

# Correct Salads

*for all occasions*



# Double Whipped *for perfection*

*Every year more Hellmann's Mayonnaise is sold than any other brand. There must be something back of this extraordinary success . . . a reason for its universal demand.*

FIRST of all, it is based on a secret French recipe . . . a priceless recipe that originated years ago in a little restaurant on the Bois de Boulogne in Paris. Today, Hellmann's Mayonnaise is made by this same famous recipe. It calls for the finest ingredients—selected salad oils . . . breakfast eggs . . . thrice-strained vinegar . . . and a subtle blend of spices from the Far East.

But more than that, Hellmann's Mayonnaise is *double whipped*. In this thorough blending lies the secret of Hellmann's superiority. Each ingredient is blended so perfectly that the mayonnaise is always consistently smooth and creamy. Every drop in each blue-labelled jar of Hellmann's Mayonnaise is whipped not once but *twice* until it is thick and fluffy and silky-smooth.

And there is yet another reason for its great success. It is amazingly popular with men. Thousands of wives have succeeded in making their husbands enthusiastic about salads. For Hellmann's Mayonnaise has a piquancy of flavor that men cannot resist.

The carefully selected recipes in this booklet are suggestive of appropriate salads to serve on many occasions. Their number and variety show how salads may be included in the meals regularly without becoming monotonous. And remember . . . with Hellmann's Mayonnaise, salads are always doubly delicious, doubly popular . . . and unfailingly complimentary to the hostess!



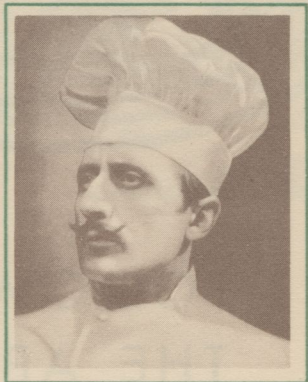
20-441  
#10-

# CORRECT SALADS FOR ALL OCCASIONS

**T**ODAY salads are accepted everywhere as correct and practically indispensable parts of the well-balanced menu. Dozens of salad books have been written. Thousands of salad recipes have been developed. In hotels, restaurants, and tea-rooms, salads are an important section on the menus. At home, salads are being served more frequently in the simple family meals . . . and when company comes a festive salad is called upon to dress up the table. In short, salads have come to stay!

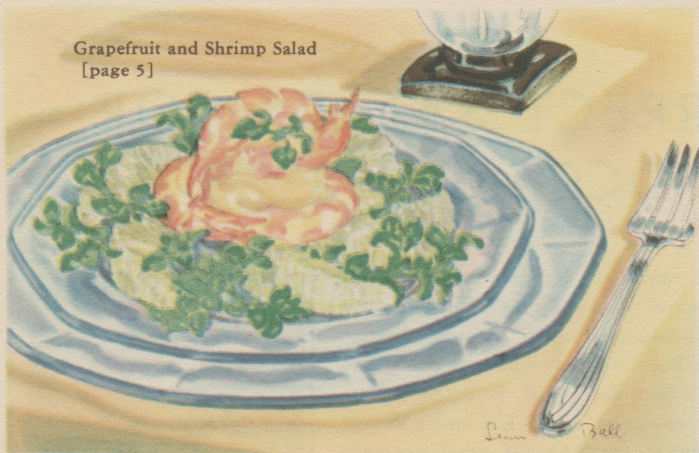
And yet, in spite of the tremendous popularity salads now enjoy, many hostesses fail to use them correctly, simply because they do not *fit the salad to the occasion*. Every occasion upon which a salad might be served calls for a certain type of salad which is especially appropriate.

In general, salads may be classified according to the occasions for which they are correct. Such a grouping is used in this booklet. Recipes and salad suggestions are included under the following headings:



- Follow the Mode of the Appetizer Salad
- Salads for Dinners—Formal and Informal
- Salads Suitable for Luncheon or Supper
- Dessert Salads
- How to Prepare Salads
- Salads for Special Occasions
- Picnic Salads
- Mayonnaise Dressings
- Sandwiches

Grapefruit and Shrimp Salad  
[page 5]



## FOLLOW THE MODE OF THE APPETIZER SALAD

APPETIZER salads are quite correct and increasingly popular. Many smart hostesses here and abroad are substituting them for the usual *hors d'oeuvres*. Appetizer salads may consist of simple greens—lettuce, romaine, water cress, chicory—with thinly sliced tomatoes or cucumbers, or green pepper rings; highly seasoned egg; grapefruit; or sardines, shrimps, or anchovies used to attain variety in color and flavor. They should be tart, savory, or spicy. Sweet fruit salads should not be introduced at the beginning of the meal.

### CRAB LOUIS

$\frac{3}{4}$ cup Hellmann's Mayonnaise	4 tablespoons chili sauce or ketchup
$1\frac{1}{2}$ tablespoons lemon juice	$\frac{1}{3}$ cup cream, whipped
	$\frac{1}{2}$ cup crab meat, flaked

Fold mayonnaise, lemon juice, and chili sauce into whipped cream. Line cocktail glasses with crisp lettuce and arrange crab meat in each glass. Pour mayonnaise mixture over it just before serving. Serves 6.



## GRAPEFRUIT AND SHRIMP SALAD

2 grapefruit, sections free from membrane

18 fresh shrimps, cooked and chilled  
 $\frac{3}{4}$  cup Hellmann's Mayonnaise

Arrange grapefruit sections like spokes of a wheel, on bed of crisp water cress. Arrange shrimps on top of grapefruit. Top with mayonnaise. Garnish with water cress. Canned shrimp may be used. Serves 6.

## ASSORTED HORS D'OEUVRES

15 three-inch rounds of bread, toasted  
1 three-ounce jar caviar  
1 hard-cooked egg, sliced  
Hellmann's Mayonnaise  
6 shrimps  
1 small tomato, cut in 9 wedges  
9 anchovies  
1 teaspoon pimiento, finely chopped

3 stuffed olives, cut in slices  
 $\frac{1}{2}$  truffle, cut in 3 thin slices, and remainder, diced  
4 stalks celery, stuffed with Creamy Roquefort Dressing (page 27)  
4 radish roses  
4 ripe olives

For caviar, spread 3 rounds toast with caviar. Remove yolks from 3 large, thin slices of egg. Trim egg white to  $\frac{1}{4}$ -inch thickness and place around edge of toast rounds, piecing where necessary, to hold caviar.

For shrimp, spread 3 rounds toast with 1 teaspoon each mayonnaise. Arrange 2 shrimps on each, with cut edges toward center. Top with 1 teaspoon mayonnaise. Sprinkle with chopped truffle.

For tomato, use 3 rounds toast. Arrange 2 wedges tomato on each, with cut sides together and rounded sides following edge of toast. Place 1 teaspoon mayonnaise on each piece of tomato, spreading it evenly. Place a third piece of tomato in center, cut-side down.

For anchovies, use 3 rounds toast. Arrange 3 anchovies on each. Dot centers with pieces of chopped pimiento.

For olive, use 3 rounds of toast. Arrange 4 slices of olive on each, then slice of egg. Top with 1 teaspoon mayonnaise and tiny slices of truffle.

Arrange *hors d'oeuvres* on platter. Garnish with stalks of stuffed celery, radish roses, ripe olives, and sprigs of crisp water cress. Serves 8.

Assorted *Hors d'Oeuvres*



# SALADS FOR DINNERS

**D**INNER salads should always be light. They generally consist of crisp greens and non-starchy ingredients.

At the formal dinner, the salad is really an interlude, coming as it does between a substantial meat and vegetable course, and a dessert which is often rich. Thus it should stand alone and achieve an individual note, yet harmonize with the dinner as a whole. For example, vegetables used in the main course should never be repeated in the salad.

For a strictly formal dinner, a light green salad with French dressing is always correct. Artichokes, broccoli, avocados, cauliflower, asparagus tips, and grapefruit may also be used.

For informal dinners, the salad may be served either as a separate course or with the main course. In the latter case, the salad often takes the place of a second vegetable. Vegetables such as peas, string beans, spinach, beets, tomatoes, cucumbers, carrots, and cabbage are excellent; also any of the formal dinner suggestions may be used singly or in any desired combination.

Succulent greens or tart, savory salads such as Cranberry Matchstick Ring (page 22) are appropriate with roasts, fowl, or game.

Sweet salads may be used as dessert salads, i.e. as substitutes for desserts. These salads are usually combinations of fruits or of fruits and nuts. Frozen salads, such as Frozen Fruit Salad (page 15), are highly favored for dessert salads. For dessert salads, see pages 15, 16, and 17.

Mayonnaise dressings which are especially delicious for dinner salads are Chiffonade Dressing (page 27), Creamy Roquefort Dressing (page 27), New York Dressing (page 28), Perfect Dressing (page 28), and Russian Dressing (page 29).



# FORMAL AND INFORMAL

## BUTTER BEAN SALAD

- |  |   |
|--|---|
| 2 cups cooked butter beans,<br>cut in pieces | 2 tablespoons green pepper,<br>finely chopped |
| 1 cup celery, diced                          | 1½ tablespoons pimiento, chopped              |
| 2 teaspoons onion, finely chopped            | ½ cup Hellmann's Mayonnaise                   |
| ¼ teaspoon salt                              | 2 tablespoons grated cheese                   |

Toss lightly together all ingredients except cheese. Arrange in crisp lettuce cups and sprinkle with cheese. Serves 6.

## COMBINATION SALAD

- |                           |                                   |
|---------------------------|-----------------------------------|
| 1 cucumber, sliced        | 1 green pepper, cut in thin rings |
| ¼ teaspoon salt           | 1 small onion, sliced             |
| Dash of paprika           | 6 radish roses                    |
| 2 tomatoes, cut in wedges | ½ cup Hellmann's Mayonnaise       |

Crisp cucumber slices by allowing them to stand in ice water. Drain and dry thoroughly. Season with salt and paprika. Line salad bowl with crisp salad greens. Arrange cucumber slices in one section, tomato wedges in another, and green pepper rings and onion slices in a third. Arrange radish roses throughout the salad. Place mayonnaise in a lettuce cup in the center. Serves 6.

## ASPARAGUS RING SALAD

- |  |                                     |
|--|-------------------------------------|
| 1 can asparagus tips                     | ½ cup Hellmann's Mayonnaise         |
| ½ green pepper, cut in four ¼-inch rings | 1 tablespoon pimiento, finely diced |
|  | 1 tablespoon capers                 |

Insert 5 or 6 asparagus tips through each pepper ring. Place on boat-shaped bed of crisp romaine. Garnish with mayonnaise, sprinkled with diced pimiento and capers. Serves 4.

## RED CREST TOMATO ASPIC

- |                                      |                            |
|--------------------------------------|----------------------------|
| 1 package Strawberry Jell-O          | 1¼ teaspoons scraped onion |
| 2½ cups cooked or canned tomatoes    | 1¼ teaspoons salt          |
| 2¼ teaspoons Hellmann's Horse Radish | Dash of Cayenne            |

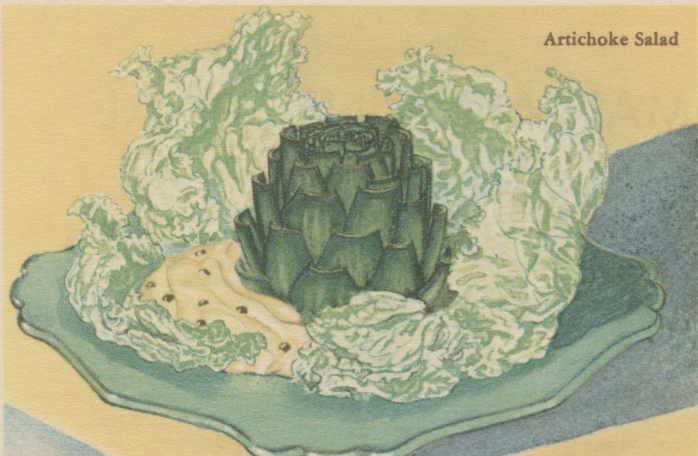
Dissolve Jell-O in hot tomatoes. Add horse radish, onion, salt, and Cayenne. Force through sieve. Turn into individual molds. Chill until firm. Garnish with Hellmann's Mayonnaise. Serves 6.

## CABBAGE SLAW

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 3 cups cabbage, finely shredded | ¼ teaspoon salt                 |
| ¼ cup vinegar                   | Dash each of pepper and paprika |
| 2 tablespoons sugar             | ½ cup Hellmann's Mayonnaise     |
|                                 | ¼ cup cream, whipped            |

Crisp cabbage by allowing it to stand in ice water. Drain and dry thoroughly. Add vinegar, sugar, and seasonings 10 minutes before serving. Drain again. Toss lightly together with dressing made by folding mayonnaise into whipped cream. Arrange on crisp lettuce. Serves 6.

Artichoke Salad



### ARTICHOKE SALAD

6 large artichokes  
1 teaspoon salt

1½ cups Hellmann's Mayonnaise  
2 tablespoons capers

Remove first two layers of leaves from artichokes and cut off stems. Remove spines by clipping tips from leaves with scissors. Wash thoroughly and place in large amount of rapidly boiling water. Lower heat and continue boiling gently 15 to 20 minutes, or until tender. When nearly done, add salt. Remove from water and drain, stem-end up. Chill. Remove choke. Serve on crisp lettuce, using ¼ cup mayonnaise, sprinkled with capers, to each salad. Serves 6.

### CARROT AND APPLE SALAD

1½ cups raw carrots, grated or  
finely shredded

½ cup nut meats, chopped  
½ teaspoon salt

1½ cups tart apples, chopped

1 tablespoon lemon juice

3 tablespoons Hellmann's Mayonnaise

If carrots are shredded, crisp in ice water. Toss ingredients lightly together. Arrange on crisp lettuce. Serves 6.

### COPENHAGEN SALAD

1½ cups shredded cabbage, parboiled

3 tablespoons salad oil

1 green pepper, finely chopped

3 tablespoons vinegar

½ cup celery, diced

¼ teaspoon salt

1 tablespoon Hellmann's Mayonnaise

⅓ teaspoon pepper

1 cup cucumber, diced and drained

Parboil cabbage 5 minutes, drain, and rinse in cold water. Add pepper and celery. Blend mayonnaise, oil, vinegar, salt, and pepper. Pour over cabbage mixture. Chill 1 hour. Drain and add cucumber. Arrange on crisp lettuce. Garnish with additional mayonnaise and strips of green pepper and pimiento. Serves 6.



## ORANGE MINT SALAD

4 oranges, sections free from  
membrane  
3 tablespoons confectioners' sugar  
2 tablespoons lemon juice

Dash of salt  
2 drops almond extract  
2 tablespoons mint, chopped  
 $\frac{1}{2}$  cup Hellmann's Mayonnaise

Combine all ingredients except mint and mayonnaise. Chill. Arrange on crisp lettuce. Sprinkle with mint. Garnish with mayonnaise. Serves 6.

## WALDORF SALAD

$1\frac{1}{2}$  cups celery, diced  
3 tablespoons lemon juice  
2 tablespoons sugar

Dash of salt  
 $1\frac{1}{2}$  cups apples, diced  
 $\frac{1}{2}$  cup Hellmann's Mayonnaise  
 $\frac{1}{2}$  cup cream, whipped

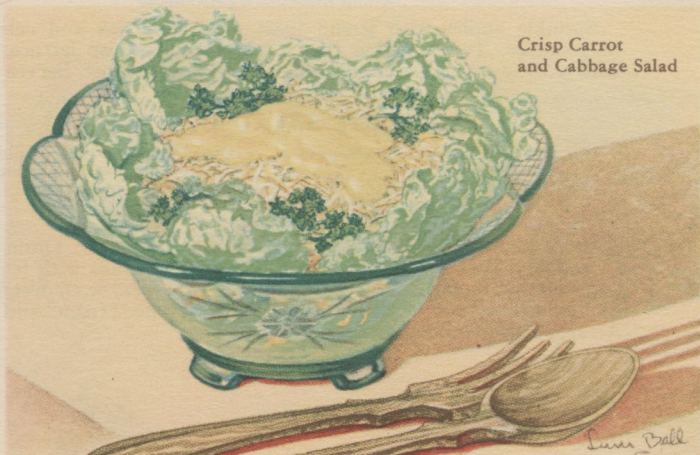
Crisp celery by allowing it to stand in ice water. Drain and dry thoroughly. Add lemon juice, sugar, and salt to apples, and chill 10 minutes. Add celery. Toss lightly together with dressing made by folding mayonnaise into whipped cream. Arrange crisp lettuce in salad bowl and pile salad lightly in it. Garnish with strips of pimiento and English walnuts. If red apples are used, leave the skin on half of them. Serves 6.

## CRISP CARROT AND CABBAGE SALAD

2 cups raw carrots, cut in fine strips  
2 cups raw cabbage, finely shredded  
 $\frac{1}{4}$  cup vinegar

$\frac{1}{2}$  cup Hellmann's Mayonnaise  
 $\frac{1}{2}$  tablespoon confectioners' sugar  
 $\frac{1}{2}$  cup cream, whipped

Crisp carrots and cabbage by allowing them to stand in ice water. Drain cabbage, add vinegar, and chill 15 minutes. Drain and dry vegetables thoroughly. Combine carrots and cabbage and toss lightly together with dressing made by folding mayonnaise and sugar into whipped cream. Arrange in salad bowl lined with crisp lettuce. Garnish with additional mayonnaise and parsley. Serves 6.



Crisp Carrot  
and Cabbage Salad

Laura Ball

# SALADS SUITABLE FOR



**L**UNCHEON or supper salads may be of two kinds—those to be served as a main course and those which are accessory to the main course.

If the salad is to be the main course, it may be fairly substantial. Served with rolls and a hot beverage it makes a most satisfying meal. Main course salads may be frozen or jellied combinations of fruits, vegetables, cheese, fish, chicken, or meat; or chicken, fish, meat, eggs, or vegetables dressed with Hellmann's Mayonnaise.

If the salad is to accompany the main course, it may be a bit heartier than a dinner salad. It is often some type of vegetable salad to serve with cold cuts, or a meat or fish salad to serve with a vegetable dish.

A popular group of luncheon or supper salads are homely, nourishing salads for the simple stay-at-home meals. These may be the more filling salads, such as Roast Beef and String Bean Salad (page 12) and Hellmann's Salmagundi (page 14).

Here again Hellmann's Mayonnaise fits into dozens of delicious salads. For unusual mayonnaise dressings see pages 26, 27, 28, and 29.

## APPLE AND TUNA FISH SALAD

2 apples, pared and diced  
Juice  $\frac{1}{2}$  lemon  
2 cups tuna fish, flaked  
 $1\frac{1}{2}$  cups celery, diced  
 $\frac{3}{4}$  cup Hellmann's Mayonnaise

Sprinkle apples with lemon juice. Add tuna fish and celery; then mayonnaise. Toss together lightly. Arrange on crisp lettuce. Garnish with additional mayonnaise and strips of green pepper. Serves 8.

## CABBAGE SALAD DELICIOUS

2 cups cabbage, finely shredded  
 $\frac{1}{4}$  teaspoon salt  
1 cup bananas, diced  
 $1\frac{1}{2}$  tablespoons lemon juice  
 $1\frac{1}{2}$  tablespoons confectioners' sugar  
 $\frac{1}{2}$  cup Hellmann's Mayonnaise  
1 tablespoon chili sauce  
 $\frac{1}{2}$  cup cream, whipped  
 $\frac{1}{2}$  cup peanuts, coarsely chopped

Crisp cabbage by allowing it to stand in ice water. Drain and dry thoroughly. Add salt and mix well. Sprinkle bananas with lemon juice and sugar and add to cabbage. Toss lightly together with dressing made by folding mayonnaise and chili sauce into whipped cream. Add peanuts. Arrange on crisp lettuce. Serves 6.



# LUNCHEON OR SUPPER

## COCONUT SALAD DELICIOUS

- 2 cups cabbage, finely shredded
- 1 cup grated pineapple, drained
- 1 cup Baker's Coconut, Premium Shred
- $\frac{3}{4}$  cup Hellmann's Mayonnaise
- Dash of salt

Crisp cabbage by allowing it to stand in ice water. Drain and dry thoroughly. Toss lightly together with remaining ingredients. Serve on crisp lettuce. Garnish with strips of pimiento. Serves 6.

## FRESH VEGETABLE SALAD

- 1 cup cooked string beans, cut in short pieces
- $\frac{1}{2}$  cup cooked Lima beans
- $\frac{1}{4}$  cup vinegar
- $\frac{1}{2}$  cup cooked carrots, diced
- $\frac{1}{2}$  cup cooked peas
- 1 cup cooked asparagus stalks, cut in short pieces
- $\frac{1}{4}$  cup Hellmann's Mayonnaise
- $\frac{3}{4}$  cup cooked beets, diced

Combine string beans and Lima beans with vinegar, and chill 15 minutes. Season carrots, peas, and asparagus with salt, white pepper, and Cayenne. Add to first mixture and toss lightly together with mayonnaise. Arrange crisp lettuce on large salad plate, place beets in small mounds around edge, and pile salad lightly in center. Garnish with asparagus tips. Serves 6.

## HALIBUT SALAD

- $2\frac{1}{2}$  cups cold cooked halibut, flaked
- 1 cucumber, diced
- 1 teaspoon salt
- $\frac{3}{8}$  teaspoon pepper
- $\frac{1}{4}$  teaspoon paprika
- 1 teaspoon onion, finely chopped
- $\frac{3}{4}$  cup Hellmann's Mayonnaise

Toss ingredients lightly together. Serve on crisp lettuce. Garnish with radishes. Serves 6.

## HARLEQUIN SALAD

- 1 tablespoon Hellmann's Mayonnaise
- 3 tablespoons salad oil
- 3 tablespoons vinegar
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- $1\frac{1}{2}$  cups boiled tongue, diced
- $1\frac{1}{2}$  cups cooked Lima beans
- $\frac{1}{2}$  cup sweet pickles, chopped
- $\frac{3}{4}$  cup stuffed olives, chopped

Blend mayonnaise, oil, vinegar, salt, and pepper. Combine with tongue, beans, pickles, and olives. Chill 1 hour. Drain. Serve on crisp lettuce. Garnish with additional mayonnaise and radish roses. Serves 6.



FIRST . . . A SECRET  
RECIPE FROM FRANCE

## New Chicken Salad

[page 14]



## ORIENTAL SALAD

1 ½ cups cold cooked rice  
1 ½ cups salmon, flaked  
½ teaspoon salt

¼ teaspoon paprika  
8 stuffed olives, sliced  
1 cup Hellmann's Mayonnaise

Toss ingredients lightly together. Serve on crisp lettuce. Garnish with parsley. Serves 6.

## ROAST BEEF AND STRING BEAN SALAD

1 tablespoon Hellmann's Mayonnaise  
3 tablespoons salad oil  
3 tablespoons vinegar  
½ teaspoon salt

¼ teaspoon pepper  
Dash of paprika  
2 cups cooked string beans  
1 cup roast beef, diced

Blend mayonnaise, oil, vinegar, salt, pepper, and paprika, and combine with beans. Chill 1 hour. Drain. Add roast beef and toss together lightly. Pile in center of salad bowl and arrange around the base thin slices of radishes overlapping one another. Garnish top with additional mayonnaise, dusted with paprika. Serves 6.

## STUFFED EGG AND TOMATO SALAD

6 hard-cooked eggs  
2 tablespoons Hellmann's Mayonnaise  
4 tomatoes, cut in wedges

1 tablespoon vinegar  
¼ teaspoon salt

Cut eggs in half lengthwise, remove yolks, mash, and blend with mayonnaise, vinegar, and salt. Refill cavities. Chill. Cut in half lengthwise. Arrange with tomato wedges on crisp lettuce. Garnish with additional mayonnaise and strips of green pepper. Serves 6.



## SUPPER OR LUNCHEON SALAD

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 3 hard-cooked eggs                  | ¾ cup sardines, chopped            |
| ½ tablespoon vinegar                | 2 packages (6 ounces) cream cheese |
| ¼ teaspoon salt                     | Dash of pepper                     |
| 5 tablespoons Hellmann's Mayonnaise | 3 tomatoes, sliced                 |

Remove yolks from eggs, mash, add vinegar, ⅛ teaspoon salt, and 1 tablespoon mayonnaise. Refill cavities and put halves of eggs together. Blend sardines with cheese, remaining ⅛ teaspoon salt, pepper, and remaining ¼ cup mayonnaise. Spread mixture on waxed paper, place stuffed eggs on it, end to end, and shape mixture into a roll, completely covering eggs which are in center of roll. Chill until firm. Cut into ½-inch slices. Arrange on crisp lettuce, alternately, with slice of tomato. Serves 6.

## SWEETBREAD AND CELERY SALAD

- |                                |                                     |
|--------------------------------|-------------------------------------|
| 1 pair sweetbreads             | ¼ teaspoon salt                     |
| 2 hard-cooked eggs, finely cut | Dash of pepper                      |
| ½ cup celery, chopped          | 1 teaspoon lemon juice              |
| ½ cup cooked peas              | 3 tablespoons Hellmann's Mayonnaise |

Soak sweetbreads in cold water 1 hour. Drain. Simmer 20 minutes, or until done, in water to which has been added 1 teaspoon vinegar and ½ teaspoon salt. Let cool in water in which they were cooked. Dice. Add eggs, celery, peas, salt, pepper, and lemon juice. Toss lightly together with mayonnaise. Serve on crisp water cress or lettuce. Serves 4.

## RED CREST VEGETABLE SALAD

Prepare Red Crest Tomato Aspic (page 7), molding it in individual ring molds. Chill. When firm, unmold on crisp lettuce, and fill with Fresh Vegetable Salad (page 11), omitting beets and Lima beans. Garnish with additional mayonnaise and crisp water cress. Serves 6.



Red Crest Vegetable Salad

Dunn Ball

## HELLMANN'S SALMAGUNDI

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 cup boiled potatoes, diced     | 2 pimientos, chopped          |
| 2 cups boiled ham or pork, diced | ½ cup celery, diced           |
| ½ cup cooked peas                | 2 sweet pickles, finely diced |
| ½ cup Hellmann's Mayonnaise      |                               |

Toss ingredients together lightly. Arrange on crisp lettuce. Garnish with additional mayonnaise, sections of hard-cooked eggs, pickles, and beet slices. Serves 6.

## STUFFED TOMATO SALAD

- |                                 |                             |
|---------------------------------|-----------------------------|
| 6 medium-sized tomatoes, peeled | ½ cup Hellmann's Mayonnaise |
| ¾ teaspoon salt                 | 2 cups cucumber, diced      |

Remove thin slice from stem-end of each tomato and take out seeds and part of pulp. Sprinkle inside with salt, invert, and chill 30 minutes. Add ⅛ teaspoon salt to mayonnaise, add to cucumber, and toss lightly together. Pile lightly in tomatoes and sprinkle tops with paprika. Serve on crisp lettuce. Serves 6.

## NEW CHICKEN SALAD

- |                               |                             |
|-------------------------------|-----------------------------|
| 1½ cups cooked chicken, diced | ½ cup pineapple, diced      |
| 1 cup celery, diced           | ¾ cup Hellmann's Mayonnaise |
| 8 ripe olives                 |                             |

Toss chicken, celery, and pineapple lightly together. Chill. Before serving, add mayonnaise. Serve on crisp lettuce and garnish with olives and additional mayonnaise. If desired, decorate with narrow strips of green and red pepper. Serves 8.

## TOMATO SURPRISE

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| 6 medium-sized tomatoes, peeled | 3 tablespoons Hellmann's Mayonnaise |
| 1 cup cooked chicken, diced     | ½ teaspoon salt                     |
| ¼ cup celery, diced             | Dash of white pepper                |

Cut away stem-end of tomatoes and cut tomatoes down halfway in sixths. Sprinkle inside of each tomato with salt, invert, and chill 30 minutes. Toss lightly together chicken, celery, mayonnaise, ½ teaspoon salt, and pepper. Spread tomatoes slightly and place chicken mixture in each tomato. Serve on crisp lettuce. Top each tomato with additional mayonnaise and garnish with celery curls. Serves 6.

## HELLMANN'S STUFFED EGGS

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 6 hard-cooked eggs                  | 2 small sour pickles, chopped |
| 2 tablespoons Hellmann's Mayonnaise | 1½ tablespoons chili sauce    |
| 4 olives, chopped                   | 2 teaspoons vinegar           |
| 12 pecan meats, chopped             | ¼ teaspoon salt               |

Cut eggs in half lengthwise, remove yolks, and mash well. Add remaining ingredients and blend. Refill cavities. Serve on crisp lettuce with Hellmann's Mayonnaise. Serves 6.





# DESSERT SALADS

## CHERRY SALAD

- 1 pound Oxheart cherries, seeded  
 $\frac{1}{2}$  cup walnut meats, coarsely cut  
 $\frac{1}{2}$  cup cream, whipped  
 $\frac{1}{2}$  cup Hellmann's Mayonnaise  
2 teaspoons confectioners' sugar

Stuff cherries with walnuts. Arrange cherries on crisp lettuce and serve with dressing made by folding mayonnaise and sugar into whipped cream. Serves 6.

## FRESH PEACH SALAD

- 3 cups fresh peaches, sliced  
4 tablespoons lemon juice  
 $\frac{1}{2}$  cup confectioners' sugar  
 $\frac{1}{2}$  cup Hellmann's Mayonnaise  
 $\frac{1}{2}$  cup cream, whipped

Sprinkle peaches with lemon juice and sugar. Chill 15 minutes. Drain. Toss lightly together with dressing made by folding mayonnaise into whipped cream. Arrange on crisp lettuce. Garnish with chopped, blanched almonds and slices of maraschino cherries. Serves 6.

## FRESH PINEAPPLE AND STRAWBERRY SALAD

- 1 pint fresh strawberries, hulled and halved  
 $\frac{1}{2}$  tablespoon lemon juice  
 $1\frac{1}{2}$  tablespoons confectioners' sugar  
 $\frac{3}{4}$  cup fresh pineapple, diced and sweetened, or  $\frac{1}{4}$  cup canned pineapple, diced and drained  
 $\frac{1}{2}$  cup Hellmann's Mayonnaise  
 $\frac{1}{2}$  cup cream, whipped

Sprinkle berries with lemon juice and sugar. Add pineapple. Arrange on crisp lettuce. Serve with dressing made by folding mayonnaise into whipped cream. Sprinkle with chopped pistachio nuts, if desired. Serves 6.

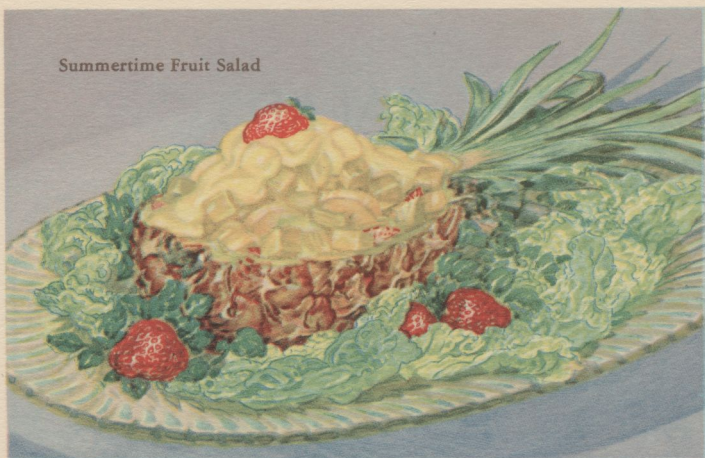
## FROZEN FRUIT SALAD

- $1\frac{1}{2}$  cups fresh fruit, diced  
2 tablespoons sugar  
2 tablespoons lemon juice  
2 tablespoons Lemon Jell-O  
 $\frac{1}{4}$  cup boiling water  
 $\frac{1}{2}$  cup Hellmann's Mayonnaise  
 $\frac{1}{2}$  cup cream, whipped

Combine fruit, sugar, and lemon juice. Chill 15 minutes. (If red fruit is used, do not combine with other fruit until ready to put mixture together.) Drain fruit. Dissolve Jell-O in boiling water. Chill. When slightly thickened, fold  $\frac{1}{2}$  of Jell-O mixture into mayonnaise. Fold remaining Jell-O into whipped cream. Combine both Jell-O mixtures with fruit. Pour into mold, filling it to overflowing, cover with greased paper, press cover tightly down over paper, and pack in equal parts of ice and salt. Or, place in freezing trays of automatic refrigerator. Freeze 3 to 4 hours. Serve in slices on crisp lettuce. Serves 8.



## Summertime Fruit Salad



### SUMMERTIME FRUIT SALAD

- |                                   |   |
|-----------------------------------|---|
| 1 fresh medium-sized pineapple    | 2 bananas                               |
| 1 pint fresh strawberries, hulled | $\frac{3}{4}$ cup Hellmann's Mayonnaise |

Cut pineapple in half lengthwise. Scoop out center and cut in  $\frac{1}{2}$ -inch cubes, being careful not to destroy shell. Reserve 8 strawberries for garnish, cut remaining strawberries in quarters. Cut bananas in  $\frac{1}{4}$ -inch slices. Combine pineapple, bananas, and strawberries, and fold in  $\frac{1}{2}$  cup mayonnaise. Arrange mixture in pineapple shell. Top with remaining  $\frac{1}{4}$  cup mayonnaise. Place on platter of crisp lettuce. Garnish with whole strawberries and sprigs of crisp water cress. Serves 4 to 6.

### PEAR SALAD WITH GINGER MAYONNAISE

- |  |   |
|--|---|
| 3 cups pears, diced                    | 4 tablespoons chopped preserved<br>ginger and syrup |
| $1\frac{1}{2}$ tablespoons lemon juice | $\frac{1}{2}$ cup Hellmann's Mayonnaise             |
| Dash of salt                           | $\frac{1}{2}$ cup cream, whipped                    |

Sprinkle pears with lemon juice and salt. Toss lightly together with dressing made by folding ginger and mayonnaise into whipped cream. Serve on crisp lettuce. Serves 6.

### CHERRY MAYONNAISE SALAD

- |                                      |   |
|--------------------------------------|---|
| 1 package Lemon Jell-O               | $\frac{1}{4}$ teaspoon salt             |
| 1 cup boiling water                  | $\frac{1}{2}$ cup cherry juice          |
| 1 teaspoon vinegar                   | $\frac{1}{4}$ cup Hellmann's Mayonnaise |
| 2 cups canned white cherries, seeded |   |

Dissolve Jell-O in boiling water. Add vinegar, salt, and cherry juice. Chill. When slightly thickened, fold in mayonnaise and cherries. Turn into mold. Chill until firm. Unmold on crisp lettuce. Garnish with additional cherries and mayonnaise. Serves 6.





Mediterranean Salad

Linn Ball

## MEDITERRANEAN SALAD

- 1 grapefruit, free from membrane and cut in sections
- 3 oranges, free from membrane and cut in sections
- 12 maraschino cherries, halved
- $\frac{1}{2}$  cup Hellmann's Mayonnaise

Arrange grapefruit and orange sections and cherries on crisp lettuce. Garnish with Hellmann's Mayonnaise. Serves 6.

## LAKWOOD SALAD

- 1 grapefruit, sections free from membrane
- 2 oranges, sections free from membrane
- $\frac{3}{4}$  cup white grapes, seeded
- $\frac{1}{2}$  cup nut meats
- 2 tablespoons sugar
- 2 tablespoons Hellmann's Mayonnaise
- 3 tablespoons grated pimiento cheese
- 1 tablespoon grapefruit juice
- $\frac{1}{8}$  teaspoon salt
- Dash each of pepper and paprika

Combine fruits, nuts, sugar, and arrange on crisp chicory or romaine. Serve with dressing made by combining mayonnaise with remaining ingredients. Garnish with thin strips of pimiento. Serves 6.

## TROPIC SALAD

- 2 bananas, diced
- 1 tablespoon lemon juice
- $\frac{1}{2}$  tablespoon confectioners' sugar
- $\frac{1}{2}$  cup dates, seeded and cut in pieces
- $\frac{1}{2}$  cup nut meats, broken
- $\frac{1}{2}$  cup celery, cut in thin strips
- Dash of salt
- $\frac{1}{2}$  cup Hellmann's Mayonnaise
- $\frac{1}{2}$  cup cream, whipped

Sprinkle bananas with lemon juice and sugar. Chill 10 minutes. Add dates, nuts, celery, and salt. Toss together lightly with dressing made by folding mayonnaise and 2 additional tablespoons each of lemon juice and sugar into whipped cream. Serve on crisp lettuce. Garnish with rings of maraschino cherries. May also be served in small cream puffs. Serves 6.

# HOW TO



IT IS SAID that no two artists use their brushes and palettes alike. And certainly it can be said that no two housewives follow exactly the same rules of food preparation, or conceal the identical culinary secrets.

The points observed in making salads in the Hellmann kitchen are offered here for your use. In following them, you may be assured that your salads will be fresh, charmingly decorative, and utterly enticing to your guests. And that, after all, is the stamp of the hostess supreme!

I. PREPARATION OF INGREDIENTS: Salad greens may consist of lettuce, romaine, endive, water cress, chicory, escarole, Chinese celery, green cabbage leaves, dandelions, etc. They should be crisp, cold, fresh, and dry. Wash the leaves separately, pat in clean cloth until dry, wrap loosely in porous damp cloth or lettuce bag, and keep on ice or in covered pan in refrigerator until ready to use.

Other ingredients should be cut in distinct, shapely pieces; do not mash them or allow them to become soft and mushy. Attractive pieces may be made by cutting slices, wedges, dice, circles, julienne strips, sections, etc. Fish should be flaked or diced.

Vegetables and cut fruits should be thoroughly drained before combining. This prevents wateriness, which is always undesirable in a salad.

Vegetables, meats, chicken, and some fruits are often marinated, or allowed to stand in French dressing in a refrigerator one hour, or until well seasoned. Some ingredients, such as chicken and some vegetables, may also be blended with Hellmann's Mayonnaise and allowed to chill until well flavored and seasoned.

2. COMBINING THE INGREDIENTS: Salads should never be stirred. Rather, the ingredients should be tossed together lightly, taking care to blend the dressing thoroughly with each and every piece but at the same



# PREPARE SALADS

time being careful not to mash or crush them. The painstaking dressing or blending of ingredients with the salad dressing is what the French call "fatiguing" the salad.

3. **SERVING AND GARNISHING:** Correct arrangement on the salad plate or in the bowl is all-important to the attractiveness of a salad. The greens should be crisp and perky as this goes far in giving salads a jaunty, inviting air. Let the salad greens stand up around the salad mixture, rather than lie flat on the plate. The leaves should not extend out over the margin of the plate.



Often a formal arrangement, such as in Grapefruit and Shrimp Salad (page 5), presents the most attractive appearance. Other salads such as Bolivia Potato Salad (page 25) and New Chicken Salad (page 14) have more interest when they are piled lightly in a lettuce cup or in the salad bowl. No matter what the arrangement, the salad should have a fresh, not a "handled," look.

Salads are often masked, or spread smoothly with mayonnaise. This is usually done as a background for garnishing.

Garnishes there are in plenty. Choose simple, dainty, fresh ones, not too elaborate, and of appropriate flavor and color. For vegetable, chicken, and meat salads, use gay little radish roses or tulips; celery curls; green or red pepper rings or strips; pickle fans or gherkins; slices or sections of hard-cooked egg; stuffed, ripe, or green olives; capers; tomato slices or wedges; pimiento, cut in bits or strips; chopped chives; ribbons of chicory or escarole; sprigs of water cress; or parsley. For fruit salads, try coconut, jelly cubes, pomegranate seeds, pistachios or other nuts, sprigs of mint; bright cherries or whole berries; orange sections.

If the salad is to be topped with mayonnaise, do this just before serving in order to preserve a crisp freshness.

# SALADS FOR SPECIAL OCCASIONS

THERE is so great a variety of special occasions on which salads are needed that it is impossible to lay down more than one rule to follow. That is the rule of hospitality. The more attractive, the more dainty, the more delicious the salad, the more competent and delightful hostess do you prove yourself to be. Following is a list of possible occasions and of salad suggestions which you may find helpful.

## *Evening Bridge or After-Theatre Snack Salads*

Pineapple and Cucumber Mold with Hellmann's Mayonnaise.  
Frozen Fruit Salad (page 15).

## *Midnight Bachelor Supper Refreshments*

Jellied Sauerkraut Salad with Hellmann's Mayonnaise.  
Iceberg Lettuce Salad with Creamy Roquefort Dressing (page 27).  
Shrimp Salad with Russian Dressing (page 29).

## *Afternoon Club Meeting Salads*

Romaine with Russian Dressing (page 29).  
Tropic Salad (page 17), with Hellmann's Cream Dressing (page 26).  
Fresh Pineapple and Strawberry Salad (page 15).  
Tomato Surprise (page 14).

Molded Mayonnaise Salad [page 22]





Hellmann's  
Sandwich Loaf [page 23]



### *Salads for School and Community Affairs*

Substantial salads such as potato and apple, tuna fish, salmon, or cabbage.

### *Special Holiday Salads*

Salads served on special holidays should carry out in the color motif the suggestion of the particular occasion. For example:

**BIRTHDAYS**—Combine color combinations of birthstones or flowers-of-the-month.

**VALENTINE**—Heart-shaped jellied tomato molds with Hellmann's Mayonnaise.

**LENT**—Palm Hearts with Chiffonade Dressing (page 27).

Flaked Fish Salad with Hellmann's Mayonnaise.

**FOURTH OF JULY**—Ripe Red Cherry Salad, served on blue plates, with Hellmann's Cream Dressing (page 26).

**HALLOWE'EN**—Scooped Carrot Salad with vegetable stuffing and Hellmann's Mayonnaise.

Tomato Surprise (page 14) with Hellmann's Mayonnaise. (Amusing faces may be cut in the tomato.)

**CHRISTMAS**—Tomato and Green Pepper Salad, with Hellmann's Mayonnaise.

Quartered Tomato Salad, garnished with pickle fans and Hellmann's Thousand Island Dressing.

Cranberry Matchstick Ring (page 22).

## APRICOT EMERALD SALAD

- |                                     |  |
|-------------------------------------|--|
| 6 apricots, halved and seeded       | 1 cup white grapes, seeded and stuffed with pimiento |
| 2 tablespoons lemon juice           | 1 package (3 ounces) cream cheese                    |
| 1½ tablespoons confectioners' sugar | 2 tablespoons pecan meats, chopped                   |
| ¾ cup Hellmann's Mayonnaise         |  |

Sprinkle apricot halves with lemon juice and sugar. Chill 10 minutes. Arrange crisp lettuce in salad bowl. Place stuffed grapes in apricot halves and arrange apricots and remaining grapes in salad bowl. Serve with dressing made by folding cream cheese and nuts into mayonnaise. Serves 6.

## CRANBERRY MATCHSTICK RING

- |   |   |
|---|---|
| 1 package Lemon Jell-O                                  | 2 cups celery, cut in matchstick pieces         |
| 1 pint boiling juice from stewed cranberries, sweetened | 1 red apple, cored and cut in matchstick pieces |
| Juice ½ lemon   | ½ cup Hellmann's Mayonnaise                     |

Dissolve Jell-O in boiling cranberry juice. Add lemon juice. Turn into ring mold. Chill until firm. Unmold on crisp lettuce. Toss celery and apple matchsticks together with mayonnaise. Pile in center of cranberry mold. Garnish with additional mayonnaise, chicory, chopped truffle, and pistachios. Serves 6.

## EXCELSIOR SALAD

- |                              |                              |
|------------------------------|------------------------------|
| 2 cups cooked chicken, diced | Dash of pepper               |
| 1 cup celery, diced          | 1 cup Hellmann's Mayonnaise  |
| ½ teaspoon salt              | 2 apples, cut in thin slices |
| ½ cup cream, whipped         |                              |

Toss lightly together chicken, celery, seasonings, and ½ cup mayonnaise. Chill. Arrange apple slices in a double circle on crisp lettuce, and place mounds of chicken mixture in center. Serve with dressing made by folding cream into remaining ½ cup mayonnaise. Garnish with pimiento strips. Serves 6.

## MOLDED MAYONNAISE SALAD

- |                             |                              |
|-----------------------------|------------------------------|
| 1 package Lemon Jell-O      | 1 teaspoon salt              |
| 1½ cups boiling water       | Dash of Cayenne              |
| 1 tablespoon vinegar        | 1 cup grated American cheese |
| ½ cup Hellmann's Mayonnaise |                              |

Dissolve Jell-O in boiling water. Add vinegar, salt, and Cayenne. Chill until cold and syrupy. Place in bowl of cracked ice or ice water and whip with rotary egg beater until fluffy and thick like whipped cream. Combine cheese and mayonnaise, and fold into Jell-O. Turn into mold. Chill until firm. Unmold on platter on crisp chicory. Garnish with radish roses and gherkins. Serves 10.



## NEW YORKER'S PINEAPPLE SALAD

$\frac{1}{2}$  cup (4 ounces) cream cheese  
6 slices canned pineapple, drained  
 $\frac{1}{4}$  cup cream, whipped  
Mint jelly  
 $\frac{1}{2}$  cup Hellmann's Mayonnaise

Cream cheese until smooth and soft enough to spread easily. Pile on pineapple slices in thick uneven layer. Arrange on crisp lettuce or water cress. Garnish with bits of mint jelly. Serve with dressing made by folding mayonnaise into whipped cream. Serves 6.

## LOBSTER SALAD

2 cups cooked or canned lobster, diced  
1 cup celery, diced  
 $\frac{1}{4}$  teaspoon salt  
Dash each of pepper, Cayenne, and paprika  
 $\frac{1}{2}$  cup Hellmann's Mayonnaise

Combine lobster with celery and seasonings. Chill 30 minutes. Toss lightly together with mayonnaise. Arrange on crisp lettuce. Top with additional mayonnaise. If fresh lobster is used, sprinkle with lobster coral forced through a fine sieve, and with small lobster claws. Serves 6.

## STUFFED PEARS WITH BAR-LE-DUC DRESSING

2 packages (6 ounces) cream cheese  
 $\frac{1}{8}$  teaspoon salt  
5 tablespoons Hellmann's Mayonnaise  
2 tablespoons Bar-le-Duc or red currant jelly  
3 fresh pears, peeled and cut in lengthwise halves

Blend cheese, salt, and 1 tablespoon mayonnaise. Chill. Combine remaining  $\frac{1}{4}$  cup mayonnaise with jelly and chill. Hollow out centers of pears. Fill cavities with cheese mixture. Place stuffed pears on crisp lettuce. Serve with mayonnaise and jelly dressing. Serves 6. Canned pears may be used instead of fresh pears.

## HELLMANN'S SANDWICH LOAF

1 loaf sandwich bread  
 $\frac{1}{2}$  cup butter, creamed  
4 hard-cooked eggs  
4 teaspoons chives, finely chopped  
1  $\frac{1}{4}$  cups Hellmann's Mayonnaise  
1 cup sardines, minced  
 $\frac{1}{3}$  cup sweet pickles, finely chopped  
1 tablespoon pickle juice  
Dash of salt  
2 cucumbers, finely chopped, salted, and drained  
6 stuffed olives, finely chopped

Remove crusts from bread and cut loaf lengthwise in four  $\frac{1}{2}$ -inch slices. Spread bottom slice with butter, then spread evenly with mixture made by combining mashed egg yolks, chopped egg whites, chives, and  $\frac{1}{4}$  cup mayonnaise. Cover with second slice of bread, buttered on both sides. Spread with mixture made by combining sardines, sweet pickles, pickle juice,  $\frac{1}{4}$  cup mayonnaise, and salt. Cover with third slice of bread, buttered on both sides. Spread with mixture made by combining cucumbers, stuffed olives, and  $\frac{1}{4}$  cup mayonnaise. Cover with fourth slice of bread, buttered only on under side. Spread remaining mayonnaise over top and sides of loaf. Decorate with thin slices of sweet pickle and hard-cooked egg. Garnish with crisp lettuce and water cress. Serves 8.

# PICNIC SALADS

**T**WO questions may well be asked when planning the salad for the picnic jaunt. Will it satisfy those hungry outdoor appetites? Is it easy to carry?

Nothing appeases hearty appetites more readily than well-seasoned potato salad, served generously with cold meat. Bolivia Potato Salad (page 25) and Russian Potato Salad (page 25) are two novel versions of this old favorite.

Other substantial salads may be made using deviled eggs, tomatoes, cold baked beans, macaroni, cabbage, and mixed vegetables.

Picnic salads may be packed in the bowl from which they are to be served. Or, the salad greens may be wrapped in a damp cloth and tucked away where they will not be crushed. The salad itself may be packed in a cardboard box lined with waxed paper or in individual waxed paper cups. Put a jar of Hellmann's Mayonnaise in the picnic hamper.

## SALMON SALAD

2 cups cooked salmon, flaked  
2 tablespoons lemon juice  
1 cup celery, diced

1 cup cucumber, diced  
 $\frac{1}{4}$  teaspoon salt  
Dash of Cayenne

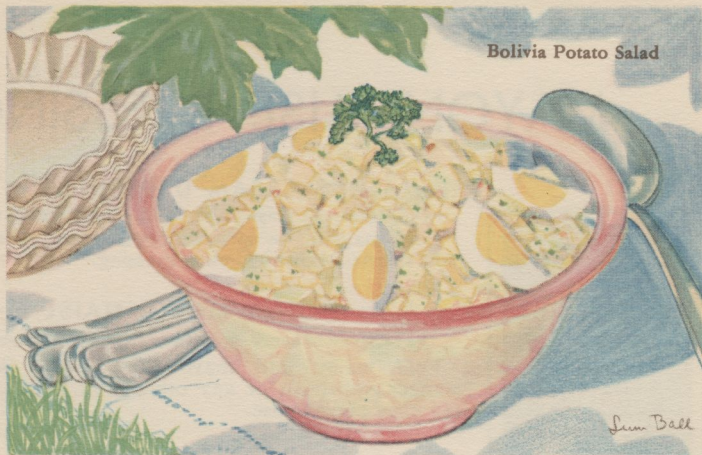
$\frac{1}{2}$  cup Hellmann's Mayonnaise

Sprinkle salmon with lemon juice and chill 15 minutes. Toss salmon and remaining ingredients lightly together. Arrange in crisp lettuce cups. May be garnished with yolk of hard-cooked egg forced through a sieve, and white of egg cut in strips. Serves 6.



Tomato Surprise [page 14]





Bolivia Potato Salad

### BOLIVIA POTATO SALAD

- |  |  |
|--|--|
| 2 cups cold boiled potatoes, cut in<br>$\frac{1}{2}$ -inch cubes | 3 hard-cooked eggs, chopped            |
| 2 pimientos, chopped   | 5 tablespoons Hellmann's<br>Mayonnaise |
| $\frac{1}{2}$ tablespoon onion or chives,<br>finely chopped      | 1 tablespoon vinegar                   |
|  | $\frac{1}{2}$ teaspoon salt            |

Dash of white pepper

Rub bowl in which salad is to be mixed with cut side of clove of garlic, if desired. Add potatoes, pimientos, onion, and eggs. Combine 1 tablespoon mayonnaise with vinegar, salt, and pepper, and add to potato mixture. Toss lightly together and chill 1 hour or longer. Add remaining mayonnaise and blend. Arrange in glass bowl and sprinkle with chopped chives. Garnish with additional hard-cooked egg sections. Serves 6.

### GREEN VEGETABLE SALAD

- |                                       |   |
|---------------------------------------|---|
| $\frac{1}{2}$ cup cooked string beans | 1 teaspoon onion, finely chopped        |
| $\frac{1}{2}$ cup cooked fresh peas   | $\frac{1}{4}$ teaspoon salt             |
| 1 cup cucumber, diced                 | $\frac{1}{2}$ cup Hellmann's Mayonnaise |

Toss ingredients lightly together. Serve on crisp lettuce. Serves 4.

### RUSSIAN POTATO SALAD

- |                                     |  |
|-------------------------------------|--|
| 2 tablespoons Hellmann's Mayonnaise | $\frac{1}{2}$ teaspoon pepper                  |
| 3 tablespoons salad oil             | 1 teaspoon Hellmann's Horse<br>Radish, drained |
| 4 tablespoons vinegar               | 2 cups cooked beets, diced                     |
| 2 teaspoons onion juice             | 2 cups cooked potatoes, diced                  |
| $\frac{1}{4}$ teaspoon salt         |  |

$\frac{1}{2}$  cup sweet pickles, diced

Blend mayonnaise, oil, vinegar, onion juice, salt, pepper, and horse radish. Combine with beets, potatoes, and pickles. Chill 1 hour. Arrange on crisp lettuce. Garnish with additional mayonnaise. Serves 8.

# MAYONNAISE DRESSINGS

## HELLMANN'S CREAM DRESSING

1 cup Hellmann's Mayonnaise       $\frac{1}{2}$  cup cream, whipped  
Fold mayonnaise into whipped cream. Serve with fruit salads. Makes  $1\frac{1}{4}$  cups dressing.



## HONEY MAYONNAISE

2 tablespoons honey      1 cup Hellmann's Mayonnaise  
Fold honey into mayonnaise. Chill. Serve on orange, grapefruit, or any other fruit salads. Makes  $1\frac{1}{8}$  cups mayonnaise.

## GOLDEN GINGER DRESSING

1 tablespoon preserved ginger, chopped  
1 cup Hellmann's Mayonnaise  
Combine ginger and mayonnaise. Serve on fruit salads. Makes 1 cup.

## HELLMANN'S FRUIT SALAD DRESSING

$\frac{1}{2}$  cup Hellmann's Mayonnaise      2 tablespoons confectioners' sugar  
3 tablespoons grated pineapple,      2 teaspoons lemon juice  
drained       $\frac{1}{2}$  cup cream, whipped  
Combine mayonnaise, pineapple, sugar, and lemon juice. Fold into whipped cream. Makes  $1\frac{1}{2}$  cups dressing.

## HOT CAPER SAUCE

Add 2 tablespoons capers to Hot Mayonnaise (recipe below). Makes  $1\frac{1}{2}$  cups sauce.

## HOT MAYONNAISE

(Sauce for fish, asparagus, artichokes, cauliflower, etc.)

2 tablespoons butter	2 teaspoons lemon juice
$2\frac{1}{2}$ tablespoons flour	$\frac{1}{2}$ teaspoon vinegar
$\frac{1}{4}$ teaspoon salt	2 tablespoons melted butter
$\frac{1}{2}$ cup thin cream	Dash of paprika
1 egg, slightly beaten	6 drops tabasco
$\frac{1}{2}$ cup Hellmann's Mayonnaise	$\frac{1}{4}$ teaspoon Worcestershire sauce

Melt butter in double boiler, add flour and salt, and mix until smooth. Add cream gradually, and cook until thickened, stirring constantly. Continue cooking 5 minutes longer. Add egg, remove from fire immediately, and stir over hot water until thickened. Add mayonnaise, then lemon juice and vinegar, a few drops at a time, mixing thoroughly after each addition. Add butter, 1 tablespoon at a time, mixing well after each addition. Add remaining ingredients. Makes  $1\frac{1}{2}$  cups hot mayonnaise.



## BANANA MAYONNAISE

1 banana

1 cup Hellmann's Mayonnaise

Mash banana to pulp with silver fork. Combine with mayonnaise. Chill. Serve with fruit salads. Makes  $1\frac{1}{2}$  cups mayonnaise.

## FLUFFY MAYONNAISE

1 egg white, stiffly beaten 1 cup Hellmann's Mayonnaise

Fold egg white into mayonnaise. Chill. Serve on vegetable or fruit salads. Makes  $1\frac{3}{4}$  cups mayonnaise.

## CHUTNEY MAYONNAISE

1 cup Hellmann's Mayonnaise

2 tablespoons chutney, chopped

Combine mayonnaise and chutney. Chill. Serve on cottage cheese or vegetable salads. Makes 1 cup mayonnaise.

## CREAMY ROQUEFORT DRESSING

1 package (3 ounces) cream cheese  
Juice  $\frac{1}{2}$  lemon

$\frac{1}{4}$  teaspoon salt

$\frac{3}{4}$  cup Roquefort cheese,  
rubbed through sieve

$\frac{1}{2}$  cup Hellmann's Mayonnaise

$\frac{1}{2}$  cup cream

Blend cream cheese with lemon juice and salt. Add Roquefort cheese, alternately with mayonnaise, beating well. Add cream gradually. Makes  $1\frac{3}{4}$  cups dressing.

## CHIFFONADE DRESSING

2 tablespoons parsley, chopped  
2 tablespoons green pepper, chopped  
1 tablespoon pimiento, chopped

1 small onion, finely chopped  
1 cup Hellmann's Mayonnaise  
Paprika to color

Combine ingredients. Chill. Serve on crisp greens. Makes  $1\frac{1}{4}$  cups.

## LEMON CREAM MAYONNAISE

$\frac{1}{2}$  cup Hellmann's Mayonnaise  
 $2\frac{1}{2}$  tablespoons confectioners' sugar

$\frac{1}{2}$  cup cream, whipped

Dash of salt

$1\frac{1}{2}$  tablespoons lemon juice

Fold mayonnaise, sugar, salt, and lemon juice into whipped cream. Makes 1 cup mayonnaise.

## MINT MAYONNAISE

3 tablespoons mint jelly  
1 tablespoon lemon juice

Dash of salt  
 $\frac{1}{4}$  cup Hellmann's Mayonnaise  
 $\frac{1}{4}$  cup cream, whipped

Break up mint jelly with silver fork. Add lemon juice, salt, and mayonnaise. Fold into whipped cream. Makes  $\frac{3}{4}$  cup mayonnaise.



## NEW YORK DRESSING

- |                               |   |
|-------------------------------|---|
| $\frac{1}{2}$ onion, grated   | 1 tablespoon chervil, chopped             |
| 1 tablespoon chives, chopped  | (if desired)                              |
| 1 tablespoon parsley, chopped | $1\frac{1}{2}$ cups Hellmann's Mayonnaise |

Combine ingredients. Chill. Serve on crisp greens. Makes  $1\frac{1}{2}$  cups dressing. Additional onion may be substituted for chives.

## OLIVE AND CELERY MAYONNAISE

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 1 cup Hellmann's Mayonnaise          | 3 tablespoons stuffed olives, |
| 3 tablespoons celery, finely chopped | coarsely cut                  |

Combine ingredients. Chill. Serve with tomato salads. Makes  $1\frac{1}{3}$  cups mayonnaise.

## PERFECT DRESSING

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 hard-cooked egg yolk, chopped | 1 teaspoon chili sauce      |
| 1 teaspoon vinegar              | 1 cup Hellmann's Mayonnaise |

Combine ingredients. Chill. Serve on crisp greens or on fish salads. Makes 1 cup dressing.

## RASPBERRY MAYONNAISE

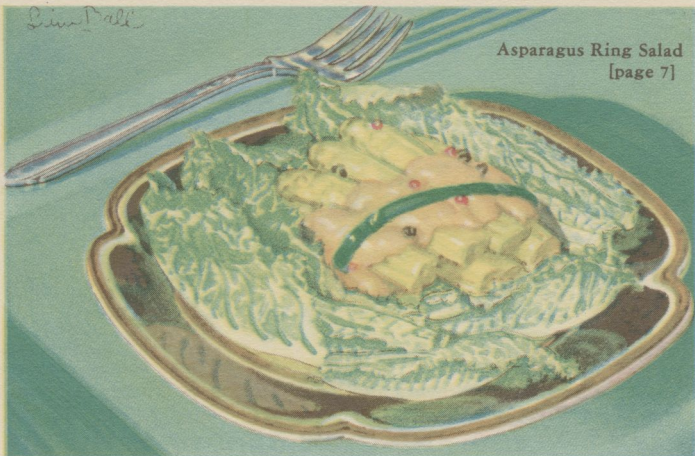
- |                                      |   |
|--------------------------------------|---|
| 2 tablespoons raspberry jam or jelly | Dash of salt                            |
| 2 tablespoons lemon juice            | $\frac{1}{4}$ cup Hellmann's Mayonnaise |
| $\frac{1}{4}$ cup cream, whipped     |   |

Break up raspberry jam or jelly with silver fork. Add lemon juice, salt, and mayonnaise. Fold into whipped cream. Makes  $\frac{3}{4}$  cup raspberry mayonnaise.



Hot Mayonnaise Puffs  
[page 30]





### RUSSIAN DRESSING

1 tablespoon chili sauce  
 $\frac{1}{4}$  teaspoon paprika  
 $\frac{1}{4}$  teaspoon vinegar

1 tablespoon pimiento, finely  
 chopped  
 $\frac{1}{2}$  cup Hellmann's Mayonnaise

Combine ingredients and mix well. Chill. Makes  $\frac{1}{2}$  cup dressing.

### SAUCE INDIENNE

$\frac{1}{2}$  cup chili sauce

$\frac{1}{2}$  cup Hellmann's Mayonnaise  
 $\frac{1}{2}$  cup cream, whipped

Combine chili sauce and mayonnaise. Fold into whipped cream. Serve on crisp greens. Makes 2 cups sauce.

### SAUCE TARTARE

1 tablespoon capers, chopped  
 1 tablespoon cucumber pickles, chopped  
 1 tablespoon olives, chopped

$\frac{1}{2}$  teaspoon parsley, chopped  
 $\frac{1}{2}$  teaspoon grated onion  
 1 cup Hellmann's Mayonnaise

Fold capers, pickles, olives, parsley, and onion into mayonnaise. Chill. Serve with hot fish, or with meat or fish salads. Makes  $1\frac{1}{4}$  cups sauce.

### STRAWBERRY CREAM MAYONNAISE

$\frac{1}{4}$  cup Hellmann's Mayonnaise  
 $\frac{1}{4}$  cup fresh strawberries, hulled  
 and crushed

2 tablespoons confectioners' sugar  
 1 tablespoon lemon juice  
 $\frac{1}{4}$  cup cream, whipped

Combine mayonnaise, berries, sugar, and lemon juice, and fold into whipped cream. Makes  $\frac{3}{4}$  cup mayonnaise.

# SANDWICHES

## BACON AND PICKLE SANDWICH FILLING

¼ cup Hellmann's Mayonnaise      6 slices crisp broiled bacon, chopped  
3 medium-sized dill pickles, chopped

Combine ingredients and chill. Makes ¾ cup filling.

## CHICKEN SANDWICH FILLING

1 cup chicken, finely minced      Dash of pepper  
½ cup celery, chopped      ¼ cup Hellmann's Mayonnaise  
½ teaspoon salt      Dash of grated lemon rind

Combine ingredients and let stand 1 hour. Makes 1¾ cups filling.

## EGG AND OLIVE SANDWICH FILLING

¼ cup Hellmann's Mayonnaise      2 hard-cooked eggs, chopped  
8 olives, chopped

Combine ingredients and chill. Makes ¾ cup filling.

## HELLMANN'S CLUB SANDWICH

1 loaf bread, thinly sliced and  
toasted      2 cups (1 can) chicken, sliced  
Crisp lettuce      12 strips bacon, broiled  
¾ cup Hellmann's Mayonnaise      4 tomatoes, thinly sliced and  
sprinkled with salt

On a slice of toast place lettuce, spread thinly with mayonnaise, arrange slices of chicken on this, and cover with another piece of toast. On this place lettuce, mayonnaise, bacon, and tomato. Cover with a third piece of toast. Trim edges and cut diagonally across each sandwich to form triangles. Garnish with radish roses or stuffed olive slices, strips of pimiento, or green pepper. Makes 6 double sandwiches.

## SARDINE SANDWICHES

¼ cup Hellmann's Mayonnaise      ¼ teaspoon Hellmann's Horse Radish  
½ cup sardines, finely chopped      ¼ teaspoon salt  
3 tablespoons sour pickles, chopped      Dash of pepper  
1 teaspoon lemon juice      Few drops tabasco

Rub bowl in which mixture is to be mixed with cut side of clove of garlic, if desired. Add ingredients and mix well. Spread between thin slices of buttered bread and cut in desired shapes. Makes 6 sandwiches.


## HOT MAYONNAISE PUFFS


1 cup Hellmann's Mayonnaise      1 egg white, stiffly beaten  
Canapé crackers


Fold mayonnaise into egg white gently but thoroughly. Pile on crackers and toast under broiler 1 minute, or until delicately browned and puffed. Arrange on platter. Makes 1½ cups mayonnaise.




OTHER DELICIOUS  
HELLMANN PRODUCTS  
YOU WILL WANT TO TRY




HELLMANN'S MAYONNAISE 

 HELLMANN'S HORSE RADISH

HELLMANN'S OLIVE RELISH 

 HELLMANN'S SANDWICH SPREAD

HELLMANN'S TARTAR SAUCE 

HELLMANN'S THOUSAND ISLAND DRESSING

RICHARD HELLMANN, INC.  
LONG ISLAND CITY, N. Y.

*Division of General Foods Corporation*

*In Canada: GENERAL FOODS, LIMITED*  
Sterling Tower, Toronto 2, Ontario

# New Zest for Salads

*with double whipped*

**HELLMANN'S  
MAYONNAISE**



Cranberry Matchstick Ring [page 22]