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Salads and Sandwiches

By IDA MAE SHILLING, Assistant Professor of Home Economics

Our taste for salads is not a recent acquirement. It is an inheritance which comes to us thru centuries of their use in Eastern lands. In the Orient, cucumbers and melons were classed among earth’s choicest productions. We read of the Hebrews eating for the Passover, lettuce, camomile, dandelion and mint, on which were used oil and vinegar. The Greeks served lettuce at the end of the meal, while the Ancient Romans served lettuce with eggs as a first course to excite the appetite. Galen, the celebrated physician called it the “philosopher’s or wise man’s herb.”

Moses wrote: “And the Children of Israel wept again and said: ‘We remember the fish which we did eat in Egypt freely; the cucumbers and the melons and the leeks and the onions and the garlic.’”

There are many kinds of salads. They may be made from “left-over” cooked foods such as vegetables, fruits and meat, provided these are carefully cut and combined artistically, itplease both the eye and the palate. Many foods that would make attractive salads are passed by every day, thru the lack of interest in food combinations. If the people knew the principles of salad making.

Of the uncooked salad vegetables, lettuce stands at the top. To be at its best, it must be fresh, tender and crisp and when served, it should have a French dressing used on it. Watercress may be served without oil, and may be combined with cheese or eggs. This makes a salad that may form the main dish of a lunch in the summer.

The place the salad takes in the meal depends upon its constituents. If meat, fish, cheese, eggs or nuts are used it may form the main dish of such a lunch and is suitable for lunch. If it is of fruit or green vegetables, dinner or a meal at which there is a main dish served in addition, is needed to give sufficient food value to the menu.

Salads are superior to many other productions of the culinary art for they may be served upon any occasion and to any class of people. Among people who serve well-balanced and artistic meals, the salad is a necessity. Two things are indispensable to every kind of salad, regardless of whether it is made of meat, eggs, nuts, cheese, vegetables, fruits, both cooked and uncooked. These two things, if not in the best condition, will make a poor salad of what otherwise would have been an attractive and delicious product. The foundation of crisp lettuce and good dressing are the two essentials for a satisfactory salad.

Important points in salad making:

1. Green vegetables should be served fresh, cold and crisp.
2. Meat and fish should be carefully cut with a sharp knife and well marinated, to give good flavor and appearance.
3. The ingredients should not be combined until ready to serve; then they should be put together artistically in order to Please the eye as well as the taste.
4. When ready to serve, it should be very cold, well flavored and accompanied by an appropriate dressing.

Dressings are made from oil, acids and seasonings, from oil, acid and seasonings; or they may be cooked, using butter instead of oil and adding cream. This latter in the last ten years has been in favor. There are other dressings—one in which heavy cream is used with acid and seasonings, another one for cole-slaw, made of eggs, together with the little that there is in seasonings. Dressings may be modified to suit the individual taste and salad. As there should be many more kinds of salads than there are cooks, depending upon their originality and ingenuity, so there should be many blends and flavors in the dressing.

French dressing made of oil, acid and seasonings may be used on vegetable salads that are served with the main course of a heavy dinner. Mayonnaise is used on meat, and fish salads when they are served for luncheon or supper and form the main part of the meal.

Some Salad Combinations

1. Lettuce, sliced tomatoes with thin slices of green pepper.
2. Shredded lettuce, sliced cucumbers and pimento.
3. Lettuce, whole tomato, stuffed with green beans, finely cut pickles and celery.
4. Lettuce, whole tomato sectioned to represent a pineapple, with a center of sliced egg yolk and finely cut green peppers.
5. Lettuce, asparagus tips and sliced red radishes.
7. Lettuce, raw cabbage, nuts and thin pieces of green pepper.
8. Lettuce, tomato jelly with celery and nuts.
9. Lettuce, celery, nuts and apples.
10. Lettuce, asparagus with strips of pineapple.
11. Lettuce, a mixture of cooked carrot and diced, string beans cut small, green peppers, cooked beets and pickles cut small.
12. Lettuce, raw diced carrots and nuts.
13. Watercress with diced boiled beets and small cucumber pickles, cubed, and cut small.
14. Watercress, with hard cooked egg, sliced.
15. Watercress, sliced tomatoes and cucumbers.
16. Lettuce, spinach and sliced egg.
17. Lettuce, diced meat and celery.
18. Lettuce, green beans and sliced egg.
19. Lettuce, fruits and nuts.
20. Lettuce, grapefruit, pineapple and pimento.
21. Lettuce, pineapple and cream cheese.

But let us not forget the salad’s pleasant companion in picnics, parties, luncheons and outdoor suppers—the sandwich.

The term sandwich was formerly used in speaking of two slices of bread with meat between. In this sense, the word originated about the end of the eighteenth century from the Mr. and Mrs. Samuel Johnson Sandwick known in the fourth Earl of Sandwich became so infatuated with the excitement of the gaming table that he could not stop long enough to go to his dinner. So, the Earl’s butler was sent to him carrying “slices of bread with meat between.”

As a rule, bread for sandwiches should be twenty-four hours old, but fresh bread is best when the sandwiches are to be rolled or folded. Sandwiches that suggest much handling, such as those tied with ribbons, are not enjoyed by fastidious people. The bread may be white or brown or both kinds in the same sandwich. Whole wheat, rye or Graham breads are also used whenever wished. Bread should be sliced in even thin slices, then cut in the shapes desired. The butter should be creamed for then it can be spread without the bread crumbling. Spread the bread after it is cut.

Anything that may be eaten with bread is suitable for a filling. Of the meats, salted ones, such as ham, take the lead in popular favor. Whatever kind of meat is used, it should be accompanied with the sauce or seasonings that give it a distinct and appetizing flavor. A badly seasoned filling or a filling with no seasonings makes the sandwich most undesirable for any purpose.

When salad sandwiches are to be made, well seasoned salad dressing should be added to the finely chopped meat, with which has been combined chopped celery, cabbage, cucumbers, pickles or olives, etc. When lettuce is used, the leaf is usually served whole with the edges outside the bread. Shredded lettuce with mayonnaise also makes a good sandwich. Any vegetable, without meat, combined with salad dressing makes an excellent filling.

When desired, sweet sandwiches may be used. These fillings are made with fruit combinations, some uncooked; other combinations are made into a marmalade and combined with cream cheese or cottage cheese. Fig and date fillings are also good. The fruit and cottage cheese sandwiches when whole wheat bread is used are very good for children. They furnish the sweets which the children like, and at the same time a wholesome food is being used. Vegetable sandwiches are also excellent for small children.

What part of the meal, from the nutritional standpoint, should the sandwich fill? Since it always furnishes bread, the nature of the filling will determine its value. Green vegetables and fruits, like in the salad, furnish vitamins, minerals and roughage. These things are especially desired in such a dish. They also furnish flavor which is so often overlooked when sandwiches are made. No combination should be prepared and served without its first meeting the test of good flavor. Then if it is suitable to use with bread, it may be made into a sandwich. Thick slices of bread are out of the question when desired, and when the filling is to be tasted.

Sandwich Suggestions

Tongue and veal or chicken chopped fine, combined with chopped celery and mixed with salad dressing.

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Bits About Cheese
By KATHERINE HOLDEN
HE much-talked-of green cheese of the moon has not yet been tested for its quality and flavor, but students in the experimental cookery classes have done all sorts of interesting things with every kind of cheese with results that may prove helpful to cheese-loving cooks.

Preparation of cottage cheese, a product often made at home, from leftover sour milk, was the first experiment. The object of the tests was to determine the best method of heating the milk to precipitate the curd. Results proved that direct boiling over the fire made a very tough, stringy product. Heating in the double boiler to a temperature of 40-50 degrees Centigrade made a curd of good flavor which was not stringy, but was not very tender.

A good cottage cheese was made by draining the sour milk in cheese cloth over night, but this was of course, a long process. The best product was obtained by adding an equal quantity of hot water to the sour milk and draining the mixture through cheese cloth.

Cheddar cheese was also subjected to experiments with heat. Three samples of cheese were used. One was heated directly over the fire, one in the double boiler, and the third heated with milk in the double boiler. In every case the cheese was found to melt at 69 degrees Centigrade. Above that it immediately became tough and stringy, and with continued heating was unusable. Don't you just love Welsh Rarebit, and don't you often wish you knew how to combine everything to get just the right flavor? We should not be able to control food are so thoroughly based upon common sense that we should be able to control the dangers which have been much overlooked. Cases of food poisoning are really rare indeed and much of the ranting that home canning is probably propaganda. Canned foods are an important part of our diet and should be eaten, but discretion must be used in selection here as well as in fresh foods. Can, but can carefully. Do not can food which is not fresh enough for the table and do not use canned food about which there is a doubt.

Directions concerning time and method of processing should be followed carefully. These methods have been worked out carefully and errors eliminated. Much of the high cost of living may be eliminated if canning is practiced with proper precautions and the menu is certainly more attractive where there is variety.

Salads and Sandwiches
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Cream cheese, chopped nuts and salad dressing.
Cream cheese, nuts and chopped green peppers.
Cottage cheese may be used instead of cream cheese.

Pimento, nuts and cottage cheese with salad dressing.
Lettuce, ground nuts and salad dressing.
Lettuce with salad dressing.
Diced cooked green vegetables with salad dressing.
Sliced onions with seasonings.
Lettuce, cucumber and tomato, seasoned with salad dressing.

Interesting and unusual sandwiches may be made in the following ways:

Ribbon Sandwiches. Cut white and graham bread in one-fourth inch slices, having four slices of white and three of graham. Spread two slices of white bread and all the graham bread on both sides with creamed butter. Spread remaining two pieces of white bread on one side. Beginning with the white slice (buttered on but one side) pile in seven layers, alternating bread, and have second slice of white bread (unbuttered on one side) on top. Wrap in cheese cloth and press.

Far Superior to Any Other Coffee

More Economical, Too, Than Cheaper Coffees—Says This User of Chocolate Cream Coffee

Forest City, Ia. (Special)—"I can truly say that Chocolate Cream Coffee is the best I have ever used," advises Mrs. Louis H. Nyhus. "I do not call it expensive coffee because one pound goes as far as 1 1/2 pounds of any other coffee, and it does not leave a bitter taste in your mouth as do so many cheaper coffees.

"The package—with the six walls of paraffin—is very fine for keeping the coffee in perfect condition. Six of us drink this coffee and the men folks always ask for more."

You, too, will find it is economy to buy the best coffee. Ask your grocer for...
under a light weight. Put on ice and keep until ready to serve. Cut in one-fourth inch slices for serving, then cut in halves crosswise. Butter may be colored to carry out the color scheme desired.

**Sandwich Loaf.** Cut slices lengthwise of the loaf of bread, one inch thick. Trim to have all the same size. Place thin slices of crisp cucumber, tomatoes and green pepper on one of the layers. Add thick mayonnaise dressing. Place on top of this another piece of bread and cover with the vegetables and mayonnaise, as done before. On top of this place still another piece of bread and cover again with vegetables. Pour on enough mayonnaise to cover the entire loaf. Garnish with the vegetables and serve at the table.

**Mosaic Sandwiches.** Cut three slices each of white and graham bread one-half inch in thickness. Spread a slice of white bread with creamed butter and place a slice of graham on it; spread this with creamed butter and place on it a slice of white bread; repeat this process, beginning with a slice of graham. Put both slices in a cool place under a light weight. When butter has become firm, trim each pile evenly and cut each pile in three one-half inch slices. Spread these with butter and place together in such a way that a white block will alternate with a graham one. Place again in a cool place, and when butter is set, cut in thin slices for serving. The sandwich has the appearance of a checker board.

**The Food With the Flowers’ Flavor**

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cuits and hot breads as salad dressing is to salad. It bears the same relationship to waffles and griddle cakes. Honey is not much more expensive than molasses and maple syrup when purchased on the market, and it should be cheaper when produced by one’s own bees.

Honey when it becomes cold will often granulate. This is a sign of pure honey for only as such will it granulate. It may be changed back to syrup by heating. The temperature must not be too high as the flavor of the honey may be injured in this way. Granulated honey, however, has its use and can be made into a very delicious filling for layer cakes. Use one part of honey to two parts of crushed fruit and mix together. This may be spread on the cake or served with shortcake.

Honey may be substituted in almost all cases for sugar, but it is well to use especially tested honey recipes if such are at hand.

**Once Upon a Time**

(Continued from page 6)

simple, brought about by repetition or by modulation of the voice; but for the older child there may be a number of events leading toward the climax. Climax “knots the thread of the narrative” and makes the whole a complete picture.

Story telling will be a joy to the mother or “big sister” of the neighborhood who will choose from the long list of good stories and live them over many times. Stories that children like cannot be told too often; they like to hear the same story even after they know every word by heart. There is satisfaction in giving the little children stories upon which they can build their dreams in the big story book of life.

**Pleasant, Practical Porches**

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the porch on a summer evening if they are “bitten-up” by mosquitoes. Porch curtains of split bamboo or awning cloth can be purchased (or awning cloth curtains can be made at home) which can be raised and lowered by means of cords or pulleys and which are very satisfactory in shutting out both sun and rain.

If the porch is glassed in, gathered shades of tinted fabrics or draw curtains of sunfast silks will shut out the sun on a hot afternoon.

But over half of the charm of the porch is due to vines and flowers. These add the finishing touches. Climbing roses, honeysuckles, morning glories, moonflowers or vines form a charming covering for the porch. Rose bushes and Hollyhocks are especially suitable for use with the Colonial porch. Porch boxes in which can be planted one’s favorite flowers are an addition to the porch as well as affording protection from the glances of passersby. Hanging baskets help to overcome the crudity of the house exterior as a background.

The view from the porch should be as attractive as possible. When a garden off the porch is not practical, a smooth, green well-kept lawn will be a welcome sight.

But after all, beauty, durability and comfort are the three important essentials to consider in furnishing the summer porch. Make it a place where one may rest, entertain, eat or even sleep. On warm evenings it is the setting for pleasant conversations and is a delightful place to spend a leisure afternoon with a book. The porch should be the summer living room.