

AGRICULTURAL EXTENSION SERVICE  
WASHINGTON STATE UNIVERSITY  
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EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS IN COOPERATION WITH U.S. DEPARTMENT OF AGRICULTURE

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SALADS AND FRUIT AND VEGETABLE PLATES

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Salads may be simple or elaborate, light or heavy, depending upon the occasion. They may be served as the first part of the meal, as the main course of a luncheon, as part of a dinner, or even as a dessert. Salads or fruit plates, too, may be the main part of party refreshments.

Dressings may be served separately. Some people prefer the fruits and vegetables without dressing.

Omit such items as pickles, cucumbers and green pepper from the children's salads. Tender leaves of green vegetables can be given in small amounts to children of 2 years and over.

POINTERS ON PLANNING

Choose from a variety of Greens, Get Them Fresh, Crisp and Green -- "The Greener the Better".

Spinach	Mint
Parsley Sprigs	Green Onion Tops
Chinese Cabbage	Celery Leaves
Curly Endive	Romaine
Watercress	Tender Cabbage Leaves
Head and Leaf Lettuce	

Use High Quality Products -- Fresh, Clean, Colorful, and Cold.

Sort and wash most fruits and vegetables as soon as they come from the garden or market. Berries need sorting but not washing until just before use. Save broken greens to shred for mixed salad. Get the full benefit of fruit and vegetable skins that can be eaten. Drain and shake off moisture and store in hydrator, polyethylene bag, or tight container in refrigerator. Chill fruits, meats, vegetables, and dressings. Give gelatin salads plenty of time to stiffen.

Choose the Right Combination for the Meal.

A light salad is best for a heavy meal, as in the following menu:

Swiss Steak	Baked Potato
Panned Spinach	
<u>Tossed Mixed Vegetable Salad</u>	
Bread	Butter
Lemon Sherbet	Oatmeal Wafers
Coffee	

When a salad is used as the main dish for a meal, meat, fish, cooked dried legumes, or egg salads are selected. This is a sample menu:

Tuna Fish Salad

Homemade Rolls    Butter  
Fruit Shortcake    Milk

Chicken, fruit and jellied or frozen salads are popular as refreshments for parties. This is a sample menu.

Frozen Fruit Salad

Toasted Rolls  
Coffee

Three or Four Ingredients are Enough in Any Salad.

Consider color when combining food in salad.

Use some crisp foods with soft ones. Use garnishes with care.

Marinate Meats, Poultry, Fish and Canned Vegetables for Better Flavor.

Meats for salad should be free from skin and gristle. Cut meat in uniform pieces.

Marinate meat, fish, or canned vegetables by sprinkling with French dressing or citrus juice and letting stand an hour or two in the refrigerator.

Arrange Fruits and Vegetables Just Before Serving.

Drain and chill canned fruits and vegetables. Have pieces large enough to recognize. Dip bananas and other fruits that discolor in lemon or other citrus juice to prevent discoloration. Ascorbic acid may be used also to reduce browning.

Garnishes Should be Used with Care.

Garnishes should harmonize in color and flavor with the main part of the salad. Parsley, green and red pepper, radishes, red cherries, pickles, cheese, hard cooked egg, jelly or mint are often used. They are always edible.

POINTS ON PREPARATION

All ingredients should be well drained before combining with dressing to avoid thinning the dressing.

The materials for the salad should be combined just before serving. Crispness, food value and fresh flavor are then best.

Both practice and imagination are needed for good salad making. Salad materials should be combined after considering contrast in color, flavor, and texture. Avoid repeating in the same meal the food which is the main ingredient of the salad.

One large portion of any thick salad dressing placed on the top or at the side of a salad is more attractive than several smaller portions dotted over it.

Take care to not mash the pieces when mixing the ingredients in a salad. Toss them lightly, lifting them with forks from the sides of the bowl toward the center.

Chill salad plates or platter for most salads.

#### POINTERS ON SERVICE

The salad plate or bowl should be large enough so that salad materials will not hang over the edge. Wooden and pottery bowls and plates suitable in color and size add much to the appearance of the salad and the platter or plate.

Serve most salads cold. Crispness is important for good salads.

Arrange complete individual salads upon a platter or chop plate. Or serve at the table by placing on salad plates or pass the platter. If arranged on individual salad plates, place a little above and to the left of the dinner plate.

The hostess may serve the salad at the table, using individual salad plates, or she may pass it in a bowl or on a platter so that each person can help himself.

Eat salad with a fork. If it cuts easily, use only the fork. If it is difficult to cut, it is proper to use a knife also. Some vegetable plates have all finger foods. Others are eaten with a fork.

#### USING FRUIT IN BOWLS, ON PLATTERS, ON TRAYS

Clusters, balls, slices, cubes, strips, sections, wedges or whole.

##### 1. Rectangular Trays

Select 2 or 3 kinds of fruit and/or a garnish. Cut the fruit in varied but simple ways. Arrange in rows. Add a garnish if desired. Use toothpicks for lifting if too moist for fingers.

For example:

Strawberries - whole  
Pears - firm wedges  
Cherries  
with garnish of parsley or coconut chips

2. Large but Shallow Bowls

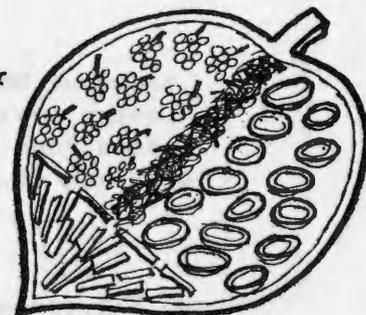
For example:

- 1/2 a watermelon for bowl
- Thompson seedless grapes - clusters
- Krenshaw honeydew or cantaloup - cubes or balls
- Watermelon - cubes
- Watermelon set on bed of ice

3. Platter or Irregular Plate

For example:

- Raspberries or boysenberries - whole, in center
- Honeydew - balls or cubes
- Grapefruit - segments
- A little green garnish with grapefruit
- Grapes - clusters
- Pineapple - strips or wedges
- Apricots or peach - halves



USING VEGETABLES ON TRAYS OR PLATTERS

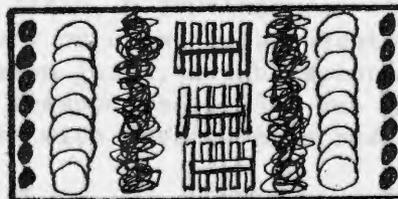
Circles, strips, wedges, cubes.

Sprinkle with flaked ice to give sparkle.

1. Rectangular Trays

Example:

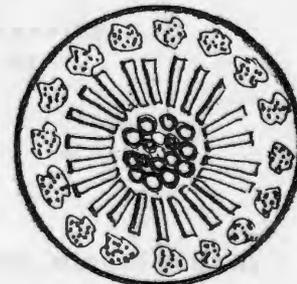
- Turnip - circles
- Carrot - strips
- Dark olives - whole
- Parsley - small bunches



2. Platter

Example:

- Cauliflower florettes
- Radishes - whole and cut for flower effect
- Cucumber - wedge strips, peeling on



3. Bowl

Example:

- Celery
- Asparagus
- Onion
- Carrots



Chipped ice in bowl

## VARIETY WITH SALADS

1. MEAT AND VEGETABLE COMBINATIONS ARE GOOD FOR HEARTY SALADS.

Meats, poultry, fish, eggs, cheese, and nuts in salads "stick to the ribs". Many combinations are possible. Here is a good chance to use your imagination.

Pork - Yield, 6 servings

2 cups cubed cooked pork, salt and pepper, 1 cup diced celery, cucumber cubes, or bean sprouts, 1/2 cup French dressing, lettuce or endive, 1/2 cup mayonnaise. Marinate pork in French dressing. Combine with vegetables and season to taste.

All-in-One - Yield, 4 servings

2 cups chopped cooked ham or luncheon meat, 1 cup diced cucumber, 2 hard-boiled eggs, 2 tablespoons chopped pimiento, green onions or green pepper, greens, seasoning. Serve with peas and baby beets. (This may be varied in meat and vegetable combination.) Marinate meats with a bacon dressing.

Shrimp-Crab Meat Combination - Yield, 4 servings

1 avocado, 1 cup diced celery, 1 cup shrimps or crab meat, 1/2 cup tart French dressing, greens for garnish.

Chicken and Fruit - Yield, 6 to 8 servings

3 bananas, 1/2 cup fresh pineapple wedges, 1/2 cup diced cooked chicken, 1/2 cup diced celery, salt, 1/2 cup mayonnaise, pimiento, green pepper, olives or nuts, parsley, greens.

Tuna Fish, Salmon, Crab or Shrimp - Yield, 6 servings

2 cups seafood, 1 cup diced celery or other crisp vegetable, 1/2 cup sliced pickles, 2 tablespoons lemon juice, 2 tablespoons canned or 1 teaspoon dry horseradish, 1/2 teaspoon salt, 3/4 cup mayonnaise. Serve on salad greens and garnish with deviled eggs and radish roses.

Stuffed Tomato Salad

Tomatoes with

Onion and crisp bacon and diced tomato pulp with dressing; or  
Cucumbers, green pepper, and onion with dressing; or  
Chicken salad.

2. GREEN AND LIGHT SALADS ARE BEST FOR HEAVY MEALS.Greens-Tomato - Yield, 8 servings

4 cups chopped watercress, chard or spinach, 1 tablespoon minced onion, 2 medium tomatoes cut in wedges, French dressing, salt.

Carrot

Shredded carrot, minced onion, greens for garnish or  
Shredded carrot, lemon juice, seasoning, greens for garnish.

Mixed

Diced tomato, celery strips, sliced cucumber, onion juice; or  
Chopped parsley, sliced radishes, shredded carrots, tomato wedges, greens.

Wilted Lettuce - Yield, 6 servings

2 bunches leaf lettuce, 2 chopped green onions, 1 hard cooked egg;  
4 slices bacon, 1/4 cup vinegar, 2 teaspoons sugar, salt, pepper,  
2 tablespoons water. Diced bacon browned, vinegar, and water added.  
Hot dressing poured over other ingredients.

Cauliflower-Onion - Yield, 6 servings

1 small cauliflower, 1/2 large onion, 1/2 cup stuffed olives, 2/3 cup  
French dressing, 1/2 cup crumbled strong cheese (example, Roquefort),  
lettuce; combine cauliflower flowerettes, thin onion rings, sliced  
olives, crumbled cheese, torn lettuce and dressing.

Radish-Cucumber-Green Pepper-Tomato - Yield, 6 servings

1 cucumber (sliced through peel), 1 bunch sliced radishes, 1/2 green  
pepper in narrow strips, 2 tomatoes in wedges, 2 cups chopped greens,  
2/3 cup French dressing. Toss with dressing.

3. FRUIT COMBINATIONS CAN SERVE AS DESSERT SALADS

Salads are an excellent way of serving both cooked and raw fruits. Here  
are a few combinations. Many others are possible.

Orange

Orange sections, watercress, and chopped nut meats.

Citrus-Plum

Sections of orange with grapefruit around plum halves.

Prune-Pineapple

Prunes stuffed with peanut butter, placed on fresh or canned pineapple.

Banana

- a. Banana strips rolled in lemon juice, then in finely chopped nuts  
and arranged on greens.
- b. Bananas cut lengthwise and spread with peanut butter arranged  
in greens with dressing.

Frozen Fruit - Yield, 8 to 10 servings

1 cup sieved cottage cheese, 1/2 teaspoon salt, 1 cup crushed pine-  
apple, 1 1/2 cups pitted cherries, 1/2 cup mayonnaise, 1 cup canned  
peaches, 2 cups orange slices, 8 cut marshmallows, 1 cup whipped  
canned milk or cream. Combine and freeze.

Cranberry--a molded salad - Yield, 6 servings

1 cup ground raw cranberries, 1 cup ground apples, 1 cup sugar,  
1 package lemon gelatine, 1 cup hot water, 1 cup peach, pear, Royal  
Anne or apricot juice, 1/2 cup seeded Royal Anne cherries, 1/4 cup  
broken nut meats. Combine ground cranberries, apple, sugar.  
Dissolve gelatine in hot water; add fruit juice; and chill until  
partially set. Add cranberry-apple mixture, cherries and nuts.  
Put into molds and chill. Unmold on greens. Pass the dressing.

**Orange-Endive - Yield, 6 servings**

1/2 bunch endive, 2 large oranges, 1/2 large sweet onion. Toss with a French dressing containing tarragon vinegar and garlic.

**Fresh Fruit Plate - Yield, 6 servings**

1/2 cup cottage cheese, 3 pears, 1/2 cup berries, cherries and plums, fruit dressing, greens. Arrange on platter or individual plates.

**Note:** There is an excellent film strip on Salad Making.

Dressings may be served separately. Some people prefer the fruits and vegetables without dressing.

Get such items as pickles, cucumbers and green pepper from the children's salads. Tender leaves of green vegetables can be given in small amounts to children of 2 years and over.

**POINTS ON PLANNING**

Choose from a variety of greens. Get them fresh, crisp and green -- "The Greener the Better".

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Parsley Sprigs	Green Onion Tops
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Curly Endive	Romaine
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Lemon Sherbet	Ornamental Pickers
Coffee	