

A SALAD a day all the year round

SUITABLE INGREDIENTS FOR SALADS

GREEN LEAF VEGETABLES

At least one of these should be included in every salad: raw cabbage heart, savoy, spinach, sprouts, young leaves of kale and young turnip tops, watercress including the stalks, lettuce and endive.

ROOT VEGETABLES

Raw or cooked beetroot, turnip, parsnip, carrot, kohlrabi, swede.

OTHER VEGETABLES

Cooked potato, raw radishes, cucumber, onions, leeks; cooked or raw peas, cooked french or runner beans, celery, shallots, chicory cauliflower, broccoli and cooked broad beans.

FLAVOURINGS

Green herbs, chives, parsley, mint, green tops of leeks and spring onions, young celery leaves, nasturtium and dandelion leaves, mustard and cress, garlic.

FRUIT

Any fruit, fresh or dried.

MEAT & FISH

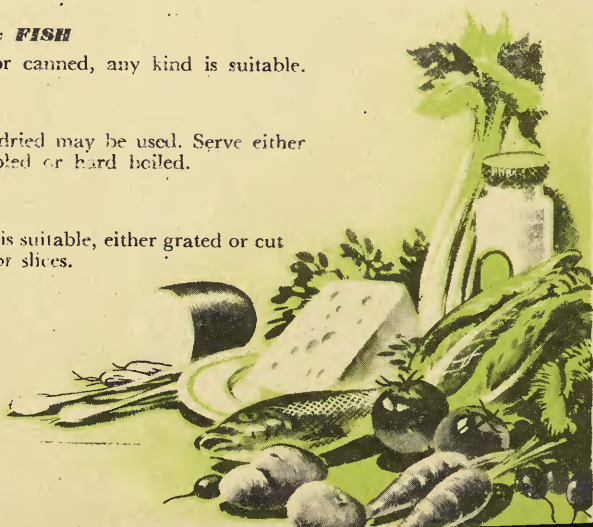
Cooked or canned, any kind is suitable.

EGGS

Fresh or dried may be used. Serve either as scrambled or hard boiled.

CHEESE

Any kind is suitable, either grated or cut in cubes or slices.



A CRISP, FRESH SALAD WILL BRING EXTRA NOURISHMENT TO YOUR MEALS

DURING the past few years we have discovered how good a daily green salad can be. People who tell you that they feel much better now that they eat salads are not just food faddists. They are stating a fact that has been proved over and over again. We know now that many vegetables contain more vitamin C than some fruits and, in addition, mineral salts which are essential to health.

A good salad does not consist of a lettuce leaf and a radish or two. If you look at the list of suitable ingredients on the first page of this leaflet you will see how great a variety there is from which to choose. Clever mixing can give you a different salad every day.

WAYS OF SERVING SALADS

1. Serve a small helping with hot meat, fish or other savoury dish. For this use a few sprigs of watercress or a little raw shredded cabbage or a mixed green salad. Most people will prefer no dressing with it.
2. Use raw vegetable salad as a filling for sandwiches, rolls and scones. The salad can either be used alone, in which case a little dressing is an improvement, or added to egg, cheese, fish or meat fillings.
3. Salads served as a separate course can come either at the beginning of a meal in place of soup, such as the hors d'oeuvre type of salad or as a course to follow the meat and vegetables, perhaps in place of a sweet course. A good kind to use for this is the individual salad, that is, one helping arranged attractively on each plate.



4. Salads served as the main dish of a meal should include a raw green vegetable and one of the body building foods such as meat, fish, cheese or eggs. Served with bread or potatoes this will provide a satisfying and nourishing meal. Many people find a salad meal more attractive if soup is served as the first course, or if a hot sweet is served afterwards.

TIPS FOR SALAD MAKERS

1 When making salads touch the leaves as little as possible. Use directly after picking or buying. If this is not convenient a saucepan with a well-fitting lid placed on a cool floor is excellent for keeping salad vegetables crisp.

2 Just before serving, wash the leaves carefully, shake off the water gently and dry by swinging in a clean cloth or in a wire salad basket if you have one. Outside leaves should be saved for soup.

3 Shred raw green vegetables with a sharp knife. Parsley should be coarsely chopped.

4 Root vegetables such as carrots should be washed and scraped lightly, then shredded or grated. Alternatively, they may be cooked and chopped or sliced when cold. Potatoes should be used cooked and cold. The thick skins of turnips and swedes should be removed by peeling.

5 Be sure the salad is well flavoured. See "Flavourings."

6 Add colour to the salad by using raw grated carrot, beetroot, swede, whole or sliced tomato, radishes or hard boiled eggs.

7 Serve as soon as possible after preparation.

8 If a salad is served as a main meal or as the only green vegetable, provide at least 3 oz. (i.e., one or two cups) of raw vegetables per person. At least half of this should be green vegetables.

RECIPES

All quantities for four unless otherwise stated. All measures level. The cup used holds $\frac{1}{2}$ pint. Vegetables and fruit in the recipes are raw unless otherwise stated.

COLE SLAW

4 cups shredded cabbage heart
3 tablespoons chopped spring onions

8-10 tablespoons salad dressing
(about $\frac{1}{4}$ pint)

Wash the cabbage and shred finely. Put into basin and add chopped onion and salad dressing. Mix well and turn into a salad bowl to serve. Chopped chives may be used instead of onions or the bowl can be rubbed with garlic before the cabbage is placed in it.

POTATO SALAD

1 $\frac{1}{2}$ lb. potatoes
 $\frac{1}{4}$ pint salad dressing

1 tablespoon chopped chives
1 tablespoon chopped mint

Scrub potatoes and boil until tender. Peel while still warm and cut into large dice. Mix with salad dressing and herbs and place in salad bowl. Serve cold.

MIXED VEGETABLE SALAD

1 cup cooked peas (fresh or dried)
1 cup cooked chopped beetroot
1 cup grated carrot

$\frac{1}{2}$ cup grated turnip
1 $\frac{1}{2}$ cups shredded cabbage
1 tablespoon coarsely chopped fresh herbs

The vegetables can be arranged in strips on an oval dish, e.g., cabbage, beetroot, turnip, carrot, peas, or mixed together in a bowl with salad dressing. Garnish with mixed herbs, e.g., nasturtium leaves, parsley, mint, dandelion leaves, watercress.

INDIVIDUAL SALAD

6 tablespoons grated carrot
6 tablespoons chopped or grated apple
2 tablespoons raisins or other dried fruit

3-4 curly lettuce leaves
1 tablespoon thick salad dressing

Mix carrot, apple, and raisins together, keeping two or three raisins to decorate the top. Heap in a nest of lettuce leaves. Garnish with salad dressing and a few raisins. The filling may be varied, using other fruit and vegetables, such as pears, prunes, plums, swede, spinach, cucumber, celery and tomatoes.

CABBAGE AND FRUIT SALAD

3 cups finely shredded cabbage
1 cup chopped apple
 $\frac{1}{2}$ cup chopped ripe pear
1 tablespoon finely chopped onion
 $\frac{1}{2}$ cup grated carrot
1 dessertspoon chopped mint
3-4 tablespoons salad dressing
Salt and pepper

Mix together the cabbage, apple, pear, onion, carrot and mint. Moisten with the salad dressing and add a little salt and pepper if necessary. Pile on to a dish and garnish with small sprigs of mint.



CELERY, BEETROOT AND BLANCHED CABBAGE

1-1½ lb. cabbage
½ pint boiling water
¾ cup shredded beetroot
1 cup finely sliced celery

1 tablespoon finely chopped onion
or leek
Salt and pepper

Shred the cabbage, add to the boiling water and boil for 2 minutes. Drain and arrange round a dish forming a border. Mix together the beetroot, celery and onion or leek, seasoning well. Pile in the centre of the dish and serve with dressing handed separately.

MAIN MEAL SALADS

FISH SALAD

1 cup chopped spinach
1½ cups grated carrot
1 cup sliced cauliflower

4 pilchards
Salad dressing
A few sprigs of cauliflower

Mix spinach, carrot and cauliflower together and place in bowl. Lay fish on top and decorate with salad dressing and sprigs of cauliflower.

Soused herrings, mackerel or sardines may be used instead of pilchards.

EGG AND CABBAGE SALAD

4 hard boiled eggs (fresh or dried)
4 cups finely shredded cabbage
1 cup chopped watercress

¼ pint salad dressing
1 large tomato
¼ cup chopped cooked beetroot

Chop up three eggs into small dice and mix with cabbage, cress and salad dressing. Place in salad bowl and decorate with the remaining egg, tomato and beetroot.

HORS D'OEUVRE SALAD (Individual helping)

1 dried egg (scrambled)
1 teaspoon chopped herbs
2-3 lettuce leaves
2 tablespoons chopped cooked beetroot
1 sardine

Radish rose
2 tablespoons raw grated turnip
3 tablespoons cooked beans
2 tablespoons finely grated cheese

The scrambled egg is mixed with the herbs and placed on the lettuce leaves. The other ingredients are arranged in heaps round this.

This may also be served in an hors d'oeuvres dish. Other cooked or raw vegetables, mixed pickles and tomato roses may be used as alternatives in the above recipe.

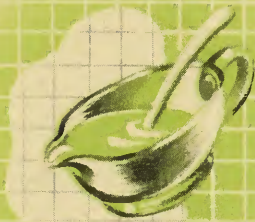
SAUSAGE AND POTATO SALAD

1-1½ lb. cooked diced potato
4 cold boiled sausages
2-3 tablespoons chopped pickle
Salad dressing to moisten (about 4 tablespoons)
½ cup cooked peas
¼ cup cooked diced beetroot
12-16 radishes

Mix potato, sausage and chopped pickle with salad dressing. Place in salad bowl and decorate with peas, beetroot and radish.



SALAD



DRESSINGS

THIN SALAD DRESSING

(For use in place of oil and vinegar dressing).

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| $\frac{1}{2}$ teaspoon mustard | Pinch of pepper |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons top of milk |
| 1 teaspoon sugar | 1 tablespoon vinegar |

Mix the seasoning together and mix in the milk gradually. When quite smooth, add the vinegar and stir well. Use the same day.

ECONOMICAL SALAD DRESSING

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| 2 oz. flour | $\frac{1}{4}$ teaspoon pepper |
| 1 tablespoon sugar | 1 pint milk or milk and vegetable water |
| 2 teaspoons mustard | |
| 2 teaspoons salt | 4 tablespoons vinegar |

Mix dry ingredients together and blend with a little milk. Boil the rest of the milk and pour on to blended flour. Return to saucepan, stir until boiling and boil for five minutes. Whisk in vinegar.

CREAMY SALAD DRESSING

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| 2 tablespoons flour | Pepper |
| 1 tablespoon dried egg, dry | $\frac{1}{2}$ pint milk or vegetable water |
| 1 teaspoon mustard | 1 oz. margarine |
| 1 teaspoon sugar | 4 tablespoons vinegar |
| 1 teaspoon salt | |

Mix the flour, egg, mustard, sugar, salt and pepper. Mix to a smooth paste with a little of the milk or vegetable water. Boil remaining liquid, pour on to the blended flour, return to pan and bring to the boil. Boil five minutes stirring well. Remove from heat and add margarine. Mix well and add vinegar.

Some of these recipes are demonstrated in the film "Salads," made by the Ministry of Information.

The Ministry of Food has compiled the ABC of Cookery, which gives suggestions for cooking and preparing foods. Obtainable from H.M. Stationery Office. Price 1s. 0d. or by post: 1s. 2d.

