SANDWICHES AND SALADS

SALADS

VALUE IN THE DIET

1. Supply mineral salts.
2. Supply organic acids.
4. Supply water.
5. Serve as appetizers.

POINTS TO BE OBSERVED

Be sure that all articles used in the salad are cold.
The salad articles in the dish or plate of salad should be artistically arranged.
Avoid large servings.
Delicately flavored materials must not be used with those of strong flavor.
It is advisable to serve salads with mayonnaise or rich dressings for luncheons or refreshments.

SALAD GARNISHES

Lettuce, parsley, celery leaves, water-cress, olives, nuts, lemons, green peppers, capers, beans, beets, radishes, hard cooked eggs, whipped cream.

Salads are economical because left over portions can be combined and utilized advantageously.

SANDWICHES

Formerly a sandwich meant two slices of bread with meat between. Now the term “sandwich” is applied to many different kinds of encased dainties.
The bread used for sandwiches should be at least a day old, that it may be cut properly. The bread may be white, graham, whole wheat, brown, nut, oatmeal or rye.

The butter should be creamed so that it may be easily spread.

The sandwiches may be prepared several hours before they are served and kept fresh and moist by wrapping them in a dampened napkin and leaving them in a cool place.

Sweet sandwiches should be served not with salads but with cocoa or chocolate.

Sandwiches such as cheese, lettuce and pimento may be served with a salad or with the beverages tea and coffee.

**SALADS**

Carrots and peas (proportion: 2 parts peas to 1 part carrots.)
Carrots and turnips (in equal proportion).
Peas, peanuts, pickles (sweet cucumber) (proportion: 2 parts peas to 1 part each of peanuts and pickles).
Cabbage and celery (little horseradish).
Cabbage (shredded), chopped nuts, sweet green peppers or pimentos.
Asparagus tips, olives, sliced radishes.
Asparagus tips, string beans (yellow and green), lima beans, celery hearts, stuffed olives.
Potato, onion, celery, egg.
Celery, nuts, apple.
Celery, nuts, cheese.
Beets (diced or sliced).
Tomatoes (sliced).
Banana, nuts (cut fine).
Orange, dates and walnuts.
Peach (cut in half), raspberry in center.
Pickled peach and nuts.
Pear (½ slice) and riced cheese.
(1 c celery.
Waldorf (1 c cubed apples.
(½ c nut meats.
Egg (hard boiled, white diced, yolk riced) and peas.
Chicken or veal, cabbage and nuts or celery and nuts.
Salmon, hard-cooked eggs, capers, pickles.
FISH SALAD WITH RICE.

Remove bones and skin from contents of 1 can of salmon or tuna fish, or from cold boiled cod fish, and mince finely. Add an equal amount of cold boiled rice and season with salt, pepper, and vinegar. Stir in plenty of salad dressing, and set away for a while in a cold place. When ready to serve, add a little crisp celery, finely cut or a few chopped nasturtium stems, and shape in molds moistened with cold water. Turn out on a plate of lettuce leaves, crisp shredded cabbage or celery tips; garnish with a spoonful of dressing and with stuffed olives cut lengthwise, or with nasturtium blossoms and leaves.

STUFFED DATES

Stuff dates with nut meats or cream cheese. Roll in granulated sugar if desired.

FRENCH DRESSING

2 T vinegar
6 T olive oil

\( \frac{1}{2} \) t salt
\( \frac{3}{8} \) t pepper

Few grains paprika

Mix together salt, pepper and oil, add acid slowly and beat until an emulsion is formed.

MAYONNAISE

1 egg yolk
\( \frac{1}{2} \) t salt
1 c olive oil

1 T lemon juice
1 T vinegar
\( \frac{1}{2} \) t mustard
few grains red pepper

Mix together egg yolk and condiments, add portion of lemon juice and when well blended add oil slowly, beating constantly. After the mixture thickens add alternately the remainder of the acid and oil.

BOILED MAYONNAISE

yolks 4 eggs

\( \frac{3}{4} \) c vinegar
1 t salt

Beat eggs slightly, mix well with vinegar. Cook in a double boiler. When ready to use, beat, stirring constantly, into whipped cream and add seasoning to taste. This dressing will keep for months.

All measurements level. c-cup. t-teaspoon. T-tablespoon.
FRUIT SALAD DRESSING

Juice 1 orange 1/2 c sugar
Juice 1 lemon yolks 4 eggs, or 2
(grated rind of 1/2 orange whole eggs.
and 1/2 lemon if desired)

Beat eggs slightly, add sugar, then orange and lemon juice and grated rind if desired. Cook in a double boiler until mixture is thick like custard. Strain if grated rind is added.

SANDWICHES

FIG SANDWICHES

Chop fine 1 c figs. Cook to a paste with 1/2 c hot water. Add 1 t lemon juice and set to cool. Spread on bread and dust with chopped nut meats.

DATE SANDWICHES

Stone and chop dates. To 1 c pulp add 1 T orange juice. Mix with 1/2 c broken walnut meats. A little boiled salad dressing with cream may be used if desired.

CHEESE SANDWICHES

Mix grated cream cheese and chopped walnut meats; add salad dressing to cheese and then add nut meats. Use 4 slices of white and brown bread alternately with the filling between, or 2 of white and 1 in the center of brown. Cut through in narrow slices, showing layers.

OLIVE AND CELERY SANDWICHES

Chop separately equal parts of olives and celery. Add salad dressing and spread on thin slices of buttered bread.

OLIVE AND NUT SANDWICHES

Prepare as above.

PEANUT SANDWICHES

Chop the nuts. Mix with cream cheese, season with a little salt and lemon juice and spread. Or, the peanuts may be mixed with an equal amount of butter; or with salad dressing.
EGG SANDWICHES

Chop the whites of hard cooked eggs; force the yolks through a potato ricer. Mix, season and add salad dressing.

HAM AND EGG SANDWICHES

Grind up cold ham, chop the whites of hard cooked eggs; force yolks through a ricer; mix all together and add dressing. Left over meats may be used this way to advantage.

SARDINE SANDWICHES

Remove skin and bones from sardines and mash to a paste. Add to an equal quantity of yolks of hard boiled eggs rubbed through a sieve. Season with salt, cayenne and a few drops lemon juice. Moisten with olive oil and melted butter.

FRENCH PRUNE SANDWICHES

Remove stones from French Prunes and chop finely. Mix with chopped English Walnut meats, allowing seven halves of nut meats to every six prunes. Moisten with a thin syrup (made by boiling sugar and water together) and season with salt, paprika and lemon juice. Spread between thin slices of buttered white bread and cut in fancy shapes.

PIMENTO BUTTER

Cream 1/4 c butter and add 2 canned pimentos which have been forced through a puree strainer. Blend thoroughly and then season with salt.

BEAN SANDWICHES

Put beans through a ricer, mix with creamed butter and vinegar, and season.

PLAIN FILLING

Butter creamed and mixed with lemon juice makes a good flavored plain sandwich filling.