

# VINTAGE SALADS

These salad ideas were taken from

**FIFTY SALADS BY THOMAS J. MURREY,**

**published in 1885**

The original book has 50 salads. I left out the rather random and sometimes very expensive salads – such as lobster and kept all the salad ideas with ingredients most of us can find!

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## **1. Anchovy Salad.**

Wash, skin, and bone eight salted anchovies; soak them in water for an hour; drain and dry them.

Cut two hard-boiled eggs into slices.

Arrange the leaves of a head of lettuce neatly in a salad-bowl and add the anchovies and the eggs.

Prepare a plain dressing, pour it over the salad and serve. The fish may be minced, chopped, or cut into fillets.



## **2. Asparagus Salad.**

Remove the binding round a bunch of asparagus, cut off an inch of the root end of each stalk, scrape off the outside skin\*\*, wash them, tie them in bunches containing six to eight each, and boil, if possible, with the heads standing just out of the water, as the rising steam will cook them sufficiently.

If covered with water the heads are cooked before the root ends. When tender, plunge them into cold water, drain, arrange them on a side dish, pour over them a plain dressing, and serve.

\*\*Generally, we don't need to scrape the skin from asparagus. And steaming for a few minutes should be enough.

### **3. Beans, Lima, Salad**

Boil one pint of lima beans for forty minutes in water slightly salted; drain; put them in a salad-bowl, and add three hot, boiled potatoes cut into slices.

Mince a stalk of celery; sprinkle it over the vegetables.

Prepare a plain dressing, pour it over the salad, and set the bowl in the ice-box\*\*; when cold, serve.

A little cold, boiled tongue may be added if liked.

\*\*Read 'fridge' for ice-box! Tongue? Not eaten much these days, although cooked gammon may work as well.



### **4. Beef Salad.**

Cut into neat pieces, an inch in length, 8oz of boiled fresh beef.

\*\*Roast beef is fine to use.

Take two heads of crisp lettuce, reject the outside leaves, wipe the small leaves separately, place them in a salad-bowl, add the beef.

Chop up a sweet Spanish pepper, add a tablespoonful to the salad. Prepare a plain dressing, pour it over the salad; just before serving, mix gently.

## **5. Beet Leaves Salad.**

The seed-leaves of the beet were preferred by the Greeks to lettuce. They are served the same as lettuce. If a little old, scald them in hot water a moment.

Swiss chard is the midrib of the beet leaf. Remove the leaves, cut the midribs into equal lengths, tie in small bunches, boil thirty minutes. Arrange on a side dish, pour over them a plain dressing and serve either hot or cold.

\*\*Swiss chard and beet leaves are often available in the garden, and sometimes in the supermarket!



## **6. Breakfast Salad.**

Scald two ripe tomatoes; peel off the skin, and place them in ice-water; when very cold, slice them.

Peel and slice very thin one small cucumber.

Put four leaves of lettuce into a salad-bowl, add the tomatoes and cucumber.

Cut up one spring onion; add it, and, if possible, add four or five tarragon leaves.

Now add a plain dressing and serve.

## **7. Brussels-Sprouts Salad.**

Pick over carefully a quart of sprouts, wash well, and boil rapidly for twenty minutes (if boiled slowly they lose their colour).

Drain, and plunge them into cold water. Drain again, and put them into a salad-bowl.

Mince one-fourth of a pound of boiled ham, arrange it neatly and evenly around the sprouts, and around this arrange a border of potato salad. Add a plain dressing, a teaspoonful of herbs, and serve.

**\*\*Read 4oz or 100g. for 'one-fourth'**



## **8. Carrot Salad.**

Young spring carrots are excellent when served as a salad. Take six of them, wash, wipe them with a coarse towel, boil them for ten minutes, drain and cut into narrow strips.

Arrange neatly in the centre of a salad-bowl; cut up half a pound of cold boiled mutton into neat pieces; put it around the carrots.

Mince a stalk of celery with a few tarragon leaves; strew over the dish; add a plain dressing and serve.

**\*\*Boiled mutton not eaten much these days. Alternative ideas would be cold roast lamb or other preferred meat.**

## 9. Cauliflower Salad.

Put into a basin of cold water a head of cauliflower, head downward, add half a teaspoonful of salt, and a wineglass of vinegar.

Let stand for half or three-fourths of an hour, drain, and put it into a saucepan to boil until tender. The length of time for boiling depends upon the size of the head. Remove the scum carefully as it rises, or it will discolour the cauliflower. \*\*

When done separate the sprigs, and arrange them around the bowl. Put into the centre of the dish a head of cabbage-lettuce, cover it with mayonnaise and sprinkle a few capers on top. Mask the cauliflower with mayonnaise, garnish with beet diamonds, and the effect is very pleasing.

\*\*This seems a long way round cooking a cauliflower. Do it your way, or simply separate sprigs and steam until just cooked. I would guess 'beet diamonds' are diamond shapes cut from beetroots?



## 10. Celeriac Salad.

When stewed and served with cream sauce, it is at its best. It may be used in salads either raw or boiled. If used raw, cut it into very thin slices; if cooked, cut it into inch pieces. Mix with it endive, potato, and a little boiled tongue, in equal proportions; serve with a plain dressing.

\*\*Grated raw celeriac mixes well with other ingredients.

## 11. Celery Salad.

With the exception of lettuce, celery is more generally used as a salad in this country than any other plant. (U.S.A.?)

Cut off the root end of three heads of celery; wipe each leaf-stalk carefully, and cut them into inch pieces.

Cut each piece into strips, put them into a salad-bowl, add a plain mayonnaise, and serve.



## 12. Cherry Salad.

Remove the stones from a quart of fine, black ox-heart cherries.

Place them into a compote\*, dust powdered sugar over them, and add half a wineglassful each of sherry and curaçoa. \*\*

Just before serving mix lightly.

\*A compote is a decorative serving dish – either individual or a larger dish for sharing.

\*\*Curacoa is an island in the Caribbean. This probably refers to the liqueur ‘Curacao.

### **13. Chicory Salad.**

Thoroughly wash and drain two heads of chicory; cut away the green leaves and use them for garnishing, or boil them as greens.

Cut off the root-end from the bleached leaves, and put the latter into a salad-bowl that has been rubbed with a clove of garlic.

Add half a dozen tarragon leaves, four to six tablespoons of oil, a saltspoon\* of white pepper, and two saltspoons of salt.

Mix thoroughly. Now add a tablespoonful of tarragon vinegar, and you have a delightful salad.

\*A saltspoon is a quarter of a teaspoon.



### **14. Chicken Salad.**

The average cook book contains a good deal of nonsense about this salad. Nothing can be more simple than to mix a little nicely cut cold boiled\* chicken and celery together, with a tablespoonful or two of mayonnaise. \*Roast chicken works just as well!

Put this mixture into a salad-bowl, arrange it neatly, and over all add a mayonnaise. Garnish with celery tops, hard-boiled eggs, strips of beets, etc. Use a little more celery than chicken.

Or, tear a few leaves of lettuce, put them in a salad-bowl, and add half a cold, boiled, tender chicken that has been cut into neat pieces; pour over it a mayonnaise; garnish neatly, and serve.

## **15. Corn Salad, or Feticus.**

Carefully pick over two quarts of feticus\*; reject all damaged leaves; wash, and dry in a napkin.

Place in a salad-bowl; add a pint of minced celery and two hard-boiled eggs, chopped fine.

Finally add a plain dressing, toss, and serve.

\*Feticus better known in the UK as Lamb's lettuce. Two quarts isn't often a measure we use these days for salad greens. Use as much as you need to feed your dinner guests!



## **16. Cress Salad.**

Cress is one of our best spring salads. Pick the leaves over carefully, removing the bruised leaves and all large stems.

Mince a young spring onion; strew it over the cress, add a plain dressing, and serve.

\*\*Whether this means watercress, plain cress, mustard and cress, or any other form of cress, we may never know! Use the type or variety you prefer.

Watercress is so good for your immune system, it's worthwhile growing some if you can. Watercress gets a mention in 'Growing 20 Occasional Herbs' – listed on this page on my blog:

<http://healthylivingbooks.org/herbs-and-healing/>

## 17. Cucumber Salad.

If properly prepared, cucumbers are not apt to interfere with digestion. They should be gathered early in the morning and kept in a cool place until wanted.

After peeling, slice them *very* thin; sprinkle a little salt over them; let stand ten minutes, and add cayenne, and equal parts of oil and vinegar. If allowed to remain in salt water any length of time, if oil is omitted, or if their natural juices are squeezed out of them, they become indigestible.

\*\*Many cucumbers we buy are organic or less 'rough' than perhaps they were 100 years ago. Cucumbers, however can interfere with digestion, but peeling will often help this.

And perhaps, omit salt until just before serving?



## 18. Currant Salad.

Put a pint of red currants in the centre of a compote. Around them make a border of a pint of white currants, and around these arrange a border of red raspberries. Set the dish on the table.

Take a pint of sweet cream, add to it three tablespoons of powdered sugar; stir it up to dissolve the sugar; while doing so add a tablespoonful each of brandy and curaçoa.

Set the sauce on the table; dish up the fruit; and let each guest help himself to the sauce.

## 19. Dandelion Salad.

A dandelion salad is one of the healthiest of spring salads. Take two quarts of freshly gathered dandelions; wash them well; pick them over carefully; let stand in water over night, as this improves them.

Drain, and dry in a napkin; place them in a salad-bowl; add two young spring onions, minced. Serve with a plain dressing.

\*\*Young dandelion leaves are high in vitamin C value. Older leaves tend to be bitter.



## 20. Dumas Salad

Put in a salad-bowl a yolk of egg boiled hard; add a tablespoonful of oil, and make a paste of it; then add a few stalks of chervil chopped fine, a teaspoonful each of tunny\* and anchovy paste, a little French mustard, a small pickled cucumber chopped fine, the white of the egg chopped fine, and a little soy.

Mix the whole well with two tablespoons of wine vinegar; then add two or three steamed potatoes sliced, a few slices of beet, some of celeriac, some of rampion\*, salt and Hungarian pepper to taste; toss gently twenty minutes, then serve.

\*\*\*Wow - This is a whole meal in a salad! \*Tunny – tuna.

\*\*Rampion is a wildflower that used to be cultivated as a vegetable. Probably safe to omit

## **21. Egg Salad.**

Put into a salad-bowl the small crisp leaves of a head of lettuce; add four hard-boiled eggs sliced.

Mince a dozen capers; sprinkle over the eggs, and add a plain dressing.

## **22. Endive Salad.**

The curled endive is excellent for fall and winter salads. Pick the leaves over carefully; separate the green from the white; put the latter into a salad-bowl;

Add minced salad herbs, and a suspicion\* of onion. Serve with plain dressing.

\*\*Suspicion?! Grate or finely chop an onion according to taste.

## **23. Lamb Salad.**

In hot weather this salad is very acceptable. Put into a salad-bowl the crisp small centre leaves of two heads of cabbage lettuce.

Cut up three-quarters of a pound of cold roast lamb, add to the lettuce. Chop up a dozen capers with a few tarragon leaves; strew over the salad; serve with a plain salad dressing.

## **24. Lettuce Salad.**

Take two good sized heads of the broad- or long-leaved varieties of lettuce; separate the leaves; wipe them carefully to remove all grit; break or tear each leaf apart (do not cut lettuce).

Put them in a salad-bowl; add oil, pepper, and salt, and a teaspoonful of chopped herbs; toss lightly.

Now add the vinegar, toss again, and serve immediately.

## **25. Melon Salad.**

The best way to eat a melon is unquestionably with a little salt, but melons are very deceptive, they may look delicious, but from growing in the same field with squashes and other vegetables they often taste insipid. Such may be made quite palatable in salads.

Cut the melon into strips; then remove the skin; cut the eatable part into pieces, and send to table with a plain dressing.

\*\*I've never tried melon with salt but it may be worth a try?



## **26. Mint Salad.**

This is an egg salad with the addition of six leaves of mint chopped fine.

Serve with a plain dressing, and with or after cold roast lamb.

## 27. Orange Salads.

Peel and slice three oranges that have been on ice. Remove the seeds, arrange the slices in a compote, cover with powdered sugar, and add two tablespoons each of maraschino, curaçoa, and brandy.

Let it stand an hour in the ice-box before serving.

Or, arrange in a dish a neat border of cold boiled rice. Peel and divide into sections three Florida oranges; put the oranges in the centre; dust powdered sugar over all, and set the dish in the ice-box.

Just before serving pour over the salad two wineglasses of arrack. A plain salad dressing is served with orange salad in some places in the East, but would not suit the American palate.

\*\*This recipe requires a pretty well-stocked drinks cabinet, but may be worth a try over the holidays. :-)



## 28. Pineapple Salad.

Peel and tear the pineapple into shreds, using a fork until there is nothing left but the core. Place the shredded fruit lightly in a compote.

Take half a pint of white sugar syrup; add to it a wineglassful of arrack, a tablespoonful of brandy, and one of curaçoa. Mix and pour over the pines. Set in ice-box. When cold, serve.

\*\*Alcohol pairs with fruit nicely it seems.

## 29. Potato Salad.

Cut up into slices two quarts of boiled potatoes *while hot*; add to them a teaspoonful each of chopped onion and parsley; pour over them a liberal quantity of plain salad dressing.

Serve by placing a leaf of lettuce on each small plate, and add two tablespoons of the potato to the lettuce, for each person. Cold boiled potatoes do not make a good potato salad.\*

\*If you are making a potato salad with mayonnaise, the potatoes must be cold before mixing.



## 30. Tomato Salad.

A perfect tomato salad is prepared as follows: Take three fine ripe August tomatoes and scald them a moment; skin, and set on ice to cool; slice; put them into a salad-bowl; add a teaspoonful of chopped tarragon and a plain salad dressing.

Sliced tomatoes with mayonnaise are not to be despised.\*

\*Love the expression! If tarragon isn't available, try using basil. Also, your tomatoes probably won't need scalding.

## HERBS AND DRESSINGS

### **Borage for Salads.**

This is an excellent ingredient in nearly all vegetable salads. Sprout a handful of borage seeds. When the shoots are a few inches long, trim them off, as wanted, and add them to any salad with a plain dressing.

Wild flowers neatly arranged with alternate tufts of green are very pretty during warm weather. During cold weather garnish with pretty designs cut from beets, turnips, radishes, celery, etc.

### **Plain Salad Dressing**

is admissible with nearly all salads. It is composed of oil, vinegar, pepper, and salt, and nothing else.

Many who do not care particularly for oil, use equal quantities of oil and vinegar, others one-third vinegar to two-thirds oil; these proportions satisfy a large class, but four parts of oil to one of vinegar are about the right proportions, provided the vinegar is of the best.

The plain dressing is made in two ways, either mixed in a bowl and the salad added to it, or as follows:

Take a tablespoon and put in it (holding it over the salad) one saltspoon of salt, one-quarter this quantity of freshly ground pepper, and a tablespoonful of oil; mix and add to the salad.

Add three more tablespoons of oil; toss the salad lightly for a few seconds; lastly, add a tablespoonful of sharp vinegar; toss the salad again, and serve.

## **Mayonnaise.**

When preparing a mayonnaise in summer keep the bowl as cold as possible. Beat up the yolks of two raw eggs to a smooth consistency, add two saltspoons of salt and one of white pepper, and a tablespoonful of oil.

Beat up thoroughly, and by degrees add half a pint of oil. When it begins to thicken add a few drops of vinegar.

The total amount of vinegar to be used is two tablespoons, and the proper time to stop adding oil, and to add drops of vinegar, is when the dressing has a glassy look instead of a velvet appearance.

After a few trials almost anyone can make a mayonnaise, as it is very simple.

## **END NOTE**

I hope you enjoy these salad ideas taken from a cookery book written in 1885. For more recipe ideas and a couple of free recipe book downloads, pop over to

<https://healthylivingbooks.org/>