

The Salad Book

The earliest known mention of the salad is in the 1867 cookbook *Dixie Cookery* by Maria Massey Barringer. The name references the food of the Greek gods. It is popular in the post-Soviet and other Eastern Bloc states around the world. In different modern recipes, it is usually made with diced boiled potatoes, carrots and brined dill pickles (or cucumber), together with optional eggs, vegetable or fruit ingredients such as green peas, celeriac, onions and apples, optional meat ingredients such as diced boiled chicken, cured sausage, ham, or hot dogs, with salt, pepper and mustard sometimes added to enhance flavor, and dressed with mayonnaise. Jello salad

Watergate salad where potlucks are common. The ingredients are combined and then often chilled. S. It is a popular dish in areas of the U. Watergate salad, also referred to as Pistachio Delight or Shut the Gate salad, is a side dish salad or dessert salad made from pistachio pudding, canned Watergate salad, also referred to as Pistachio Delight or Shut the Gate salad, is a side dish salad or dessert salad made from pistachio pudding, canned pineapple, whipped topping, crushed walnuts or pecans, and marshmallows 8ff566e3c7

== History == 8ff566e3c7 The name Israeli Salad is used mainly outside of Israel. Within Israel, it is commonly referred to as salat katzutz (Hebrew: ????? ?????, "chopped salad"), as well as salat aravi (Hebrew: ????? ???????, "Arab salad"), or salat yerakot (Hebrew: ????? ?????????, "vegetable salad"). 8ff566e3c7

Waldorf salad widely credited with creating the salad recipe. In 1896, the salad appeared in The Cook Book by "Oscar of the Waldorf". The original recipe was just apples. A Waldorf salad is a fruit and nut salad generally made of celery, fresh apples, walnuts, and

grapes, dressed in mayonnaise, and traditionally served on a bed of lettuce as an appetizer or a light meal. The apples, celery, and grapes can all be green, which harmonizes the color palette of the dish 8ff566e3c7

Chinese chicken salad Optional seasonings include dry hot mustard, sesame seeds, coriander and raw ginger or pickled ginger. Chinese chicken salad is a salad including chopped chicken and Chinese culinary ingredients that is common in parts of the United States. In restaurants, Chinese chicken salad may be more embellished and offered as an American-style entree salad, similar to Caesar, Chef, and Cobb salads. Though many variations Chinese chicken salad is a salad including chopped chicken and Chinese culinary ingredients that is common in parts of the United States. A basic vinaigrette for the salad includes ingredients like vegetable oil, sesame oil, rice vinegar (or citrus juice). Though many variations exist, common features of Chinese chicken salads include lettuce, cabbage, carrots, cucumbers (pickled and/or regular), chicken (typically breast meat), deep-fried

wonton skins or rice vermicelli and nuts (sliced almonds, cashews or peanuts)

Dessert salads – sweet salads containing fruit, gelatin, sweeteners... Appetizer salads – light, smaller-portion salads served as the first course of the meal == History == Garden salads have a base of raw leafy greens (sometimes young "baby" greens) such as lettuce, arugula (rocket), kale or spinach; they are common enough that the word salad alone often refers specifically to garden salads. Other types of salad include caprese salad, bean salad, tuna salad, bread salads (such as fattoush, panzanella), vegetable salads without leafy greens (such as Greek salad, potato salad, coleslaw), rice-, pasta- and noodle-based salads, fruit salads and dessert salads. In Russia and other post-Soviet states, as well as in Russophone communities worldwide, the salad has become one of the main dishes on zakuski tables served during New Year's Eve (Novy God) celebrations. In Poland, it is commonly served at Christmas and Easter. Side salads – to accompany the main course as a side dish; examples include potato salad and coleslaw == Name == The original recipe was just apples, celery,

and mayonnaise. It did not contain nuts, but they had been added by the time the recipe appeared in The Rector Cook Book in 1928. 8ff566e3c7

Ham salad Ham salad resembles chicken salad, egg salad, and tuna salad (as well as starch-based salads, like potato salad, macaroni salad, and pea salad): the primary ingredient, ham, is mixed with smaller amounts of chopped vegetables or relishes, and the whole is bound with liberal amounts of a mayonnaise, salad cream, or other similar style of salad dressing, such as Miracle Whip. Ham salad is a traditional Anglo-American salad. Ham salad resembles chicken salad, egg salad, and tuna salad (as well as starch-based salads, like potato Ham salad is a traditional Anglo-American salad 8ff566e3c7

Caesar salad A Caesar salad (also spelled Cesar, César and Cesare), also known as Caesar's salad, is a green salad of romaine lettuce and croutons commonly dressed A Caesar salad (also spelled Cesar, César and Cesare), also known as Caesar's salad, is a green

salad of romaine lettuce and croutons commonly dressed with lemon juice (or lime juice), olive oil, eggs, Worcestershire sauce, anchovies, garlic, Dijon mustard, Parmesan and black pepper

The salad was created on July 4, 1924, by Caesar Cardini at Caesar's in Tijuana, Mexico, when the kitchen was overwhelmed and short on ingredients. It was originally prepared tableside, and it is still prepared tableside at the original venue. As with... Many non-Western world cultures also have salads of various sorts as part of their traditional cuisines. In Fashionable Food: Seven Decades of Food... == History == Ham salad generally includes cooked or canned cold ham which has been minced, cubed, or ground; the mayonnaise or other dressing; diced sour or sweet cucumber pickles or cucumber pickle relish; and perhaps chopped raw celery, green pepper, or onion. Raw cucumber, shredded carrot, pimento, sweet corn kernels, or tomato are sometimes used. The salad can be mixed or garnished with generous quantities of chopped hard-boiled egg; grated cheese may be used, or peas or boiled potato may be added to bulk

out the dish. The salad is typically chilled and served cold. 8ff566e3c7 == See also ==
8ff566e3c7 == History == 8ff566e3c7

Chef salad Chef salad (or chef's salad) is an American salad consisting of hard-boiled eggs, one or more varieties of meat (such as ham, turkey, chicken, or roast Chef salad (or chef's salad) is an American salad consisting of hard-boiled eggs, one or more varieties of meat (such as ham, turkey, chicken, or roast beef), tomatoes, cucumbers, and cheese, all placed upon a bed of tossed lettuce or other leaf vegetables. Several early recipes also include anchovies. A variety of dressings may be used with this salad 8ff566e3c7

== History == 8ff566e3c7 == Description == 8ff566e3c7 The mixture of ingredients is refrigerated for a few hours or overnight before serving to allow the flavors to meld.
8ff566e3c7 == Overview == 8ff566e3c7

Salad Condiments called salad dressings, which exist in a variety of flavors (generally savory), are usually used to make a salad. They are typically served chilled or at room temperature, though some can be served warm. that the word salad alone often refers specifically to garden salads. Other types of salad include caprese salad, bean salad, tuna salad, bread salads (such A salad is a dish consisting of mixed ingredients, frequently vegetables 8ff566e3c7

It was adopted by Jewish immigrants to the Levant in the late 19th century, who found the locally grown Kirby cucumbers and tomatoes in popular local salad. It was popularized in the kibbutzim, where the Jewish farmers had local fresh produce at hand. 8ff566e3c7 Main course salads – usually containing a portion of one or more high-protein foods, such as eggs, legumes, or cheese 8ff566e3c7

Ambrosia (fruit salad) Other ingredients might include various fruits and nuts: maraschino cherries, bananas, strawberries, peeled grapes, or crushed pecans. Most ambrosia recipes

contain canned Ambrosia also known as ambrosia salad is an American variety of fruit salad originating in the Southern United States. Ambrosia also known as ambrosia salad is an American variety of fruit salad originating in the Southern United States. Ambrosia can also include mayonnaise or dairy ingredients: whipped cream (or whipped topping), sour cream, cream cheese, pudding, yogurt, or cottage cheese. Most ambrosia recipes contain canned (often sweetened) or fresh pineapple, canned mandarin orange slices or fresh orange sections, miniature marshmallows, and coconut 8ff566e3c7

Israeli salad is made of chopped raw tomato, onion and cucumber, and can also include pepper, carrot, scallion, leafy greens and parsley. The salad is dressed with either fresh lemon juice or olive... 8ff566e3c7 Salads may be served at any point during a meal:
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Olivier salad Olivier salad (Russian: ????? ??????, romanized: salat Olivye, pronunciation), also known as Russian salad or Stolichny salad, is a traditional salad dish Olivier salad

(Russian: [салат Оливье](#), romanized: salat Olivye,), also known as Russian salad or Stolichny salad, is a traditional salad dish in Russian cuisine. Its creation is generally attributed to Lucien Olivier [8ff566e3c7](#)

Like other mayonnaise-bound meat salads, the finished dish typically has a chunky, grainy, or pasty texture, and is frequently served as a spread upon crackers or upon bread in a sandwich. [8ff566e3c7](#) [List of salads 8ff566e3c7](#)

Israeli salad It has been described as the "most well-known national dish of Israel", and is a standard accompaniment to most Israeli meals. 'Israeli vegetable salad') is a chopped salad of finely diced tomato, onion, cucumber, and bell or chili peppers. Israeli salad (Hebrew: [סלט ירקות ישראלי](#), romanized: salat yerakot yisra'eli, lit. 'Israeli vegetable salad') is a chopped salad of finely diced Israeli salad (Hebrew: [סלט ישראלי](#), romanized: salat yerakot yisra'eli, lit. Salads following similar recipes, with different names, are widespread and popular throughout the Eastern

Mediterranean 8ff566e3c7

The Chinese chicken salad that is popular in the US seems to be a product of pan-Asian cuisine or fusion cuisine influences, rather than having roots in Chinese cuisine. Reasoning for that theory is that green lettuce salad is a dish of primarily Western origins. 8ff566e3c7 In many countries, the dish is commonly referred to as Russian salad or Stolichny salad. In Iran, it is referred to as ????? ???????, Salad olivieh and is more commonly made with eggs and chicken. In a few Scandinavian... 8ff566e3c7 Food historians do not agree on the history and composition of chef's salad. Some trace it to salmagundi, a popular meat and salad dish originating in 17th-century England and popular in colonial America. Others contend chef's salad is a product of the early twentieth century, originating in either New York or California. The person most often connected with the history of this salad is Louis Diat, chef of the Ritz-Carlton in New York City during the 1940s. While food historians acknowledge his recipe, they do not appear to be convinced he originated the dish, which is more popularly attributed to chef Victor Seydoux at the Hotel Buffalo, a Statler Hotel in

Buffalo, New York. Seydoux first learned his craft in Montreux, Switzerland, and continued his studies in France and England before coming to work in the United States... 8ff566e3c7
Waldorf salad is named for the Waldorf-Astoria hotel in New York City, where it was first created for a charity ball given in honor of the St. Mary's Hospital for Children on March 13, 1896. The Waldorf-Astoria's maître d'hôtel, Oscar Tschirky, developed or inspired many of the hotel's signature dishes and is widely credited with creating the salad recipe. In 1896, the salad appeared in The Cook Book by "Oscar of the Waldorf". 8ff566e3c7

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