

Noted Chef Gives Recipes For 12 Delicious Salads

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It is an appropriate time to speak of salads, for if spring, the beginning of the salad season, is not already here, it is so near to the point of arrival that a day more or less will not matter in its welcome.

To think of many delicious recipes that might be shared with you is not difficult. Just now, when the market is filled with every known fruit and vegetable and greens of all sorts with which to work, the subject of salad is most varied and flexible . . . so varied that the task will be to know what to omit, instead of what to include in the list of 12 spring recipes which I shall exchange with you.

All Are Original.

I have chosen six of foreign title and six purely American—all original recipes which I myself have made.

The first is a very simple spring

salad called *Cordon Rouge*. The recipe follows, and after it five others:

Cordon Rouge—To make this salad use iced hearts of lettuce, celery knobs in slices, and surround with a border of diced red beets. Serve with French dressing.

Equitaine—Fill a ring of alligator pear with spiced figs and cumquats and serve on a crisp lettuce leaf with French dressing.

Guillaume—This salad should be prepared in a bowl, using watercress, potatoes and artichoke in dice, slices of hard-boiled egg and radishes. Dress with French dressing and paprika.

Caprice—Place a slice of fresh pineapple on a lettuce leaf; place a quartered tomato (peeled) on top and serve with cream mayonnaise dressing.

Gauloise—On iced heart of romaine lettuce, arrange asparagus tips, celery, mushrooms and truffles all cut in julienne (strips). Dress with French dressing. If you do not wish to include the truffles you may omit them.

Lorenzo—In a bowl place lettuce leaves and watercress; also pears in quarters. Sprinkle with chopped English walnuts and serve with dressing.

American Group.

In the American group there are several picturesque contributions. The list includes:

Beach Tottler—Cut head lettuce in finger-thick slices; dress with cream cheese filled with fresh cranberry mash; sprinkle with chopped nuts; add French dressing.

Creole—Upon half a heart of lettuce place two quarter sections of tomato, place a timbale of rice in the center, decorate with fancy cut green peppers and serve with Russian dressing.

Black Eyed Susan—Cut head lettuce one inch thick, and on each slice arrange sections of orange so that they resemble that flower. Dress the center with cream cheese, topped with a slice of pickled walnut. Sprinkle with chopped walnuts and serve with French dressing.

Maggie Pepper Salad—Use shredded cabbage, apples, beets and celery in julienne; add chopped green peppers, pimientos and chives. French dressing. This is one salad that is best when served two hours after mixing.

Cupid—Arrange slices of alligator pear and grapefruit dressed upon a lettuce heart, flanked with tufts of

lettuce and fill the nest with small balls of cream cheese and red Barle Duc jelly. Serve with dressing.

Seems Superfluous.

It seems superfluous to add that all of the ingredients of a salad, including the dressing, should be chilled and kept ice cold until ready for service.

Yet I do know that in many homes the cook is careless upon this point. Salads are often prepared beforehand, then allowed to stand on the side table, and frequently dressing is poured over them long before they go to the table.

This usually is a grave mistake. The tartness of the dressing has a tendency to wilt the lettuce and make it less fresh in appearance and taste than it would be if allowed to remain in the refrigerator until the last moment.

