



Dumbarton United Methodist Church

Seasonings of the Spirit

SALADS

Layered Applesauce Salad
Tuna Mousse
Congealed Cranberry Salad
Burgundy Haroset Molded Salad
Sweet & Sour Bean Salad
Bean-Parsley Salad
Carrot and Lemon Salad
Cucumber Salad
Chinese Wonder Salad
Florida Salad
Spinach Salad
Seven Layer Salad
Scandinavian Toss
Autumn Cabbage Salad
Avocado Kaimosi
Emir's Pearls
Curried Chicken Salad
Oriental Beef Salad
Tabouli
Taco Salad
Hot Macaroni Salad
Hot Rice Salad
Twenty-Four Hour Salad

SALAD DRESSINGS & CONDIMENTS

Sherry Lemon Dressing
Celery Seed Dressing
Garden Salad Dressing
"Western" French Dressing
American Café House Dressing
Dilled Yogurt Dressing
Salad Dressing
Greek Salad Dressing
Jo's Salad Dressing
Curry Powder
Mustard Pickles
Green Tomato Mustard Relish
All Season Mayo
Sprouts



LAYERED APPLESAUCE SALAD

Suzanne Gell

Top and bottom layer:

1 pkg. lemon jello
1 pkg. cherry jello
 $\frac{3}{4}$ c. cinnamon candies
2 c. hot water
 $\frac{3}{4}$ c. cold water
2 c. thick unsweetened applesauce
2 T. cream

Center layer:

1 pkg. lemon jello
1 c. hot water
 $\frac{1}{2}$ c. cold water
3-oz. pkg cream cheese
2 T. mayonnaise
 $\frac{1}{2}$ c. celery
 $\frac{1}{2}$ c. nuts

Top and bottom layer -- Dissolve lemon and cherry jello and cinnamon candies in hot water; add cold water and applesauce. Pour half of mixture into a 7 $\frac{1}{2}$ x 12-inch shallow pan. Chill until firm.

Center layer -- Dissolve lemon jello in hot water; add cold water. Combine remaining ingredients; add jello mixture and blend. When partially set pour over first layer and chill. When firm cover with remaining cherry and lemon mixture. Serves 12 to 15.

TUNA MOUSSE (MOLDED SALAD)

Louella Wells

2 pkg. Knox gelatin dissolved in $\frac{1}{2}$ c. cold water
1 c. tomato soup, heated
6-oz. cream cheese
1 c. mayonnaise
1 c. celery, cut-up
1 tsp. Worcestershire sauce
3 T. onion, minced
 $\frac{1}{2}$ tsp. salt
dash pepper
2 7-oz. cans tuna, drained

Mix together ingredients. Pour into salad mold. Chill.

CONGEALED CRANBERRY SALAD

Betty Lou Winslow

Cover and boil until berries pop:

2 c. fresh cranberries
1 c. sugar
1 c. water

Add:

1 pkg. raspberry or cherry jello $\frac{1}{2}$ c. chopped nuts
1 small can crushed pineapple (use juice too)
 $\frac{3}{4}$ c. chopped celery

Chill overnight.

BURGUNDY HAROSET MOLDED SALAD

Mary Palmer

--This is the salad that we have eaten at our Seder. For the Seder we used a mixture of applesauce and the ceremonial haroset, which is made with diced apples, chopped walnuts, honey and sweet red wine. The haroset symbolizes the mortar and bricks which the Israelites were forced to use in the construction of cities and treasure houses for the Pharaoh.

2 small pkg. cherry or black cherry jello
2 c. boiling water
1 16-oz. can (2 c.) whole cranberry sauce
1 8-oz. can (1 c.) applesauce
½ c. port/burgundy

Dissolve jello with some of the boiling water; add rest of water and all other ingredients. Pour into a 6½ c. mold. Chill 5 to 6 hours (overnight if possible).

SWEET and SOUR BEAN SALAD

Beth Taylor

1 can each - green beans, yellow beans, and red kidney beans
1 small green pepper
1 small onion (chopped fine)
¾ c. sugar
1 tsp. salt
1 tsp. pepper
½ c. salad oil
1 c. vinegar

Drain canned beans, mix with green pepper and onion. In small bowl, combine sugar, salt, pepper, oil and vinegar. Pour over vegetables. Chill several hours or overnight. Serves 8 to 10.

BEAN-PARSLEY SALAD

Ginny Finch

Marinate overnight:

1 can French-style green beans (drained) in enough vinegar to cover. Drain. Toss with a few chopped scallions, lots of chopped fresh parsley and a dash of olive oil. Simple and delicious!

CARROT AND LEMON SALAD

Carolyn McIntyre

2 c. shredded carrots (1 lb.)
dash of salt
1 lemon, ground (rind and all)
½ c. sugar

Sprinkle carrots with dash of salt. Combine with ground lemon and sugar. Let stand before serving, or refrigerate for several hours or overnight. Keeps well. Serve plain or put on peach or pear halves, or slice of pineapple.

CUCUMBER SALAD

Dick Doyle

-- this is an old Dutch recipe from Nova Scotia.

3 medium cucumbers
½ c. white sugar
1 tsp. salt
4 T. cider vinegar
1 small onion (chopped fine)
¼ tsp. pepper
¾ c. sour cream

Peel cucumbers, slice very thin and cover with salt and onion. Press with heavy weight for about 2 hours. Then drain off liquid. Add sugar, vinegar, pepper, and sour cream. Mix well. (Sugar and/or vinegar may be adjusted to suit taste.) Serves 8 to 10 people.

CHINESE WONDER SALAD

Sookie Alvis

1 can water chestnuts, sliced	¾ c. vinegar
1 can French beans	1 c. sugar
1 can Chinese vegetables	1 tsp. salt
1 small can peas	1½ c. celery,
pimientos finely chopped	1 small can mushrooms (optional)
2 medium onions, thin rings	

Mix together vinegar, sugar and salt. Add celery and onions. Drain canned vegetables well and add to vinegar mix. Refrigerate at least 12 hours.

FLORIDA SALAD

Shirley Miekka

Toss together:

- 1 head romaine lettuce, torn up
- ½ bunch watercress, leaves only OR 1 c. fresh parsley leaves
- 1 small zucchini, thinly sliced
- 8 to 10 mushrooms, thinly sliced
- 1 to 2 small carrots, thinly sliced
- 1 avocado, cubed and tossed with 1 T. lemon juice
- 1 to 2 pink grapefruits, membranes removed, segmented
- 1 red bell pepper, diced

Combine:

- ½ c. olive oil
- ¼ c. rice wine vinegar
- 1 clove garlic, minced
- 1 tsp. soy sauce
- 1 tsp. honey

Toss dressing and salad just before serving.

SPINACH SALAD

Carolyn McIntyre

- 2 pkg. chopped, frozen spinach (thaw and drain well)
- 2 green onions
- ½ tsp. tarragon
- ½ c. mayonnaise (or ¼ c. mayonnaise and ¼ c. plain yogurt)

Optional:

- fresh bean sprouts
- sesame seeds (toasted or plain)
- chopped apple
- apple slices (unpeeled) for garnish

Add onions and tarragon to spinach. Stir with a fork. Stir in mayonnaise. Salad should be a bit creamy. Decorate with apple slices when serving.

SEVEN LAYER SALAD

Jim and Mittie Quinn

--We served this at our wedding. Nancy Milton makes this salad too. She calls it the "Untossed Tossed Salad"

½ pkg. fresh spinach
½ head iceberg lettuce, broken into bite size pieces
6 hard boiled eggs, chopped or sliced
½ lb. bacon, fried and crumbled
1 pkg. frozen peas
1 red onion sliced in rings
1 pint mayonnaise (Hellman's is best)
1 c. sour cream
½ lb. shredded Swiss cheese
1 can of small shrimp or 6 oz. small cooked shrimp (optional)

Drain everything well and layer as follows: 1) Spinach 2) Sprinkle with salt, pepper and sugar 3) Frozen peas 4) Onion rings (Optional: Shrimp) 5) Mayonnaise mixed with sour cream 6) Cheese 7) Bacon and eggs to garnish
Cover with plastic wrap and refrigerate overnight. Dig deep when serving to get all layers. Serves 12 to 14.

SCANDINAVIAN TOSS

Nancy Milton

1 c. mayonnaise
1 c. sour cream
1 pkg. cheese garlic salad dressing mix
2 tsp. caraway seeds

1 large raw cauliflower, cut up
¼ c. green onions, chopped

1 c. radishes, thinly sliced
½ c. snipped watercress

Combine first 4 ingredients and mix well in salad bowl. Add the rest, toss and serve.

AUTUMN CABBAGE SALAD

Suzanne Gell

6 c. finely shredded cabbage
1 large red apple, sliced thin
1 c. chopped celery
1 small green pepper, chopped
1 tsp. celery seed

½ c. mayonnaise
2 T. sugar
2 T. lemon juice
1 tsp. salt
apple slices for garnish

Combine cabbage, apple, celery and pepper in large bowl. Combine remaining ingredients, stir into cabbage mixture. Toss well and chill until serving time. Garnish with apple slices.

AVOCADO KAIMOSI WITH HOT DRESSING

Susan Gilpin

2 T. sugar
2 T. water
salt and pepper to taste
2 ripe avocados, halved and pits removed
6 slices cooked bacon, crumbled

2 T. vinegar
2 T. ketchup
2 T. butter

Heat sugar and water in a small saucepan until the sugar dissolves. Add vinegar, ketchup, butter and season with salt and pepper. Simmer over low heat for 15 to 20 minutes. Pour dressing into avocados. Sprinkle bacon on top.

EMIR'S PEARLS

Nancy Holland

4 medium oranges, peeled and thinly sliced
1 small Bermuda onion or 1 small sweet white onion, cut into very thin rings
16 pitted black olives
2 T. olive oil
2 T. lemon juice
salt to taste
mint sprigs

Arrange the orange slices on a serving platter. Top with the onion rings and olives. Sprinkle with oil, lemon juice and salt. Serve chilled, garnished with the mint.

CURRIED CHICKEN SALAD WITH FRUIT and NUTS

Melinda Murray

4 chicken breasts
1 tsp. curry powder
½ tsp. salt
pepper to taste
1 T. lemon juice
2 finely slivered candied ginger or fresh ginger
¼ c. sour cream or yogurt

1 c. diced cantaloupe
1 c. seedless grapes
½ c. walnuts
½ c. mayonnaise

Steam chicken breasts 10 to 15 minutes until just cooked through. Bone and skin chicken breasts as soon as they are cool enough to handle. Cut into 1-inch cubes and toss with curry powder, salt, pepper and lemon juice. Refrigerate until cold. Combine chicken with cantaloupe, grapes, walnuts, ginger, sour cream, (or yogurt) and mayonnaise. Refrigerate until served.

HINT: If you have the time when making chicken salad, let the chicken stand in its broth for an hour before you cut it. It will have more flavor and a velvety texture!

ORIENTAL BEEF SALAD

Jim Palmer

--One of the many big hits that Chef Jim whipped up for the spring retreat '82

2 lb. flank steak

½ lb. snow peas (fresh or frozen)

½ lb. bean sprouts

Dressing:

¼ c. fresh lemon juice

3 T. soy sauce

2 T. peanut or salad oil

1 T. sesame oil

½ tsp. salt

2 slices ginger root, peeled and shredded

Lightly score flank steak diagonally across the grain on both sides. Broil 4 to 5 minutes per side (Rare). If charcoal barbecuing allow more time - about 8 to 10 minutes per side. Cool beef, slice thinly and cut into bite size pieces.

Blanch snow peas (fresh really are best). Pour boiling water onto the peas and let sit 1 minute. Rinse and put into ice cold water. Drain and snip ends.

Rinse sprouts and combine with beef and snow peas. Combine dressing ingredients and shake well. Adjust seasoning to taste. Pour over beef mixture and toss to coat ingredients.

Note: Sesame oil is available at oriental markets. The ginger root slices should be about the size of a quarter. This recipe serves 6 adequately.

TABOULI

Louella Wells

1-¼ c. raw bulgar

¼ c. dry garbanzos, cooked

1/8 c. mint, minced

2 small shredded carrots

¼ c. olive oil

pepper

1 small cucumber, cut-up

½ c. minced parsley

½ c. scallions (with greens)

¼ c. fresh lemon juice

1 tsp. salt

Soak bulgar in 2½ c. boiling water for 2 hours. Mix together all ingredients. Chill at least 1 hour.

TACO SALAD

Nancy Milton

--Nettie Ruth Bratton made this for our summer send off picnic one year. You can make up part of it ahead and add the avocado and chips on the day of the picnic.

1 onion	4 oz. grated cheese
4 tomatoes	8 oz. Thousand Island Dressing
1 head lettuce	1 lb. lean ground beef
dash tabasco	15-oz. can kidney beans
small pkg. Dorrito chips,	¼ tsp. salt taco-flavored, crunched
1 large avocado, chopped	

Chop onion, tomatoes and lettuce; combine and set aside. Brown beef and drain; add drained beans and salt; simmer 10 minutes. Drain beef and beans mixture. Cool and add to salad mixture. Add cheese, dressing and tabasco. At the last minute add avocado and chips.

HOT MACARONI SALAD

Beth Taylor

8 oz. elbow macaroni	1 medium onion
1 lb. frankfurters	6 sweet gherkins (chopped)
1 c. celery (chopped 1/8-inch)	6 c. mayo-type salad dressing
2 T. prepared mustard	1 tsp. salt
1/3 c. chili sauce	1/8 tsp. pepper

Cook and drain macaroni. Boil frankfurters 7 minutes. Cut into ½-inch lengths. Mix with macaroni and combine all vegetables and sauces. Season with salt and pepper to taste. Heat in covered dish. Serves 8.

HOT RICE SALAD

Susan Gilpin

--a recipe from Kenya--

1 medium onion, chopped
2 c. cooked rice
4 T. olive oil
freshly ground pepper
1 green pepper, chopped
salt
4 stalks celery, chopped
½ c. salted cashew nuts

Fry finely chopped onions in hot oil for 3 minutes. Add green peppers, celery, cooked rice, seasonings and cashews. Toss the mixture in the pan over medium heat for 2 to 3 minutes. Serve immediately. Makes 4 servings.

24 HOUR SALAD

Jeff Hoover

1/3 c. sugar
2 eggs (or 4 egg yolks)
1/4 c. lemon juice
grated rind of 2 lemons
1 c. fruit juice
2 T. cornstarch or flour
1/2 pt. whipped cream (or 1 pkg. Dream Whip whipped)
1 can fruit cocktail (or any variety of diced fruit)
20 large marshmallows

Cook first 6 ingredients until thick. Cool. Fold in whipped cream. Add fruit and marshmallows. (Cut these into bite size. Flavor and texture is better when you use the big mallows. Dip scissors in water to avoid sticking when you cut them up.) Store salad in refrigerator overnight. Before serving add grapes, bananas, or nuts if desired.

SHERRY LEMON DRESSING

Mary Palmer

--We used this on the green salad for our seder. We substituted honey for the sugar (since we had used honey in making the haroset). We also put chopped parsley into the salad, the parsley being the ceremonial green vegetable symbolic of springtime and renewal.--

1/4 c. lemon juice
1/8 tsp. salt
1/4 c. sugar
2 T. sherry

Combine and shake well to mix. Toss with assorted greens.

CELERY SEED DRESSING

Carolyn McIntyre

1/3 c. cider vinegar	1 tsp. salt
1/2 c. sugar	1 T. celery seed
1 tsp. dry mustard	1 c. salad oil
1 T. grated onion	

In covered blender container at low speed, blend all ingredients except salad oil until well mixed. Turn control to highest speed. Remove center of blender cover and very slowly pour oil in steady stream into mixture. Continue blending until well mixed. Cover and refrigerate. Makes about 1 1/2 cups.

GARDEN SALAD DRESSING

Nancy Milton

Equal parts:

chile sauce

peanut oil

sugar

vinegar/water (half and half to taste)

Shake and serve.

"WESTERN" FRENCH DRESSING

Jeff Hoover

½ c. oil

¾ c. sugar

½ c. vinegar

1 tsp. salt

½ c. catsup

1 tsp. paprika

juice of 1 lemon (or commercial lemon juice)

Mix and shake well before using.

AMERICAN CAFE HOUSE DRESSING

¾ tsp. garlic powder

½ c. parsley, finely chopped

1 tsp. onion powder

1 c. carrots, finely chopped

½ c. buttermilk

¼ tsp. garlic salt

1½ c. mayonnaise

Combine first 5 ingredients to make a smooth sauce, then stir in parsley and carrots. If possible, cover and refrigerate overnight before using. Dressing will keep a week or more if kept covered and chilled. Served with potato chips at the American Cafe and used on sandwiches.

DILLED YOGURT DRESSING

Greg Brown

--this sharp dressing will perk up any vegetable or salad!

1 c. yogurt

½ tsp. dill seed

2 T. vinegar

¼ tsp. dry mustard

½ small onion

½ tsp. salt

½ tsp. minced garlic or garlic powder

Process all ingredients in a blender until the onion is completely pureed. Makes 2 cups.

SALAD DRESSING

Pam Thielmann

--This is delicious on a green salad, but if you like garlic you may want to try it on everything!!

½ c. salad oil
¼ tsp. dry mustard
¼ c. olive oil
¼ tsp. basil
¼ c. red wine vinegar
1½ tsp. parsley (opt.)
2 T. white or red wine
¼ tsp. sugar
1 tsp. salt
1 to 2 garlic cloves,
¼ tsp. black pepper crushed

Combine ingredients in a jar. Shake well. Best if made at least 24 hours before using. Refrigerate until ready to use.

GREEK SALAD DRESSING

Norma Severns

--also good with fresh spinach salad--

½ c. olive oil
¼ tsp. oregano
3 T. fresh lemon juice
1 tsp. Dijon mustard
1 crushed garlic clove
½ tsp. salt
mushrooms
feta cheese

Mix and chill. Add mushrooms and feta cheese to taste.

JO'S SALAD DRESSING

Nancy Milton

Equal parts of : sugar, chile sauce or catsup, oil, vinegar and water

Shake well, add a few chopped green onions, let sit several hours before serving.

CURRY POWDER

Clare Beth VandeWater

(all measures for ground spices)

4 tsp. coriander	1 tsp. dry mustard
2 tsp. turmeric	1 tsp. fenugreek
1 tsp. cardamom	1 tsp. ginger
1 tsp. cumin	½ tsp. cloves
½ tsp. cinnamon	¼ tsp. dill
¼ tsp. red pepper	

If possible buy spices whole (especially cumin and coriander) and grind them in a mortar with pestle. Curry powders are blends of 10 or more spices usually, and this blend is one to try in various recipes that call for curry powder.

PAULINE DOYLE'S MUSTARD PICKLES

Dick Doyle

6 large cucumbers
4 c. chopped onions
¼ c. salt

Sauce:

2 c. vinegar
2 tsp. turmeric
2 c. granulated sugar
1 tsp. mustard seed
3 T. flour
1 tsp. celery seed
1 T. dry mustard

Peel, chop and, if necessary, remove some seeds from the cucumbers. Put into a large bowl in layers with onions, sprinkling with salt. Let stand overnight covered with a weighted lid.

Next day: Drain the vegetables. Combine sauce ingredients in stainless steel or enamel pan and let come to a boil before adding the drained cukes-onions. Let mixture come to a boil again for one or two minutes. Place pickles in hot sterile glass jars. Seal jars with glass lids and process in boiling water bath for 15 minutes.

GREEN TOMATO/ MUSTARD RELISH

Betty Lou Winslow

2 quarts green tomatoes
1 pint hot peppers
1 quart onions
1 quart cabbage
1 quart vinegar
2 c. prepared mustard
4 c. sugar
1 c. flour
3 T. salt
1 T. black pepper

Grind vegetables together. Add one half of the vinegar and cook slowly for about one hour. Meanwhile, mix flour, sugar, salt, pepper and mustard together. Add remaining vinegar slowly to the mustard mixture to make smooth mixture. Cook slowly, stirring constantly until it begins to bubble. Add this to the cooked vegetables, stirring until it boils. Pour immediately into sterilized jars and seal.

ALL SEASON MAYO

Bart, Penny, Hilary and Abigail Finch

*--We haven't bought mayonnaise in years and are spoiled because homemade is so superior...
This costs about as much as the good brands. A food processor or blender is essential.*

2 eggs
1½ tsp. salt
1 tsp. dry mustard
½ tsp. paprika
2 T. vinegar and 2 T. lemon juice (or 4 of either)
2 c. oil

Put all ingredients in food processor with ½ c. oil. Put on lid and blend, pouring in rest of oil in thin stream until all blended. Sound will change as oil is mixed in. Store in refrigerator. We also use ours as salad dressing or dip! (This recipe can easily be halved.)

SPROUTS

Jim and Mittie Quinn

--these are easy to grow and make a great addition to salads, sandwiches, omelets and soups!

Sprouts Jar: Use quart-sized wide-mouth canning jar--cut a small piece of fine mesh screen to replace the sealing lid. If mesh screen is not available, a piece of clean old nylon stocking can be used to cover the jar.

Place 2 to 3 T. mung beans, alfalfa seeds or black radish seeds in the jar. Replace lid. Fill $\frac{1}{2}$ full with lukewarm water. Let stand overnight or 12 hours. Pour off soak water (through screen) and rinse seeds several times in cool water. Gently shake out as much water as possible and lay jar on side in cupboard. Continue to rinse and drain 2 to 3 times each day and replace in cupboard. Sprouts are ready to eat in 3 to 4 days. Sprouts may be stored in refrigerator for up to 1 week.

