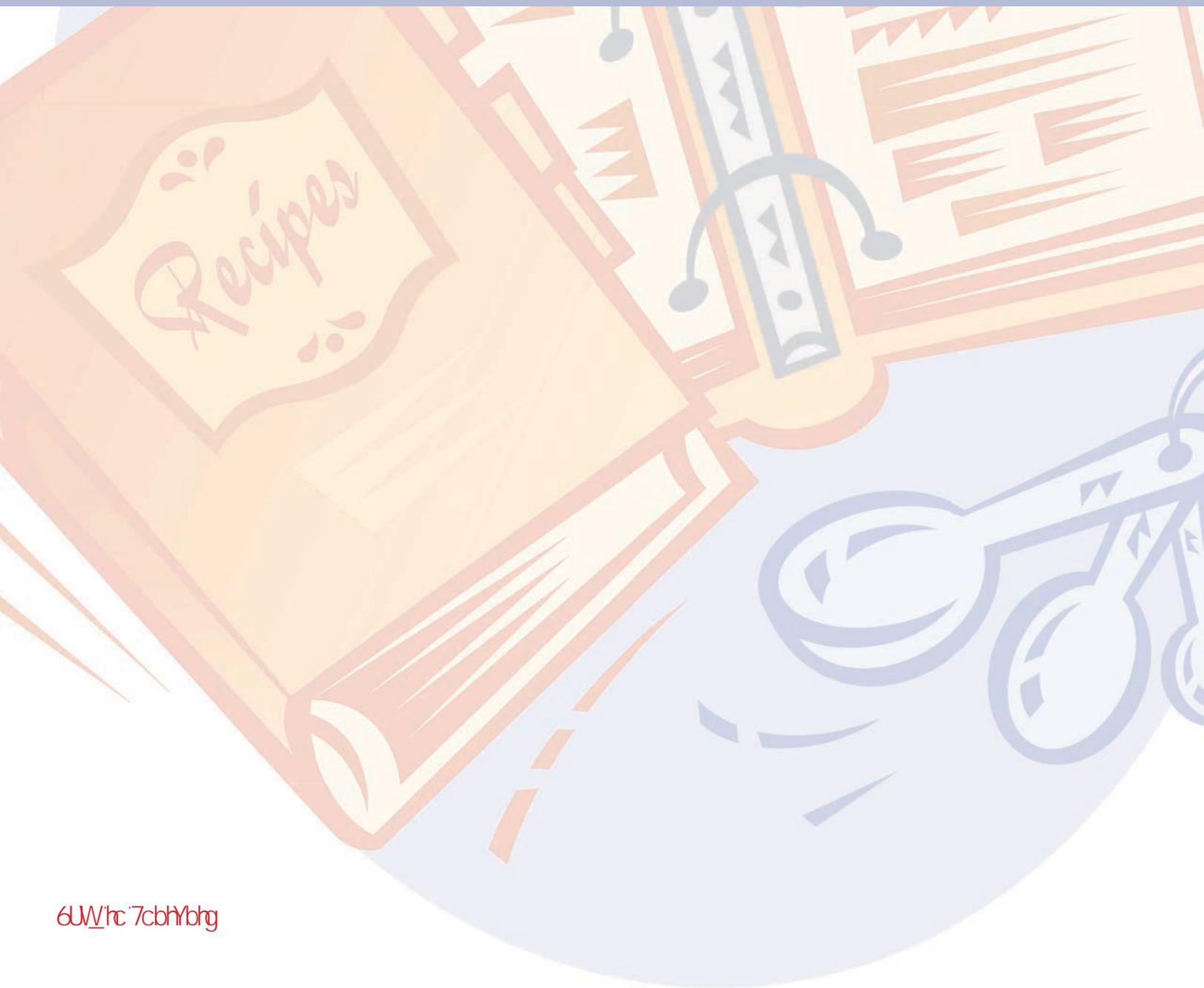


COOKING WITH ENERGY

Salads



CONVERSIONS

SIMPLIFIED MEASURES:

3 teaspoons (t. or tsp.)	1 tablespoon
1 ounce (oz.)	2 tablespoons
16 tablespoons (T. or Tbsp.)	1 cup or 8 ounces
1/3 cup	5 1/3 tablespoons
2/3 cup	10 2/3 tablespoons
2 cups	1 pint or 16 ounces
4 cups	1 quart or 32 ounces
4 quarts	1 gallon or 128 ounces
16 ounces	1 pound (lb.)

METRIC LIQUID MEASURE VOLUME EQUIVALENTS

1 teaspoon	5 milliliter	1 gill	0.118 liters
1 tablespoon	14.8 milliliters	1 pint	0.4732 liters
66 2/3 tablespoons	1 liter	1 quart	0.9464 liters
1 cup	1/4 liter, approximately, or 236.6 milliliters	1 gallon	3.785 liters
			1 liter	1000 milliliters

METRIC DRY MEASURE VOLUME EQUIVALENTS

1 pint	0.551 liters	1 peck	8.81 liters
1 quart	1.101 liters	1 bushel	35.24 liters

WEIGHT EQUIVALENTS IN GRAMS

1 ounce	28.35 grams	1 kilogram	2.21 lbs.
1 pound	453.59 grams	1 microgram	0.001 milligram
1 gram	0.035 ounces	1 milligram	1000 micrograms
1 gram	1000 milligrams			

TEMPERATURE CONVERSIONS

To convert Fahrenheit to Centigrade: Subtract 32, multiply by 5, divide by 9
 To convert Centigrade to Fahrenheit: Multiply by 9, divide by 5, add 32

CABBAGE SALAD

1 large cabbage	1 cup sugar
1 small onion, minced	1 teaspoon celery seed
1 green pepper, minced	1 teaspoon mustard seed
1 cup vinegar	1/2 teaspoon turmeric
1 teaspoon salt	

Finely shred cabbage; combine with onion and green pepper. In a saucepan, bring to a boil vinegar, sugar, seeds, turmeric and salt; cook until sugar dissolves. While hot, pour over vegetables and mix. Let stand overnight to crisp. Keeps well in refrigerator for two weeks.

CAESAR SALAD

1 clove garlic, chopped	1 teaspoon salt
1/2 cup salad oil	1/4 teaspoon pepper
2 cups croutons	1 1/2 teaspoons
2 quarts torn salad greens	Worcestershire sauce
1/4 cup crumbled	1 egg
Roquefort cheese	1/3 cup lemon juice
1/4 cup grated Parmesan	and pulp
cheese	Anchovies for garnish

Place garlic in 1/4 cup oil; let stand 1 hour. To make croutons, cut bread in small cubes and toast in a 325° F oven, about 15 minutes. Place salad greens in large bowl; sprinkle with cheeses, salt, pepper, Worcestershire and remaining 1/4 cup salad oil. Break egg into greens; add lemon juice and pulp. Toss lightly until egg is blended with greens. Remove garlic from oil; sprinkle oil over croutons. Add to salad mixture and toss lightly. Serve immediately. Yield: 6 servings.

CELERY SALAD

2 cups crisp celery	2 hard-cooked eggs
1/2 cup French dressing	

Cut celery into pieces about 1/4-inch. Coarsely chop eggs and combine with celery. Add French dressing. Yield: 4 servings

CHEF'S SALAD

Line salad bowl with romaine lettuce; fill in center with bite-sized pieces of chicory or any combination of greens. Arrange strips of ham, bacon, turkey, and Swiss cheese in groups on top of greens. Garnish with tomato wedges, thinly sliced unpeeled cucumber and wedges of hard-cooked eggs. Serve with French Dressing.

COLE SLAW

4 pounds cabbage,	1/2 teaspoon salt
shredded	1/2 cup minced onion
1 green pepper, diced	1 cup mayonnaise or salad
2 carrots, grated	dressing

Combine vegetables; sprinkle with salt. Add mayonnaise just before serving. Toss lightly. Yield: 12 servings.

SLAW

1/2 small head cabbage	1/4 medium onion,
1/4 green pepper, sliced	cut in half
1/2 carrot, sliced	

Cut cabbage into chunks. Fill blender container loosely with vegetables. Add cold water to within one inch of top. Cover. Turn to low, then high, and off. Do not overblend. Drain. Mix with salad dressing. Yield: 4 servings.

Creamy Cole Slaw Dressing

1/2 cup mayonnaise	1/4 teaspoon salt
1 tablespoon lemon juice	Pepper
1 teaspoon sugar	1/4 cup commercial
2 teaspoons celery seed	sour cream

Blend all ingredients 30 seconds. Pour over slaw. Yield: 1 cup.

OLD-FASHIONED COLESLAW

4 cups shredded cabbage	Dash cayenne
2 tablespoons flour	2 egg yolks, slightly beaten
2 tablespoons sugar	3/4 cup milk
1 teaspoon dry mustard	1/4 cup vinegar
1/2 teaspoon salt	1 1/2 teaspoons butter

To crisp cabbage, place in a bowl of iced water for 30 minutes. In a small saucepan, combine flour, sugar, mustard, salt and cayenne. Add egg yolks and milk; cook, stirring constantly, over low heat until thick. Add vinegar and butter. Cool thoroughly. Pour over well-drained cabbage. Yield: 6 servings.

CUCUMBER SALAD

2 cucumbers	1/4 cup sugar
1/2 medium onion, sliced	2 tablespoons lemon juice
2/3 cup salad oil	1 1/2 teaspoons salt
3 tablespoons tarragon vinegar	1/2 teaspoon paprika
	1/2 teaspoon dry mustard

Score cucumbers with a fork; slice thinly. Separate onion into rings. To make dressing, combine remaining ingredients; shake well and chill. Pour 1/2 cup of the dressing over the cucumbers and onions. Marinate in the refrigerator for 3 to 4 hours. Use the remaining salad dressing for other salads. Yield: 6 servings.

GERMAN POTATO SALAD

5 strips bacon	1/4 cup vinegar
1/4 cup chopped onion	3 cups sliced, cooked potatoes
1 tablespoon flour	1 hard-cooked egg, sliced
1 tablespoon sugar	1 tablespoon chopped parsley
3/4 teaspoon salt	1 tablespoon chopped pimiento
1/2 teaspoon celery seed	
Dash pepper	
1/2 cup water	

Cook bacon until crisp; drain and crumble bacon. Return 1/4 cup bacon drippings to skillet. Add onion. Blend in flour, sugar, salt, celery seed and pepper. Add water and vinegar; cook until mixture is thick and bubbly. Add bacon, potatoes and eggs; heat thoroughly while tossing lightly. Garnish with parsley, pimiento and additional bacon curls, if desired. Yield: 4 servings.

GREEK SALAD

1/4 head of iceberg lettuce	2 medium-sized tomatoes, cut in small pieces
1/4 head of romaine	1 tablespoon chopped fresh parsley
18 medium-sized radishes	1/4 teaspoon dried oregano, crumbled
1/4 pound feta cheese, crumbled	2 bunches green onions
1 can (2 ounces) anchovy fillets, minced	
Freshly ground black pepper	

Several hours before serving, tear lettuce and romaine into a salad bowl. Add whole radishes, cheese, anchovies, tomatoes, parsley, oregano, and pepper. Toss gently; cover with a damp towel and refrigerate. When ready to serve, toss with Greek Salad Dressing. Arrange green onions straight up in center of salad. Yield: 6 to 8 servings.

Greek Salad Dressing

1/2 cup olive oil	2 tablespoons mixed fresh herbs (marjoram, rosemary, tarragon, savory, chives, chervil or parsley)
2 tablespoons tarragon vinegar	
1/2 teaspoon salt	
1/4 teaspoon freshly ground black pepper	

In a bottle, shake oil, vinegar, salt, pepper, and herbs.

GUACAMOLE SALAD

2 ripe avocados	1 tablespoon chopped green chilies
2 tablespoons lemon juice	1 teaspoon salt
1 tomato, peeled and chopped	1/8 teaspoon black pepper
1 tablespoon minced onion	1/4 teaspoon cayenne
1 clove garlic, minced	1 teaspoon coriander

Peel and mash avocados; stir in lemon juice. Add remaining ingredients. Mix well. Cover and chill. Serve on tomatoes or green salad. Yield: 6 servings.

Guacamole Dip: Quarter avocados; combine with remaining ingredients in blender container and blend on low speed until barely mixed. For a smoother texture, the mixture may be blended in two or three batches. Yield: 3 cups.

ITALIAN SALAD

1 clove garlic, halved	1 jar (4 ounces) marinated
1 head lettuce	artichoke hearts
1 tomato, cut into wedges	1/4 cup olive oil
1 can (2 ounces) anchovy	1/4 cup wine vinegar
fillets, with capers	8 black olives, sliced
Salt and pepper	1 tablespoon oregano

Rub salad bowl with garlic. Break lettuce into bite-size pieces in a bowl. Add remaining ingredients and toss lightly. Yield: 4 servings.

MIXED VEGETABLE SALAD

2 quarts (1 medium head)	2 cups sliced celery
coarsely shredded cabbage	2 cups sliced cucumbers
1 head lettuce, torn into	1 cup diced green pepper
bite-size pieces	2 cups grated carrots
1 head chicory or endive,	6 tomatoes, cut in
torn into bite-size pieces	small wedges
2 cups thinly sliced	1 pint French Dressing
cauliflowerets	

Prepare greens; cover tightly until serving time. Just before serving, combine with remaining vegetables. Toss with dressing. Note: Recipe may be doubled and combination varied as desired. Yield: 24 servings.

OKRA SALAD

1/2 pound young okra	1/2 teaspoon salt
1 cup boiling water	1/2 cup French dressing

Select young tender pods of okra. Cut off stems without cutting into seeds. Cook in boiling salted water until tender, about 6 to 8 minutes. Drain and rinse in hot water. Chill in refrigerator. Marinate okra in French dressing for 10 minutes or longer. Yield: 4 servings.

OLIVE SALAD

1/4 pound green Italian	1/2 cup celery, diced
olives, pitted	1/4 cup olive oil
1/4 pound black Italian	1 large onion, sliced
olives, pitted	1 tablespoon oregano
5 pickled green peppers,	1/4 cup wine vinegar
cut in eights	Salt and pepper

Combine all ingredients and mix well. This may be used as a salad, antipasto or condiment with fish and pork. Keeps well in refrigerator. Yield: 6 servings.

PENNSYLVANIA DUTCH WILTED LETTUCE

Salad greens	2 egg yolks
4 slices bacon, cut	2 tablespoons water
into pieces	2 teaspoons flour
6 tablespoons vinegar	2 tablespoons sugar
1/4 cup sour cream	1 teaspoon salt
2 hard-cooked eggs	

Tear greens into large bowl. (Endive, spinach, Boston or Bibb lettuce or a combination of these may be used.) Fry bacon in skillet until crisp. Remove bacon and pour off all but 2 tablespoons drippings; stir in vinegar and sour cream. Combine egg yolks, water and flour; add to vinegar mixture. Cook over low heat, stirring constantly, until mixture thickens. Remove from heat and stir in sugar and salt. Pour hot mixture over greens and invert skillet over bowl long enough to wilt greens. Toss salad. Garnish with bacon and sliced hard-cooked eggs. Yield: 6 servings.

POTATO SALAD

2 1/2 pounds (7 medium)	2 stalks celery, minced
potatoes	1 small onion, minced
2 tablespoons French	1 large sweet pickle,
dressing	minced
1/2 teaspoon black pepper	1 tablespoon minced
Salt to taste	parsley
3 hard-cooked eggs,	1/2 cup mayonnaise,
chopped	

Follow directions for Boiled Whole Potatoes. Drain and peel when cool enough to handle. Slice potatoes into a bowl; sprinkle with French dressing, salt and pepper. Add eggs, celery, onion, pickle and parsley; mix lightly and evenly. Add mayonnaise and mix until ingredients are coated. Chill. Yield: 8 servings.

SPINACH SALAD BOWL

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|--------------------------|----------------------|
| 1 pound fresh spinach | 1/4 teaspoon salt |
| 1 clove garlic, halved | Dash pepper |
| 1/2 cup salad oil | 2 tablespoons grated |
| 1/4 cup red wine vinegar | Parmesan cheese |
| 1/4 cup lemon juice | 2 hard-cooked eggs, |
| 6 slices crisp bacon, | chopped |
| crumbled | |

Tear spinach into bite-size pieces; chill 2 hours. Combine garlic and oil; let stand 1 hour. Discard garlic. Just before serving, place vinegar, juice, salt, pepper, cheese and oil in blender container. Blend 2 seconds. Lightly toss spinach with dressing. Sprinkle with eggs and bacon. Yield: 6 servings.

MARINATED GREEN BEANS

- | | |
|------------------------------------|-----------------------------|
| 2 cans (No. 303) whole green beans | 1/4 cup grated onion |
| 1 small onion, sliced | 1 1/2 teaspoons salt |
| 1/4 cup vinegar | 1 1/2 teaspoons |
| 1/8 teaspoon hot sauce | Worcestershire sauce |
| 1 teaspoon paprika | 1/2 teaspoon black pepper |
| 1 teaspoon prepared horseradish | 1 teaspoon prepared mustard |
| 1/2 cup salad oil | 1 clove garlic, minced |

In a bowl, place drained green beans and onion rings. Combine remaining ingredients and pour over beans. Marinate for several hours. Yield: 6 servings.

RED BEANS WITH VINAIGRETTE SAUCE

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|---------------------------|----------------------------|
| 3 green onions | 5 tablespoons oil |
| 1 teaspoon minced parsley | Salt and pepper |
| 2 tablespoons vinegar | 2 cups cold leftover beans |

Chop green onions very fine, including tops. Stir in parsley. Add vinegar and oil. Season with salt and pepper. Pour over cold beans. Yield: 4 servings.

THREE BEAN SALAD

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|--------------------------------------|------------------------------|
| 1 can (1 pound) cut green beans | 1/2 cup chopped green pepper |
| 1 can (1 pound) cut yellow wax beans | 1 medium onion, sliced |
| 1 can (1 pound) red kidney beans | 1/2 cup cider vinegar |
| 1 teaspoon salt | 1/3 cup cooking oil |
| | 1/2 cup sugar |
| | 1 teaspoon pepper |

Drain beans, rinse well, and drain again. Add green pepper and sliced onions to beans. Mix other ingredients and add to bean mixture. Mix well and marinate for about 12 hours in refrigerator. Yield: 12 to 14 servings.

FRENCH DRESSING

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|----------------------|----------------------------|
| 1 teaspoon salt | 1/3 cup vinegar |
| 1/4 teaspoon pepper | 2/3 cup olive or salad oil |
| 1/2 teaspoon paprika | 1 clove garlic, sliced |

In a bowl, place salt, pepper, paprika and vinegar. Stir vigorously. Add oil and continue beating until thoroughly blended. Add garlic slices; cover and refrigerate.

ITALIAN SALAD DRESSING

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|-------------------|--------------------------|
| 1/2 cup olive oil | 1/2 teaspoon dry mustard |
| 1/4 teaspoon salt | 1/2 cup wine vinegar |
| 1 clove garlic | |

Blend all ingredients thoroughly. Keep refrigerated. Yield: 1 cup.

POPPY SEED SALAD DRESSING

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|-------------------------|-------------------------|
| 1 1/2 cups sugar | 2/3 cup vinegar |
| 2 teaspoons dry mustard | 3 teaspoons onion juice |
| 2 teaspoons salt | 3 teaspoons poppy seed |
| 2 cups salad oil | |

Blend sugar, dry mustard, salt, vinegar, onion juice and poppy seed until thoroughly blended, about 5 seconds. Without stopping blender, remove cover and gradually pour oil into center of container. Refrigerate. Serve with fruit salads. Yield: 4 cups.

ROQUEFORT CHEESE DRESSING

2 ounces Roquefort cheese 2 tablespoons tarragon
1/2 cup salad oil vinegar
1 tablespoon lemon juice

Blend cheese with oil. Add juice and vinegar. Yield: 1 cup.

SOUR CREAM DRESSING

1/2 cup commercial 1/8 teaspoon dry mustard
sour cream 1 1/2 teaspoons horseradish
1/4 cup mayonnaise 1/8 teaspoon onion juice
1/2 teaspoon lemon juice

Blend all ingredients thoroughly.

THOUSAND ISLAND DRESSING

1 cup mayonnaise 1 teaspoon catsup
1 tablespoon chopped olives 1 teaspoon tarragon
1 tablespoon chopped vinegar
pimiento 1 teaspoon paprika
1 hard-cooked egg, chopped 1 celery heart, chopped
1 tablespoon chopped 3 tablespoons chili sauce
green pepper Salt

Mix all ingredients thoroughly. Serve with head lettuce salad. Yield: 2 cups.

TOMATO FRENCH DRESSING

1 can (10 1/2 ounces) 1 slice onion
condensed tomato soup 2 tablespoons sugar
1/2 soup-can vinegar 2 teaspoons dry mustard
1/2 soup-can salad oil 1 teaspoon salt
1/2 teaspoon black pepper

Pour ingredients, in order listed, into blender container and blend 30 seconds. Yield: 2 2/3 cups dressing.

SALAD GARNISHES

Carrot Curls: With a vegetable peeler, cut thin lengthwise strips of carrot. Roll each slice into a curl, secure with food pick and place in iced water.

Celery Curls: Use 3-inch lengths of celery. At the end of each piece, make 3 to 6 lengthwise cuts almost to the center. Crisp in iced water.

TOMATO ASPIC

2 envelopes unflavored 1 small onion, chopped
gelatin 1/2 teaspoon salt
1/4 cup cold water 1/8 teaspoon pepper
2 1/4 cups tomato juice 1 teaspoon
3 tablespoons wine vinegar Worcestershire sauce
1 cup chopped celery Dash of hot sauce
2 tablespoons sugar

Soften gelatin in cold water. Combine remaining ingredients and heat to boiling; reduce heat and simmer for 3 minutes. Strain, then add gelatin and stir until dissolved. Pour into 1-quart mold and chill until firm. Yield: 6 servings.

Variation: Pour a small portion into mold; arrange slices of hard-cooked eggs in bottom. Allow to jell. Add remaining mixture. Refrigerate until firm. Unmold on lettuce leaves.

TURKEY MOUSSE

1/2 package lemon gelatin 1/2 teaspoon salt
1 cup hot turkey stock 1/8 teaspoon cayenne
2 cups diced cooked turkey 1/2 cup whipping cream,
1 cup finely chopped celery whipped
1 pimiento, minced Crisp lettuce
1 tablespoon vinegar 6 to 8 olives

Dissolve gelatin in stock. Chill until slightly thickened; beat until consistency of whipped cream. Combine turkey, celery, pimiento, vinegar, salt and cayenne. Fold into gelatin; then fold in whipped cream. Turn into individual molds; chill until firm. Unmold onto lettuce and garnish with stuffed olives. Yield: 6 servings.

MACARONI AND CHEESE SALAD

1 cup mayonnaise 1 teaspoon salt
1/4 cup milk 2 large tomatoes, diced
2 cups cooked elbow 2 cups diced celery
macaroni 1 small onion, chopped
2 cups (1/2 pound) cubed 1/2 green pepper, diced
Cheddar cheese 1/4 teaspoon garlic salt

Blend mayonnaise with milk. Combine remaining ingredients; mix thoroughly with dressing. Chill. Yield: 6 servings.

MACARONI SALAD

2 cups elbow macaroni	1/4 cup chopped onion
1 envelope unflavored gelatin	2 tablespoons chopped pimiento
1 can (13 ounces) evaporated milk	1/4 cup chopped black olives
1 cup salad dressing	1 tablespoon lemon juice
2 cups cooked mixed vegetables, drained	1 teaspoon salt
1 carton (12 ounces) creamed cottage cheese	1 teaspoon Worcestershire sauce
	Dash hot sauce

Cook macaroni in boiling salted water until tender. Drain and rinse with cold water. Soak gelatin in 1/4 cup milk about 5 minutes. Scald remaining milk and add gelatin mixture, stirring until gelatin dissolves. Blend into salad dressing. Chill until consistency of unbeaten egg white, about 30 minutes. Combine macaroni, vegetables, cottage cheese, onion, pimiento, olives, juice, salt, Worcestershire sauce and hot sauce. Chill. Fold gelatin mixture into macaroni mixture. Pour into 2-quart mold which has been greased with salad dressing. Chill until firm, about 2 hours. Unmold and garnish with sliced stuffed olives, green pepper rings, and pimiento strips. Yield: 8 servings.

POTATO SALAD

5 pounds diced cooked potatoes	1 quart chopped celery
2 tablespoons salt	1 dozen hard-cooked eggs, chopped
1 teaspoon pepper	2 cups mayonnaise or salad dressing
1 cup commercial sour cream	1 cup chopped onion

Combine all ingredients and chill for several hours. Yield: 24 servings.

HOT RICE SALAD

1/2 pound bacon	1/2 cup minced celery
1/2 cup minced onion	1/2 cup green onion tops
1/4 cup minced green pepper	1/2 cup minced parsley
1 can (4 ounces) mushrooms, optional	1 1/2 cups hot cooked rice
	2 tablespoons mayonnaise
	3 hard-cooked eggs, sliced

Fry bacon until crisp; drain. Pour off drippings; add onion, green pepper, celery, mushrooms and onion tops. Sauté until wilted. Add remaining ingredients; place in 1 1/2-quart greased casserole. Bake in 450°F. oven for 10 minutes or until hot. Yield: 6 servings.

CHICKEN SALAD SUPREME

2 1/2 cups diced, cold chicken	2 tablespoons minced parsley
1 cup minced celery	1 teaspoon salt
1 cup sliced white grapes	1 cup mayonnaise
1/2 cup slivered, toasted almonds	1/2 cup whipping cream, whipped

Combine all ingredients, serve on lettuce. Yield: 8 servings.

TURKEY SALAD

2 cups cubed cooked turkey	1 tablespoon lemon juice
1 cup chopped celery	1 teaspoon salt
2 hard-cooked eggs, diced	1/4 teaspoon pepper
1/2 cup mayonnaise	

Toss all ingredients together. Chill. Serve on shredded lettuce. If desired, garnish with almonds and olives. Yield: 8 servings.

BAKED TURKEY SALAD

2 cups cubed, cooked turkey	1/2 cup toasted almond slivers
2 cups thinly sliced celery	
2 cups toasted bread cubes	2 tablespoons lemon juice
1 cup mayonnaise	2 teaspoons grated onion
1/2 cup grated cheese	1/2 teaspoon salt

Combine all ingredients, except cheese and 1 cup toasted bread cubes. Place in 6 individual baking dishes. Sprinkle with cheese and remaining 1 cup bread cubes. Bake in 450° F. oven for 10 to 15 minutes or until bubbly. Yield: 6 servings.

Toasted Almond Slivers: Brush 1/2 teaspoon oil over almonds; roast in 300° F. oven for 20 minutes, stirring often.

Toasted Bread Cubes: Cut 4 slices of bread into small cubes; toast in 225° F. oven for 2 hours or until crispy.

CRAB LOUIS

1 pound crab meat	2 tablespoons chopped
1 head lettuce	sweet pickle
1/2 teaspoon salt	1 cucumber, sliced
1 cup mayonnaise	4 tomatoes, sliced
3 tablespoons catsup	3 hard-cooked eggs, sliced
1 tablespoon lemon juice	

Arrange crab meat, in large pieces, over shredded lettuce in shallow salad bowl. Sprinkle with salt. Combine mayonnaise, catsup, pickle and juice; spread over crab meat. Around border of salad, arrange alternate slices of cucumber, tomatoes and eggs. Yield: 6 servings.

CRAB MEAT SALAD

2 fresh pineapples, split in half lengthwise	3/4 cup chopped celery
1 cup of fresh pineapple chunks	2 teaspoons pureed onion
1 1/2 cups crab meat	Mayonnaise to moisten (about 1/2 cup)
Salt and pepper	1 tablespoon lemon juice

Remove meat of pineapple, leaving a wall of fruit about 1/2-inch thick on the shell. Combine remaining ingredients and mound in pineapple. Yield: 4 servings.

CRAWFISH SALAD

1 pound cooked crawfish meat	1 teaspoon Worcestershire sauce
3 tablespoons catsup	1/2 teaspoon salt
2 tablespoons minced celery	1 teaspoon chopped parsley
1 teaspoon horseradish	1/4 teaspoon prepared mustard
1 tablespoon lemon juice	
1 clove garlic, minced	1 teaspoon grated onion
1 teaspoon pepper sauce	

Place crawfish in a bowl; combine remaining ingredients and pour over crawfish. Chill. To serve, place approximately 1/2 cup of crawfish on a lettuce leaf for each serving. Yield: 4 servings.

MOCK CRAB MEAT SALAD

3 quarts water	1/2 cup salt
1 large onion, quartered	Cayenne
1 lemon, quartered	Redfish, red snapper or sheepshead
1 bag seafood boil	

Bring water to boil in deep saucepan. Add onion, lemon, seafood boil, salt and cayenne; boil 10 minutes. Clean, scale and remove head from fish. Wrap whole fish in cheesecloth and secure with foodpicks or string. Place in boiling seasoned water. Cover and simmer for 20 minutes or until fish is cooked. Lift fish out of liquid and place on flat pan. Remove cheesecloth. Allow to cool enough to handle. Remove skin and row of bones along top and bottom, and any dark meat of fish. Serve cold with salad dressing or sauce.

White Remoulade Sauce: Combine 1 cup mayonnaise, 1 teaspoon lemon juice, 3 tablespoons minced onion, 3 tablespoons chopped parsley and 2 teaspoons brown mustard. Chill for 2 hours. Yield: 1 cup.

SHRIMP SALAD

1 pound cooked shrimp, cleaned	Salt and cayenne
1 small clove garlic, crushed	1 sweet pickle, finely chopped or 1 teaspoon capers
1 cup coarsely chopped celery	2 tablespoons mayonnaise
1 hard-cooked egg, finely chopped	1/2 teaspoon Worcestershire sauce

Cut each shrimp into two or three pieces. Combine all ingredients. Serve on lettuce or as stuffing for avocado halves or tomatoes. Yield: 4 to 6 servings.

24-HOUR SALAD

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|--------------------------------------------------------|------------------------------------------|
| 1 can (20 1/2 ounces) pineapple tidbits | 2 oranges, peeled, sectioned and drained |
| 3 egg yolks, slightly beaten | 1/4 cup Maraschino cherries, drained |
| 2 tablespoons sugar | 2 cups miniature marshmallows |
| 2 tablespoons vinegar | 1 cup whipping cream, whipped |
| 1 tablespoon butter | Dash of salt |
| 1 can (16 ounces) pitted light sweet cherries, drained | |

Drain pineapple; combine 2 tablespoons pineapple syrup with egg yolks, sugar, vinegar, butter and salt. While stirring constantly, cook over hot, not boiling, water until mixture thickens and barely coats spoon, about 12 minutes. Cool. Pour cooled mixture over combined fruits and marshmallows, mixing gently. Fold in whipped cream. Pour into serving dish, cover, and refrigerate 24 hours. Yield: 8 servings.

AMBROSIA

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|------------------------------------------|-----------------------------------|
| 1/2 cup pitted halved Royal Ann cherries | 2 tablespoons confectioners sugar |
| 1/2 cup pitted halved Bing cherries | 1/2 cup pineapple juice |
| 1/2 cup diced pears | 1/2 cup mayonnaise |
| 1/2 cup diced peaches | 1/4 teaspoon grated lemon peel |
| 1/2 cup diced pineapple | 1 cup whipping cream, whipped |
| 1/2 cup diced marshmallows | |

Combine fruits and drain. Stir sugar, pineapple juice, mayonnaise and lemon peel until sugar dissolves. Fold in whipped cream, fruit and marshmallows. Pour into greased 2-quart mold; freeze. Yield: 8 servings.

BUFFET WATERMELON BOWL

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|---------------------------|-------------------|
| 1 oblong watermelon | Orange slices |
| Cantaloupe | Grapefruit slices |
| Honeydew melon | Strawberries |
| Fresh pineapple | Seedless grapes |
| Fresh cherries with stems | |

Using a sawtooth cut, remove top third of large, well chilled watermelon. Carefully scoop out melon meat and cut in 1-inch cubes. Fill cavity with suggested combination of fruits plus watermelon cubes. Decorate top with small clusters of grapes and cherries. Serve with Poppy Seed Dressing.

FRESH FRUIT SALAD

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|---------------------------------------------|-----------------------------------|
| 2 large oranges, peeled and sectioned | 1 cup green seedless grapes |
| 1 can (16 ounces) pineapple chunks, drained | 1 apple, diced and unpeeled |
| 2 fresh peaches, sliced | 1 1/2 cups miniature marshmallows |
| Juice of 1 lemon | 2 bananas, sliced |
| | 2 tablespoons sugar |

Combine fruits and marshmallows, except bananas. Sprinkle with sugar; add lemon juice and chill several hours. Just before serving, add bananas. Yield: 6 servings.

FRUIT-GINGER ALE SALAD

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|---------------------------------------------------------------|------------------------------------------------------------------|
| 1 package (3 ounces) raspberry, cherry or lime flavor gelatin | 1 bottle (7 ounces) ginger ale or lemon-lime carbonated beverage |
| 1/4 teaspoon salt | 1 can (29 ounces) peach or pear halves, drained |
| 1 cup boiling water | |
| 2 tablespoons cold water | |

Dissolve gelatin and salt in boiling water; add ginger ale and cold water. Chill until slightly thickened. Arrange fruit, cut side down, in 8 or 9-inch square pan. Pour gelatin mixture over fruit. Chill until firm. Cut in squares. Using spatula, lift each square and turn over onto bed of lettuce, so that fruit is facing upward. Fill center with Cheese-Nut Balls. Yield: 6 servings.

Cheese-Nut Balls: Blend 1 package (3 ounces) cream cheese with 1/2 cup finely chopped nuts; moisten with 1/2 to 1 teaspoon mayonnaise. Shape into small balls. Roll in very finely chopped nuts, if desired.

CHERRY JUBILEE SALAD MOLD

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|-----------------------------------------------------|------------------------------------------------------------|
| 1 can (17 ounces) pitted dark, sweet cherries | 1/2 cup currant jelly |
| Water | 1 package (10 ounces) frozen raspberries, partially thawed |
| 2 packages (3 ounces each) raspberry flavor gelatin | 1/2 cup sherry |
| 1/4 cup lemon juice | |

Drain cherries; reserve liquid. Add enough water to liquid to make 2 cups. Heat to boiling; add gelatin and stir until dissolved. Stir in jelly until dissolved. Add raspberries, sherry, and juice; refrigerate until partially congealed. Add cherries and pour into greased 1 1/2-quart ring mold. Refrigerate until firm. Yield: 8 servings.

AMBROSIA MOLD

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|-----------------------------------------------|-----------------------------------------|
| 1 package (3 ounces)
orange flavor gelatin | 1 cup whipping cream,
whipped |
| 1 tablespoon sugar | 2 oranges, sectioned
and diced |
| 1 cup boiling water | 1 1/2 cups seeded, halved
red grapes |
| 3/4 cup cold water | |
| 2/3 cup flaked coconut | |

Dissolve gelatin and sugar in boiling water. Add cold water. Chill until slightly thickened. Fold in whipped cream, then remaining ingredients. Spoon into 1 1/2-quart mold; chill until firm. Yield: 8 servings.

PINEAPPLE-CARROT SALAD

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|----------------------------------------------------|--------------------------|
| 1 can (8 3/4 ounces)
pineapple tidbits, drained | 2 cups shredded carrots |
| Mayonnaise | 1/2 cup seedless raisins |

Combine pineapple, carrots and raisins. Chill thoroughly. Just before serving, add mayonnaise to moisten. Yield: 6 servings.

COKE SALAD

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|-----------------------------------------------|-----------------------------------------------------------------|
| 1 can (17 ounces) black
Bing cherries | 1 package (3 ounces)
strawberry flavor gelatin |
| 1 can (20 ounces) crushed
pineapple | 2 bottles (6 ounces each)
carbonated cola flavor
beverage |
| 1 package (3 ounces)
cherry flavor gelatin | 3 packages (3 ounces each)
cream cheese, softened |
| 1 1/2 cups chopped pecans | |

Drain juice from cherries and pineapple. Bring juices to boil and pour over gelatins; cool, add beverage and chill. Combine cherries, pineapple, cream cheese and pecans. Blend into gelatin mixture. Pour into 2-quart greased mold. Chill until firm. Yield: 8 servings.

MOLDED SOUR CREAM SALAD

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|---------------------------------------------------|------------------------------------------------|
| 2 cups boiling water | 1 can (9 ounces) crushed
pineapple, drained |
| 2 packages (3 ounces each)
lime flavor gelatin | 8 Maraschino cherries,
cut in fourths |
| 2 cups commercial
sour cream | |

Add water to gelatin; stir until gelatin dissolves. Chill until slightly thickened. Add sour cream, pineapple and cherries; mix well. Pour into lightly greased 5-cup ring mold. Chill until set. Yield: 6 servings.

HOLIDAY GELATIN SALAD

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|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| 1 package pineapple gelatin
(lemon, lime or another
flavor may be used) | 1 cup hot water |
| 1/2 cup canned crushed
pineapple (drained) | 1/2 teaspoon salt |
| 1 cup chopped raw
cranberries | 1 cup cold liquid (drained
pineapple juice plus
enough water to equal
one cup) |
| 1/2 cup chopped walnuts | 1/2 cup dried celery |

Dissolve gelatin in hot water. Add salt and cold liquid. Chill until slightly thickened. Fold in remaining ingredients. Turn into a one-quart mold and chill until firm. Unmold on bed of crisp lettuce. Yield: 8 servings.

Salad Dressing: 3 ounces cream cheese, 1/4 cup sour cream, 1/4 teaspoon salt and 2 tablespoons honey whipped together.

PERFECTION SALAD

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|-----------------------------------|--------------------------------------------|
| 2 envelopes unflavored
gelatin | 2 tablespoons lemon juice |
| 1/2 cup sugar | 1 cup chopped celery |
| 1 teaspoon salt | 1/2 cup chopped
green pepper |
| 1 1/2 cups boiling water | 1/3 cup pimiento-stuffed
olives, sliced |
| 1 1/2 cups cold water | 1/3 cup white vinegar |
| 2 cups finely shredded
cabbage | 1/4 cup chopped pimiento |

Combine gelatin, sugar and salt. Add boiling water; stir until ingredients are dissolved. Stir in cold water, vinegar and juice; chill until partially congealed. Fold in cabbage, celery, green pepper, olives and pimiento. Pour into 5 1/2-cup mold; chill until firm. Yield: 10 servings.

PINEAPPLE GELATIN RINGS

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|---------------------------------------------|---------------------------------------------------|
| 2 cans (20 ounces each)
sliced pineapple | 2 cups boiling water |
| 1 package (3 ounces) lime
flavor gelatin | 1 package (3 ounces)
strawberry flavor gelatin |

Drain syrup from pineapple, leaving slices in cans. Dissolve lime gelatin in 1 cup boiling water; dissolve strawberry gelatin with the other. Chill until set. To unmold, run warm water on can sides and bottom. Cut other end of can and push mold out. Cut between slices of pineapple. Alternate slices of red and green pineapple on bed of lettuce. Fill center with cottage cheese or serve with mayonnaise. Yield: 8 servings.