



100 Year Old Recipes You Can Still Make Today: SOUPS AND SALADS

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This book contains 64 soup recipes and 87 salad recipes which are over 100 years old. Also included are several dressing and garnish recipes. The recipes come from local newspapers and books, published between 1855 and 1902. Also provided are interesting tips and history about cooking meats and making stocks, as well as interesting salad history.

Included in this book are 100 year old recipes for the following soups: Bean, chestnut, corn, asparagus, celery, julienne, onion, Puree de Marrons, Soup a la Creme, Soup a l'Italienne, tomato soup, vegetable soup, lobster and crab bisque, clam chowder, fish chowder, fish soup, lobster soup, New England clam chowder, oyster bisque, oyster soup, baked soup, beef gumbo, beef soup, bisque of cheese, black bean soup, Cheap Normandy Soup, chicken broth, chicken soup, chili con carne, corned beef soup, cream of corn soup, green pea soup, Jenny Lind's Favorite Soup, macaroni soup, mock turtle soup, stock, mutton broth, ox tail soup, portable (picnic) soup, Pot au Feu, split pea and pork, spring soup, terrapin soup, turkey soup, U.S. Army beef soup, U.S. Army bean soup, white soup.

Included in this book are 100 year old recipes for the following salads:

Apple salad, banana salad, frozen salads, fruit salads, Heavenly Hash fruit salad, Macedoine a la Russe salad, Novelty Salad, orange salad, orange and apple salad, pomelo salad, tutti-frutti salad, Waldorf salads, beet salad, cabbage salads, chickory salad, cold slaw, dandelion salad, hot lettuce salad, lettuce salad, Maryland cole slaw, nasturtium salad, Nice Winter Salad, pea salad, potato salad poem, potato salads, root vegetable salad, Spanish salads, stuffed tomatoes, tomato salads, tomato and cucumber salad, tomato jelly salad, chicken salads, corn beef salads, Cove oyster salad for 12, fish salad, German hot potato salad, lobster salad, Manhattan salad, Mrs. McKee's crab salad, oyster salad, salmon salads, sardine salads, Swedish salad, sweetbread salad, tripe salad, veal salad, egg salads, pickled egg salad, and several dressing and garnish recipes.

“If our medicos in America were paid, as is the custom in some countries, for keeping us in good health, the first thing those learned men would prescribe in the spring of the year would be green leaf salads. But at present there is nothing as palatable (and so efficacious) in their pharmacy for the prevention of maladies. To those whose knowledge of salad vegetables is confined to lettuce and celery, I would say that the range is much more varied. There are endive, chicory, sorrel, dandelion leaf, mustard leaf, water cresses, and there are tomatoes and cucumbers for slicing and a flavor may be added to any or all by the use of the small and fine herbs that are in season such as chervil, mint, tarragon, pimperl, chives...or all these seasoning herbs may be combined and eaten as a salad by themselves.” – Emma McLagan, 1892

THIS COOKBOOK IS ONE IN A SERIES OF "100 Year Old Recipes You Can Still Make Today." Look for other books in this series, including "Homemade Candies," "Drinks," "Picnic Foods," "Cakes, Cookies and Pies," and more.

Kirsten Anderberg earned her Master's Degree in History and Archiving from CA State University at Northridge and is currently attending CA State University at Fullerton (in 2012) working on her M.S. Degree in Instructional Design and Technology. She has been a professional baker, worked at the historic Source Restaurant on Sunset Blvd., has been part of revolutionary health food co-ops and raised a healthy son on

whole foods.

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