloring matter evenly distributed. Make with butter pats into little birds' eggs, flecking each with black pepper. Arrange white chicory and shredded white lettuce leaves on a plate like a nest, and put the eggs in, serving with mayonnaise.

WALNUT CREAM

WITH a silver fork rub a cream cheese and a tablespoonful of butter to a paste; add salt and cayenne, and if not soft enough, a little sweet cream. Make into small flat balls, and on each press the two halves of an English walnut. Lay on the white heart leaves of lettuce, and put all in the refrigerator until ready to use. On the instant of serving pour over a rich French dressing and send to the table with thin buttered bread, which has been put in the oven and crisped.



MANUSCRIPT
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MANUSCRIPT RECIPES

MANUSCRIPT RECIPES

MANUSCRIPT RECIPES

MANUSCRIPT RECIPES

MANUSCRIPT RECIPES

MANUSCRIPT RECIPES



INDEX

FISH	PAGE
Astoria	3
Baltimore	3
Barataria	4
Bohème	4
Devonshire	4
En Régle	5
Fisherman	6
Haddon Hall	6
Harlequin	6
Hochheimer	7
Hungarian	8
Newburg	8
Nippon	9
Picnic	9
Regis	10
Remoulade	10
Rhode Island	11
Richardson	12
Tréboul	12
EGG	
Bantam	17
Daisy	17
Œufs Francis	18
Rôbert	18
MEAT	
Blingam	23
Johanathan	23
Mousse	23
Old Virginia	24
Pieds de Cochon	25
Polish	25
Russian	26
West Point	26
VEGETABLE	
Army Cups	31

	PAGE
Boston	31
Bourgeoise	31
Chile	32
Christmas	32
Club	33
Columbia	33
Country	34
Creole	35
Dainty	36
Decoy	37
Dixie	37
Dublin	37
Dutchtown	38
Finney	38
Fisoli	39
Friar	39
Gaspacho	40
Gibier	40
Grotto	41
Harron	41
Hermitage	42
Italienne	42
June	43
Lake County	43
Logan	44
Lone Star	45
Lora	45
Mais	46
Maryland	46
Mexicano	47
Mountain	47
Nuget	48
Oliver Twist	48
Piquante	49
Pluche	49
Portuguese	50
Provencale	50
Sing Lee	51
Southern	51

	PAGE
Spring	52
Sunflower	52

FRUIT

Alamo	55
Ambrosia	55
Avocado	55
Cardinal	56
Cuban	56
English	57
Epicure	57
Felix	57
Fraternity	58
Gooche	58
Havana	58
Imperatrice	59
Macédone	59
Melon d'Eau	60
Mum	61
Palace Grill	61
Reneau	62
Roederer	62
Royale	62
Vienna	63

CHEESE

En Coquille	67
Filley	67
Gérvaise	68
Gringo	68
Marguerite	68
Milanaise	69
Plover	69
Walnut Cream	70



