



Salads
By the World's best Chefs

Helps & Hints to Salad Making



By some of the
World's Best Chefs

This little book has been compiled by H. J. Heinz Company, makers of the 57 Varieties of Pure Foods, Sauces and Condiments, in the hope that it will be of assistance to those housewives who are interested in the making of fine salads.



H. J. HEINZ COMPANY

57 Varieties

Pure Food Products.

The Art of Salad Making

Utensils and ingredients should be thoroughly chilled before beginning the salad.

Green vegetables should be crisp and fresh. Lettuce particularly should be young and tender, and after washing should be allowed to stand in a bowl of cold water while the dressing is being prepared, and then wiped dry before using. When dressed for the table each leaf should glisten with oil, yet no perceptible quantity should remain in the salad bowl.

The ingredients composing a salad should not be combined until just before serving, unless vegetables of pronounced flavoring are used with which it is desired to permeate the entire salad.

Plates should be directly on ice for a considerable time before serving.

A salad depends upon the quality of Olive Oil and Vinegars used—they cannot be too good. A poor oil or vinegar makes a poor salad.

H. J. Heinz Company

CANADIAN PACIFIC RAILWAY
HOTEL SYSTEM

EMPRESS HOTEL
VICTORIA, B. C.

H. J. Heinz Co.,

With my compliments, I present the following salad recipe:

SALADE KEDIVIALE

Breast of Chicken in slices
(Mayonnaise Dressing)

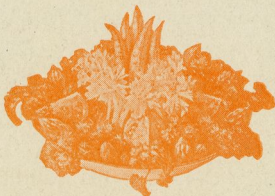
Bottom of Fresh Artichokes in quarters
Peeled Tomatoes in quarters
Tips of Green Asparagus
Boiled Fresh Okra
Heart of Celery in Branch,
Stuffed with Roquefort Cheese.

French Dressing with Chopped Chervil

Place Okra in center of Salad Bowl in a Pyramid form and arrange other parts symmetrically around it, and fill out spaces between bouquets with Stuffed Celery pointing towards center.
Place a little Julienne of Truffles on top of Chicken.

Chef, EMPRESS HOTEL.

Leraphus Maffey





Hotel St. Regis.

Fifth Avenue and Fifty-fifth Street

New York

H. J. Heinz Company,
Pittsburgh, Pa.

Gentlemen :

I am pleased to contribute the following original recipe, with my compliments :

SALAD JNEDITE

Trim two heads lettuce, and spread the outer leaves sufficiently to remove the hearts. Place together in a deep dish the lettuce hearts quartered, bottoms of two French Artichokes (whole), two ripe tomatoes quartered, with seeds removed, two hard boiled eggs cut in thick slices.

Mash finely with fork yolks of two hard boiled eggs, stir in three dessert spoons Heinz White Pickling Vinegar, eight dessert spoons Heinz Olive Oil, salt and pepper to taste, a few leaves of tarragon, chervil, two sprigs of parsley chopped not too fine, and mix thoroughly with the salad. Place the mixture carefully inside the outer lettuce leaves and close them around it as closely as possible.

Put in salad plates on a thin layer of meat jelly and garnish with a half slice of lemon, two thin slices of pickled red beets and three or four of Heinz Small Sweet Pickles.

Emile Bailly

Chef of St. Regis Hotel.



E. BARILLET | DIRECTEUR-GÉNÉRAL

ELYSÉE PALACE HÔTEL

103 Avenue des Champs Elysées

PARIS

ADRESSE TELEGRAPHIQUE
ELYPALACE

H. J. Heinz Co.,

I am pleased to give you herewith the recipe for a "Salad" in which we are using the Oil and Vinegar "Heinz".

"SALADE ELYSEE"

"Trim the hearts of a celery after having removed the stringy peel. Add some bottoms of fresh artichokes quartered, some leaves of endives to be cut very short, some slices of bananas, some small leaves of lettuce very white, and a large dish of truffles. Add three table-spoons "Heinz Olive Oil and one table-spoon "Heinz Pickling Vinegar", unequalled for making any kind of salad."

I beg to remain, dear Sirs

Yours Faithfully,

DeLaunay

Chef of "Elysee Palace Hotel"



PRIVATE OFFICE
HOTEL ALEXANDRIA

CABLE ADDRESS "ALEXANDRIA"



LOS ANGELES

H. J. Heinz Co.,

As per your request, we take much pleasure in giving you one of our special salad receipts.

We have always found your goods of the highest standard and shall always take pleasure in using them at our hotel.

SALADE AVOCADO, ALEXANDRIA.

--o--

Take a nice ripe Alligator Pear and cut in half, removing meat in slices with a dessert spoon; take heart of a lettuce, cut Julienne, one root of boiled, French celery, cold, chop a small amount of pimentos and chives and mix all together.

Make a dressing, consisting of four soup spoons of Heinz' Olive Oil, two soup spoons of Heinz' Spiced Salad Vinegar, and season to taste with salt, pepper and paprika.

Pour dressing over ingredients above mentioned and mix thoroughly and carefully.

Place preparation in empty Alligator Pear shell and serve cold, in nest of lettuce decorated with slices of Pate de Foie Gras and slices of Heinz Pimentos.

Yours very truly,

ALEXANDRIA HOTEL COMPANY.

Assistant Manager.



THE FINEST ALL-YEAR HOTEL IN THE SOUTH

The St. Charles

ALFRED S. AMER & CO. LTD.
PROPRIETORS

New Orleans, La.

H. J. Heinz Co.,

Please accept the following recipe
with my compliments:

SALAD ALBANAISE.

Cut in small squares some cooked carrots,
potatoes, cucumbers and raw tomatoes;
rub four cooked egg yolks through a
sieve into a bowl; mix gradually and
carefully with oil, Heinz Malt Vinegar,
salt, pepper and a tablespoonful of
essence of anchovies; add the prepared
vegetables, mix well, put into a
salad bowl, ornament with beets, chives
and tarragon leaves.

Put the heart of a lettuce in the center
and serve.

H. J. Heinz
Chief Caterer



PALACE HOTEL
SAN FRANCISCO

H. J. Heinz Co.,

I am pleased to present the following recipe for:

Salad Eureka

Cut two good sized freshly cooked artichoke bottoms in half inch pieces, and place in a salad bowl, cut in same shape the heart of a good stalk celery, cut half fresh pineapple in dice and place it in the bowl with the artichokes, cut in half inch pieces, 3 sweet Spanish peppers and sprinkle over artichokes and pineapple.

Now cut 3 medium ripe tomatoes, skinned, and add with the rest in the bowl, mix all very well seasoned with French dressing with Paprika, and cover with mayonnaise, garnish with Romaine leaves.

Dressing for the Eureka Salad
made as follows:

Half teaspoonful of salt, one third teaspoonful of ground white pepper, one pinch of paprika dissolved with two tablespoonfuls of Heinz Vinegar and four tablespoonfuls of Heinz Olive Oil well mixed together.

Cover the Salad with mayonnaise made with Heinz Olive Oil and Vinegar.

Jules Dauviller

Chef of the Palace Hotel.



CLARIDGE'S HOTEL,
BROOK STREET.W.
LONDON, ENGLAND.

H. J. Heinz Co.,

Following you will find one of my
salad recipes:

SALADE MIMOSA

Cette salade absolument delicieuse si elle
est preparee avec attention se compose
des articles suivant,

Celeri en Julienne

Truffes fraiches en Julienne

Coeurs de laitues

Quartiers d'oranges

L'assaisonnement se fait avec une mayon-
naise monte avec de l'huile (Veritable
huile d'olive extra sure) a la quelle
vous ajoutez un peu de creme fouetee et
le jus d'un demi citron.

*With compliments
Y. Souchon
chef*





E. S. MIGHT MANAGER

EUROPEAN PLAN

CABLE ADDRESS, NEWWILLARD

STEWARD'S DEPARTMENT

THE NEW WILLARD,
PENNSYLVANIA AVENUE, FOURTEENTH & F STREETS

WASHINGTON, D.C.

H. J. Heinz Co.

I respectfully donate the following
recipe for

" SALAD A LA TAFT "

Select an extra large smooth cayenne
or red Spanish pineapple, cut off one side and
remove the interior. Place the shell on a
platter, and garnish with laurel or galax
leaves.

The salad consists of pineapple,
celery, and pimentos cut in strips one inch
long. Mix in a bowl with a heavy mayonnaise
dressing made from Heinz Pure Olive Oil, and
Heinz White Pickling Vinegar.

When thoroughly mixed put salad in
pineapple shell and decorate the top side with
hot house or malaga grapes cut in halves and
seeds removed, and pimentos cut in half inch
strips to form the design.

Respectfully yours,

Chas. E. Schaffner

The Union League of Philadelphia

*Office of the
Steward*

H. J. Heinz Co.,

Following is one of my recipes
presented with pleasure:

VEGETABLE SALAD

Trim two heads of lettuce, one bunch of watercress, cut up one small head of cauliflower, peel two tomatoes, cut in quarters; one beet, cut into one inch strips; a few string beans and a few peas. For Dressing chop two hard boiled eggs, one half bunch of chives, one onion, add two tablespoonfuls of Vinegar, the same of Oil and Mayonnaise Dressing, season with salt and pepper to taste, mix well with salad.

John J. Gysling
Chef.





W S WELDON, Manager

THE WINDSOR HOTEL

Montreal.

H. J. Heinz Co.,

Please accept the following recipe
with my compliments:

ZNIEH BEEF SALAD

Ingredients. Take some cold
boiled beef, potatoes, onions, boiled
eggs and Heinz Gherkins, and cut all
these into small squares and put into
a salad bowl.

Dressing as follows:- One
tablespoonful of mayonhaise and one
tablespoonful of Heinz Sweet Pimentos
chopped up; two or three tablespoonfuls
of Heinz Chili Sauce, salt, pepper, and
paprika to taste, adding a little Heinz
Powdered Mustard, and two tablespoonfuls
of Heinz Malt Vinegar. Mix all these
with Heinz Olive Oil until it becomes
sufficiently thick, and after pour
this dressing over the salad ingredients.
Mix well and serve on silver dish
garnished with a little chopped mixed
herbs and beetroots and eggs cut in
fancy design, and placed around dish.

Rene Castellani



Congress Hotel and Annex

N. M. KAUFMAN, PRESIDENT.

Chicago.

H. J. Heinz Co.,

With my compliments accept the
following recipe:

SALAD CONGRESS

Make basket of sound head Lettuce, fill
with pineapple, cut Julienne, sections of
Grape Fruit, $1/4$ heart of Lettuce and
nuts cut Julienne. Serve with Mayonnaise
or French Dressing, in the preparing of
which I recommend Heinz' Pure Vinegars
and Olive Oil.

Raymond Dressing

Teaspoonful Heinz Tarragon Vinegar, Eng-
lish Mustard, Heinz Olive Oil and Ketchup,
Mayonnaise, one drop Worcestershire
sauce.

Lucien Raymond



HOTEL UTAH

UNDER THE MANAGEMENT OF
GEO. O. RELF
SALT LAKE CITY

H. J. Heinz Co.,

I take pleasure in giving you
the recipe for:

SALADE CATHERINE

One head of lettuce, cut in four, garnished with one artichoke, half an orange, four slices of grape fruit, two slices pineapple, three slices Alligator Pear, pour the French dressing over it a few minutes before serving.

Dressing. Take two yolks of hard boiled eggs, passed thru China Cap, add one half teaspoonful salt, one half white pepper and a little cayenne pepper, first mix well with Heinz Olive Oil and two soup spoons Heinz Spiced Vinegar, pour over your salad and mix well.

L. Wackernase

Chef of the Hotel Utah.



THE COPLEY PLAZA BOSTON
FRED STERRY MANAGING DIRECTOR
J. C. LAVIN MANAGER

THE
COPLEY-PLAZA
DARTMOUTH STREET, TRINITY PLACE
AND COPLEY SQUARE



THE PLAZA NEW YORK
FRED STERRY MANAGING DIRECTOR

BOSTON

Messrs. H. J. Heinz Co.,

The following original recipe
is contributed with my compliments:

SALAD RACE KING.

Take half heart of lettuce;
place on salad plate. Cut out slice of
Alligator Pear to represent a horse shoe;
place same on lettuce. Fill in center
with sliced orange.

Place on each side of shoe
small square pieces of truffles to repre-
sent nails, four on one side and three on
the other.

In center of shoe place one
diamond shaped piece of truffle.

At each end place a long
piece of truffle.

Have Julienne Green Peppers
put around salad for hay.

Serve with French Dressing;
prepared as follows:

- 4 Dessert spoons Heinz Olive Oil
- 2 Dessert spoons Heinz Salad Vinegar
- 1 pinch paprika, pink
- 1 pinch English Mustard
- 1 pinch salt.

J. Jeter

Chef of Copley Plaza Hotel.

Other Valuable Recipes

MAYONNAISE DRESSING

Salt and Paprika to taste.

Yolk of (1) raw egg.

1 cup Heinz Olive Oil.

1 tablespoonful of Heinz White Pickling and Table Vinegar.

Mix the salt and paprika, then add the yolk of the egg; beat with a wooden spoon or silver fork until well mixed and slightly thickened; add one teaspoonful of the Vinegar, and when well blended add Olive Oil drop by drop and beat constantly until it thickens. Then add a little vinegar and more oil, alternately (the oil may now be added faster) until the desired quantity of dressing is made.

FRENCH DRESSING

$\frac{1}{2}$ teaspoonful of salt.

$\frac{1}{4}$ teaspoonful of paprika or black pepper.

6 tablespoonfuls of Heinz Olive Oil.

2 to 4 tablespoonfuls of Heinz Malt Vinegar or White Pickling and Table Vinegar.

Mix the salt and pepper, then add the Olive Oil, a few drops at a time, and beat until the mixture is slightly thickened. Add two to four tablespoonfuls of Vinegar and serve by sprinkling or pouring over the prepared materials.

HARICOT SALAD

Take medium-sized young red beets, cleansed, boil tender, skin and cool. Press through a fine sieve and add six tablespoonfuls of Heinz Malt Vinegar and gradually beat in one cupful of Heinz Olive Oil. Add a pinch of salt and paprika, a few drops of nutmeg, cloves, celery, cinnamon and onion extract. Beat to a smooth cream, then toss over one quart of steamed slender green beans. Heap in pyramid on salad plate and garnish with crisp greenery.

BEAN SALAD

Pour over one pint of string or lima beans four tablespoonfuls of Heinz Olive Oil, two tablespoonfuls of Heinz Pickling and Table Vinegar, one teaspoonful of onion juice, salt and paprika to taste, and mix with wooden spoons or toss together until the oil and vinegar has been taken up by the beans. Rub the inside of salad bowl with a small piece of a clove of garlic, turn beans into the dish and allow to stand.

Serve on lettuce leaves and garnish with slices of hard-boiled eggs or thin strips of Heinz Spanish Pimentos.

GREEN SALAD

Wash a firm head of lettuce without removing the leaves, dry thoroughly and then cut in halves. Rub each half with an onion, or a clove of garlic, if preferred, sprinkle with chopped parsley, then minced green sweet peppers, then with grated Roquefort cheese. Serve with French dressing.

ASPARAGUS SALAD

Cook asparagus tips until fairly soft. Chill by placing on ice and then mix with Mayonnaise dressing. Place the mixture in Heinz Spanish Pimentos and serve on heart leaves of lettuce, dress with a little Mayonnaise.

BEET SALAD

Cut boiled beets into thin slices; add one-half the amount of sliced celery and cover with Mayonnaise dressing; or lay alternate rows of raw onions, sliced, with sliced beets, and dress with Heinz Olive Oil and Heinz White Pickling and Table Vinegar; or, combine slices of hard-boiled egg, with cold boiled onion and sliced beets, dressing with Heinz Olive Oil and Heinz White Pickling and Table Vinegar and garnishing with parsley.

MEXICAN SALAD

Cut off the tops of six peppers, remove the seeds and veins and place in a bowl of ice cold water. Mix together two chopped tomatoes, one Spanish onion and one red pepper; add a spoonful of Heinz Chili Sauce, a little salt, three tablespoonfuls of cracker crumbs and enough Heinz Olive Oil to moisten well. Take the shells from the water, dry them carefully and fill them with the mixture. Chill, cover with Mayonnaise dressing, and garnish with Heinz Stuffed Olives and bits of cheese.

FRUIT SALAD

Three oranges, three bananas, one medium-sized ripe pineapple, one head of curled lettuce and one gill of Mayonnaise dressing. Wash the lettuce, peel and dice the oranges, peel the bananas and cut crosswise into thin slices. Peel the pineapple, cutting it first into thin slices and then into small sections. Heap the mixed fruit in the lettuce cups, dress with Mayonnaise and garnish with English walnut meats.

EGG SALAD

Rub inside of salad bowl with a slice of onion, then heap into bowl endive and watercress which has been washed in cold water, adding a few sprigs of green parsley and chervil; lay three hard-cooked eggs, shelled, in the center. When ready to serve dress with Heinz White Pickling and Table Vinegar, Heinz Olive Oil, paprika and salt to taste.

ANCHOVY SALAD

Wash, skin and split in two, lengthwise, five or six anchovies. Cut up into small pieces two boiled potatoes, and chop fine one small pickled beet and one pickled cucumber. Arrange in salad bowl crisp leaves of a small head of lettuce, add the potato and a little pepper, then the anchovies prepared as above, spread over them the chopped pickle and three tablespoonfuls of Mayonnaise dressing. On top of this and in a mound in the center garnish with the pickled beet.

CHEESE AND TOMATO SALAD

Arrange alternate layers of sliced tomatoes, lettuce and hard-boiled egg, spread over all about half an inch of thick grated cheese; chill and serve with salad dressing.

GRAPE AND NUT SALAD

Use white grapes, peel, cut in halves and remove the seeds. Add English walnut meats in the proportion of three nuts to a dozen grapes. Serve on lettuce leaves with Mayonnaise dressing. In making the Mayonnaise it is preferable to use Heinz Spiced Salad Vinegar so as to make it slightly sweeter than for a meat or vegetable salad.

VEGETABLE SALAD

On a bed of shredded cabbage, arrange the following vegetables, previously cooked, chilled and marinated with French dressing; in the center place a tiny mound of blood beets cut in fancy shapes, then a circle of French peas, next carrots cut in narrow strips, and outside of this, celery cut into small dice. Surround with a border of rice, garnish with pimolas. Serve with a Mayonnaise made with Heinz Salad Vinegar, Dill flavor.

CELERY AND APPLE SALAD

Take three tart, firm apples, pare and dice, Wash the white tender portions of celery, then cut into half-inch lengths. Mix the celery and apples together and heap mound fashion in the center of the salad bowl. Dress with Mayonnaise dressing and garnish with the tops of the celery or with watercress.

LETTUCE AND ROQUEFORT SALAD

Make a dressing of four tablespoonfuls of Heinz Olive Oil, three of Heinz Tarragon Vinegar, salt and pepper to taste. Stir into mixture, a few crumbs at a time, Roquefort cheese until a smooth dressing is produced. Pour over the lettuce. Let stand for fifteen minutes in a cool place before serving.

SPINACH AND EGG SALAD

Cook one-half peck spinach until tender, drain thoroughly and chop very fine. Add salt, pepper, one tablespoonful of Heinz White Pickling and Table Vinegar and one tablespoonful of Heinz Olive Oil. Pack into buttered timbale molds, first placing a slice of hard-cooked egg into bottom of each mold. Place on ice and when thoroughly chilled turn out on lettuce leaves and mix with French dressing. Chop fine one hard-cooked egg and use to garnish.

ARTICHOKE SALAD

Remove the stalks of four French artichokes. Cut off the tips and boil in salt water for fifteen or twenty minutes. Blanch in ice water for five minutes, drain thoroughly and pull the leaves apart to remove the choke. Cut the bottoms and white ends of the leaves into strips and mix with a pint of watercress which has first been washed, dried and broken into small pieces. Pour over all a French dressing, toss well together, arrange in salad bowl and serve.

SHRIMP SALAD

Wash the shrimps in cold water, drain thoroughly and mix with about one-half portion of celery cut into small pieces, two or three hard-cooked eggs, chopped, and a small quantity of Olives or Capers, if desired. Mix with Mayonnaise dressing and allow to stand on ice until chilled. Arrange the heart leaves of four small heads of lettuce in the form of shells and put in each as much of the mixture as it will hold. Drop a teaspoonful of Mayonnaise dressing, beaten very stiff, on the top, and serve.

CELERY AND TOMATO SALAD

Peel six firm tomatoes and remove the cores by cutting out the stem ends. Chop into small pieces about one-half pint of celery, preferably using the smaller and more tender stalks. Place the celery in the tomatoes and allow to stand on ice until slightly chilled. Arrange on lettuce leaves and pour over each two or three teaspoonfuls of French dressing and serve.

If it is desired to use a Mayonnaise dressing, first mix the celery with the dressing, thinning it out, if preferred, with whipped cream before placing it in the tomatoes.

COMBINATION SALAD

Chop into pieces of the size desired, one cup each of celery, cucumber, tomato, apple and a few spoonfuls of green peppers, radish and young onions, all sliced thin. Sprinkle with French dressing and serve on lettuce leaves or watercress.

Heinz Pure Vinegars

MALT VINEGAR; fermented from Barley Malt, rich brown in color and of exceptional aroma and flavor.

WHITE PICKLING AND TABLE VINEGAR; distilled from corn, rye and malt, best for pickling, invaluable for salad dressings in which absence of color is desired.

PURE CIDER VINEGAR; made from the whole juice of fresh apples, it contains a veritable whiff of the orchard.

All sold in Glass Bottles and Stone Jugs factory sealed, and by measure from Bulk Packages.

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HEINZ TARRAGON VINEGAR

HEINZ (DILL FLAVOR) VINEGAR

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The first pressings of sound ripe olives, made under highly sanitary conditions and possessing in addition to its absolute purity, the true delicacy of the perfect olive flavor.

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