

**Recipes**

**Today's salads are many-faceted, expressing the chef's personality**

"Our ancestors served salads with roasted meat," reported Alexis Soyer famous chef and food historian in 1853. "They had a great many which are no longer in vogue. They ate leeks, cooked in wood-ashes, and seasoned with salt and honey; borage mint and parsley with salt and oil; lettuce, fennel, mint, chervil, parsley and elder flowers mixed together. They also classed among their salads in agglomeration of feet, heads, cocks' combs and fowls' livers, cooked and seasoned with parsley, mint vinegar, pepper, and cinnamon. Nettles, and the twigs of rosemary, formed delicious salads for our forefathers; and to these they sometimes added pickled gherkins."

Fortunately for most of us, we will not be forced to make salads of cocks' combs or nettles, as our ancestors did. But their innovation has had an important legacy -- salads today, are bold many faceted dishes expressing the personality of the chef and the gifts of season. And there is no better season than summer for crisp cold salads.

Instead of nettles, begin with chicken and give it an herbal bloom. Tarragon Chicken Salad uses a blend of condensed cream of celery soup and tarragon vinegar, oil, garlic and sugar to give you a quick and easy start. When you've mixed the dressing, toss it with shredded chicken and arrange plates with greens, tomatoes and cucumbers for garnish. A sprinkle of almonds looks good and says you know it's the simple extras now, as in the days before us, that make things taste so good.

One of today's favorites, and one the ancients would have approved, is the antipasto. Antipasto, which literally means "before pasta," is a dish of pleasures meant to excite and tempt the appetite. Nowadays, it can be made into a meal by itself. In this recipe, start with a dressing of canned vegetable juice, oil, vinegar, sugar and garlic whipped in a blender with the lifting flavor of pimientos. Then on a plate arrange salad greens (the more varied the better), slices of Provolone cheese and salami, chick peas, green beans and olives. Drizzle the whole with dressing and dig in!

Some salads are robust, others are as smooth and delicate as a rose petal. Shrimp Salad Mouseline gets its soul from the light folding of whipped cream and condensed cream of shrimp soup. It's an elegant but simple molded salad that is lovely as a main course or an appetizer with crackers. Whichever you choose, try accompanying it with a chilled glass of white wine or a sparkling cider to make it even more delectable.



Variation on a popular classic -- Tarragon Chicken Salad has everything from delicate herbs to sweet nut crunch and soup (yes, soup!) brings it delectably together.

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| <p><b>ANTIPASTO</b></p> <ul style="list-style-type: none"> <li>1 can (6 ounces) vegetable juice</li> <li>1 jar (4 ounces) pimientos</li> <li>1 tablespoon olive oil</li> <li>1 tablespoon white wine vinegar</li> <li>1/2 teaspoon sugar</li> <li>1 medium clove garlic, minced</li> <li>4 cups finely packed salad greens</li> <li>1 1/2 cups sliced Provolone cheese (about 6 ounces)</li> <li>1 cup sliced hard salami (about 4 ounces)</li> <li>1 1/2 cups garbanzo beans (chick-peas)</li> <li>1 cup Italian green beans, cooked and chilled</li> <li>1/2 cup pitted ripe olives</li> </ul> | <ul style="list-style-type: none"> <li>parsley</li> <li>1 teaspoon grated onion</li> <li>1/2 teaspoon dry mustard</li> <li>1 can (10 3/4 ounces) condensed cream of shrimp soup</li> <li>3 hard cooked eggs, cut-up</li> <li>3/4 cup heavy cream</li> <li>3 tablespoons bottled French dressing</li> <li>4 cups salad greens</li> </ul> |
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1. To make dressing, in covered blender container at medium speed, blend vegetable juice, pimientos, oil, vinegar, sugar and garlic until smooth.
2. On salad plates, arrange remaining ingredients. Serve with pimiento dressing. Makes 1 1/2 cups dressing or 4 servings.

Calories per serving of dressing: 42  
Calories per serving of salad: 680

- SHRIMP SALAD MOUSSELINE**
- 1 envelope unflavored gelatine
  - 1/2 cup dry white wine
  - 1 pound cooked, cleaned medium shrimp
  - 1 tablespoon chopped fresh dill weed or 1 teaspoon dried dill weed
  - 1 tablespoon chopped fresh

1. In 1-quart saucepan soften gelatine in wine. Over medium heat, heat mixture until gelatine is dissolved.
  2. In covered blender container at medium speed, blend gelatine mixture, half of the shrimp, dill weed, parsley, onion and mustard until smooth. Pour into large bowl.
  3. In same covered blender container, blend soup and eggs until smooth. Add to shrimp mixture; mix well.
  4. In small bowl of electric mixer, beat cream until stiff peaks form; gently fold into shrimp mixture.
  5. Pour into 4-cup ring mold. Refrigerate at least 4 hours or until set.
  6. Toss remaining shrimp with salad dressing. Refrigerate.
  7. To serve, unmold mouseline onto serving plate. Fill center with shrimp and dressing mixture. Place greens around edge of mouseline. Makes 4 servings.
- Calories per serving: 556

**TARRAGON CHICKEN SALAD**

- 1 can (10 3/4 ounces) condensed cream of celery soup
- 1/4 cup tarragon vinegar
- 2 tablespoons olive oil
- 1 tablespoon chopped parsley
- 1 large clove garlic, minced
- 1/2 teaspoon sugar
- 2 cups cooked, shredded chicken or turkey
- 2 cups firmly packed salad greens
- 2 medium ripe tomatoes, sliced
- 2 medium cucumbers, peeled and sliced
- 2 tablespoons toasted almonds

1. In covered blender container at medium speed, blend soup, vinegar, oil, parsley, garlic and sugar until smooth. Toss half of dressing (3/4 cup) with chicken.
2. Arrange salad greens on 2 serving plates. Line outside edges of plates with tomato and cucumber slices. Mound chicken salad in center of greens. Sprinkle almonds over top, if desired. Serve with remaining dressing. Makes 2 servings.

Calories per serving: 290

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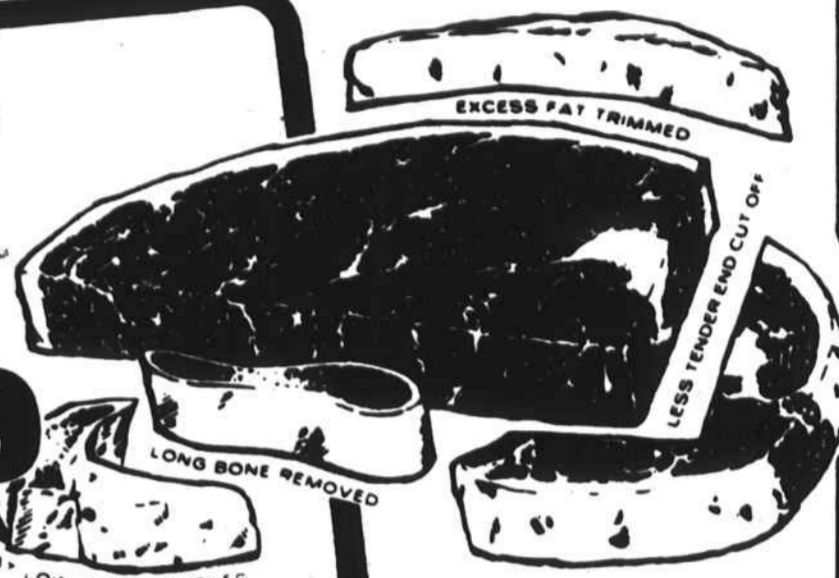
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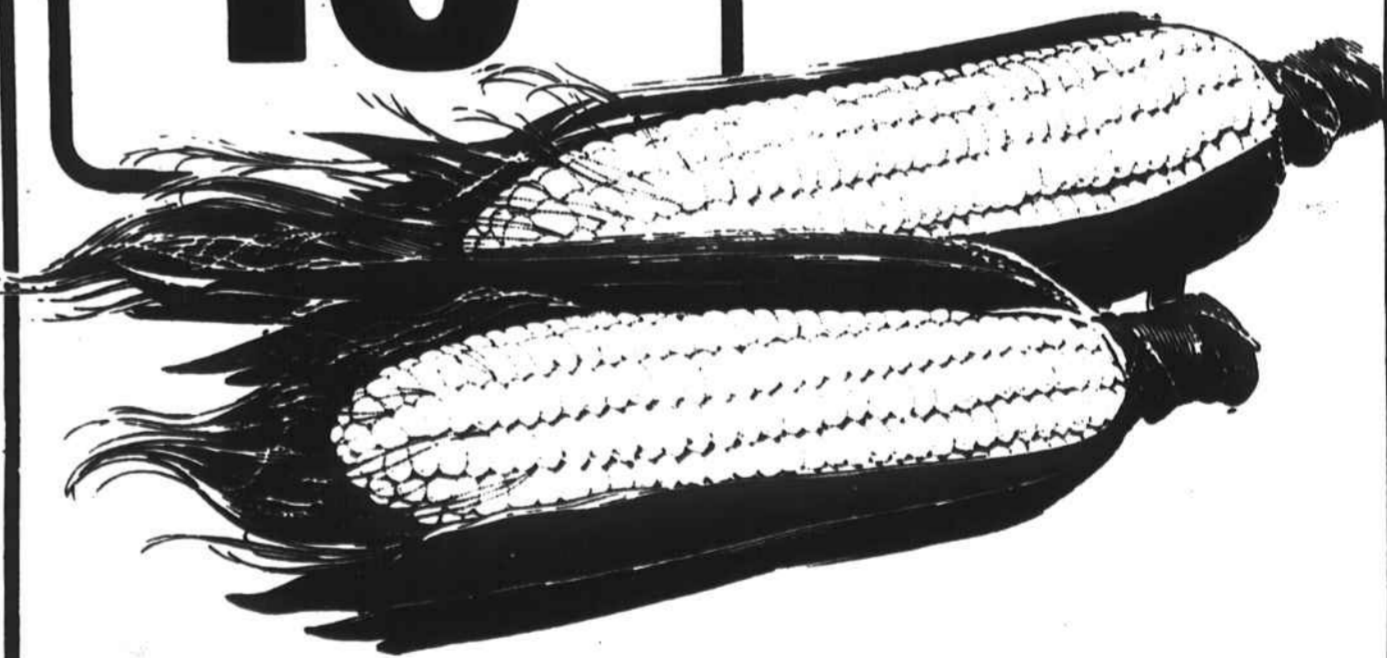


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