



# ALL ABOUT SALAD

## **All about Salad**

**Firstly I would like to thank you for supporting ToothySeduction and joining us in the quest for looking for good food around the world. Here in this e-book, we will be focusing only on salads. For all salad lovers, you do not need to head all the way down to a café or restaurant just to have a bowl of salad, you can make them on your own easily and be delighted with the taste!**

**For those who hardly eat salads, I hope this e-book will help entice your appetite for the greens. Well, you may not be a veggie lover, but having a bowl of salad is quite a far cry from having a plate of vegetable dish. The secret to having a great salad recipe is the dressing and the accompaniment ingredients to blend well and enhance the greens.**

**Allow me to share some general knowledge about salads. Salad came from the Latin word *Salata*, which means salty. There are many types of salad such as; Entrée salads or Dinner salads. They are usually topped with grilled or smoked meats. Some examples are Caesar salad and Chef Salad. We also have barbecue/picnic (potato salad), fruit salad and dessert salads (jello salad).**

**Dressings like I mentioned earlier play a very important role in salads. Here are some common dressing which are used; Honey Dijon, Balsamic dressing and Blue cheese dressing (one of my favourites!).**

**In this e-book, I have selected 10 different types of salad recipes to share with all. They are easy to make and nice to eat. So what are you waiting for? Go on ahead and have some fun in the kitchen!**

**Have fun!**

**Cheers,  
Donovan Low  
ToothySeduction.com**

**Content Page**

<b>Classic Caesar Salad</b>	<b>4</b>
<b>Traditional Chef Salad</b>	<b>5</b>
<b>The Original Cobb Salad</b>	<b>6</b>
<b>Creamy Cole Slaw</b>	<b>7</b>
<b>Fruilicious salad</b>	<b>8</b>
<b>Jello Salad</b>	<b>9</b>
<b>Yummy Pasta Salad</b>	<b>10</b>
<b>Creamy Baked Potato Salad</b>	<b>11</b>
<b>Fresh Sashimi salad</b>	<b>12</b>
<b>Succulent Seafood Salad</b>	<b>13</b>

## Classic Caesar Salad

Prep Time: 15 minutes

Cook Time: 0 minutes

Serves: 4-6

### Ingredients:

- 1 large head romaine lettuce, shredded to bite size
- 1 cup extra virgin olive oil
- 3 cups French bread, cubed
- 2 large cloves garlic, peeled
- 8 anchovy fillets
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dry mustard
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon freshly ground black pepper
- 1 teaspoon coarse sea salt
- 2 coddled eggs - see how to coddle eggs below
- ½ cup grated Parmesan cheese
- ¼ cup shaved or shredded Parmesan cheese



### Directions:

- Fry bread cubes in some of the olive oil, as needed. Toss until crispy and golden. Set aside to drain on paper towels.
- Crush the garlic cloves and salt into a paste in a large bowl, using the back of a salad serving spoon.
- Add the anchovies and do the same. Add the Worcestershire sauce, dry mustard, lemon juice and pepper. Whisk in the remaining oil until thoroughly combined.
- Add the grated Parmesan cheese and whisk again until combined.
- Add the shredded lettuce and toss thoroughly. Add the coddled eggs and toss until the lettuce is coated with the egg. Top with shaved or shredded Parmesan cheese. Serve.
- To Make Coddled Eggs: Put egg (in the shell) in saucepan of room temperature water. Bring water to a simmer and simmer 1 minute. Drain and cool egg immediately by running cool water over it. It will be soft and the white still runny.

**TS note:** I usually top my Caesar salad with smoked salmon. It is one of the best accompaniments to go along blending well with the cheese and vegetables.

## Traditional Chef Salad

Prep Time: 15 minutes

Cook Time: 0 minutes

Servings: 4

### Ingredients

- 8 cups salad greens, washed and torn into bite sized pieces
- 1 cup ham, julienne strips
- 1 cup turkey, julienne strips
- 1/2 cup green onion, chopped fine
- 1/2 cup celery, chopped fine
- 1 cup cherry or grape tomatoes, halved
- 1/2 cup Swiss cheese, julienne strips
- 1/2 cup cheddar cheese, julienne strips
- 2 eggs, hard boiled, peeled and sliced
- 1/4 cup bacon bits, for garnish
- 8 ounces salad dressing, of your choice



### Directions

- Prepare salad greens of your choice by washing and tearing them into bite sized pieces; place in a large bowl.
- Toss the greens with remaining ingredients, reserving some julienne pieces of meat and cheese for garnish.
- Just before serving, toss with a dressing of your choice and garnish with strips of meat, cheese and hard cooked egg slices.

**TS note:** I personally feel the best dressing to go with is Thousand Island dressing! The original dressing for Chef Salad!

## The Original Cobb Salad

Prep Time: 15 minutes

Cook Time: 0 minutes

Serves: 4 to 6

### Ingredients:

- 3 hard-cooked eggs, peeled
- 8 bacon slices
- 1 head romaine lettuce, leaves separated and torn into bite-size pieces
- Fresh herbs (your choice)
- 2 cups chopped watercress lettuce (tough stems removed)
- 4 cups diced cooked turkey or chicken
- 2 avocados, pitted, peeled and diced
- 2 tomatoes, chopped
- 1/4 pound plus 1 ounce Roquefort cheese, crumbled
- 1/4 cup red wine vinegar
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon Dijon mustard
- 1 clove garlic, minced
- 1/4 teaspoon coarse salt
- 1/2 teaspoon coarsely ground black pepper
- 1/3 cup extra-virgin olive oil
- Several long chive lengths for garnish



### Directions:

- Cut the hard-cooked eggs into 1/2-inch dice. Set aside.
- In a large frying pan over medium heat, fry the bacon about 10 minutes or until crisp; transfer to paper towels to drain. When cool, crumble and set aside.
- Make a bed of romaine lettuce on a platter, shallow bowl, or individual serving plates. Arrange the eggs, bacon, herbs, watercress, turkey or chicken, avocados, tomatoes, and the 1/4 pound Roquefort cheese in a neat pattern atop the lettuce, in rows or in a checkerboard pattern, covering the lettuce almost completely.
- In a small bowl, whisk together the wine vinegar, Worcestershire sauce, mustard, garlic, salt, and pepper. Using a fork, mash in the remaining 1 ounce Roquefort cheese to make a paste. While whisking, slowly drizzle in the olive oil to form a thick dressing.
- Pour a little of the dressing over the salad and garnish with chive lengths. Serve immediately. Pass the remaining dressing at the table.

## Creamy Cole Slaw

Prep Time: 15 minutes

Cook Time: 0 minutes

Serves 4-6

### Ingredients:

- 3/4 cup mayonnaise
- 3 tablespoons sugar
- 1 1/2 tablespoons white wine vinegar
- 1/3 cup oil
- 1/8 teaspoon onion powder
- 1/8 teaspoon dry mustard
- 1/8 teaspoon celery salt
- 1 dash black pepper
- 1 tablespoon lemon juice
- 1/2 cup half-and-half
- 1/4 teaspoon salt
- 1 large head cabbage, finely shredded



### Directions:

- Blend mayonnaise, sugar, vinegar and oil. Add onion powder, dry mustard, celery salt, pepper, lemon juice, half-and-half and salt. Stir until smooth.
- Pour coleslaw dressing over shredded cabbage in a large bowl and toss until cabbage is well coated. Keep coleslaw refrigerated.

**TS note:** I like to shred the cabbage till it's very small, so it is easy to munch and enjoy. This is one of the easiest salads to make and great to go along with parties!

## Fruitalicious salad

Prep Time: 25 min

Cook Time: 0 minutes

Serves: 4 to 6

### Ingredients:

- 1/2 cup plain yogurt
- 1/4 cup mayonnaise
- 1 teaspoon lemon juice
- 1 teaspoon honey
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher salt
- Freshly ground black pepper
- 1 Granny Smith apple, cored and diced
- 1 cup seedless grapes, halved
- 1 pear, peeled, cored and diced
- 10 to 12 medium size strawberries, halved
- 1 mango, peeled and diced
- 1 banana, sliced
- 1/3 cup chopped walnuts, toasted



### Directions

- In a small mixing bowl whisk together the yogurt, mayonnaise, lemon juice, honey, vanilla extract and salt. Season with pepper, to taste. Set aside.
- Place all of the fruit and the nuts into a large mixing bowl and toss to combine. Add the dressing, toss and serve.

**TS Note:** This is one of the better fruit salads I have seen around. Great appetizing salad for fruit lovers!

## Jello Salad

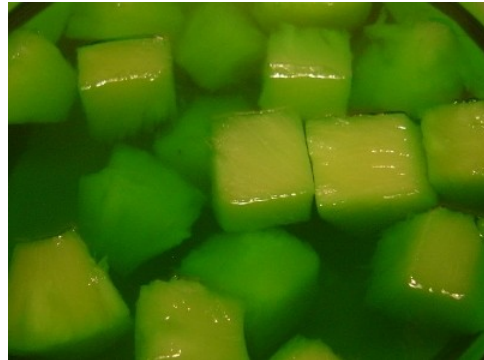
Prep Time: 15 minutes

Cook Time: 0 minutes

Serves 4

### Ingredients:

- 3 packages Jell-O (cherry, lemon and lime)
- 1 cup of hot water
- 21 large marshmallows
- 1 package of cream cheese
- 1 small can of crushed pineapple, drained
- 1 (8 oz.) Cool Whip



### Directions:

- Prepare cherry Jell-O in a 9 x 13 inch pan and chill ahead of time. Mix lemon Jell-O, hot water, marshmallows, and cream cheese in a large sauce pan. Stir until melted over medium heat, and then let cool.
- Add pineapple and Cool Whip. Pour over cherry Jell-O and let set until firm. Prepare lime Jell-O and pour over prepared mixture and let set.

**TS note:** I love the jello-marshmallow combination! It's a must try!

## Yummy Pasta Salad

Prep Time: 30 minutes

Cook Time: 20 minutes

Serving: 6

### Ingredients:

- 1 1/2 lb asparagus stems peeled if tough and ends trimmed
- salt
- freshly ground black pepper
- 1 lb penne pasta
- 1/2 lb fresh Mozzarella cheese, cut into small cubes
- 1 large bunch of scallions, about a dozen, sliced into thin rounds
- 2 dozen ripe cherry tomatoes, cut in half and drained for 20 minutes in a colander to remove excess liquid
- 1/2 cup extra-virgin olive oil
- zest and juice from 1 lemon
- 1/2 lightly toasted cup pine nuts
- large handful fresh basil leaves, lightly chopped



### Directions

- Put up a large pot of salted water for cooking the pasta and bring it to a boil. Add the asparagus and blanch it until just tender, about 3 minutes. Scoop the asparagus from the water with a large strainer spoon and place in a colander. Run cold water over it to stop the cooking and to preserve the bright green color. Drain well and slice into small pieces on the diagonal, leaving the tips whole.
- Bring the water back to a rapid boil and cook the penne until just al dente (tender but slightly firm to the bite). Run the pasta under cold water and drain very well.
- In a large serving bowl, add the pasta, the blanched asparagus, and all the remaining ingredients. Season with salt and pepper, and toss well until all the pasta is well coated with dressing. Taste for seasoning. This is best served at room temperature. Serves 4 to 5 as a main course, or 6 to 7 as a first course or side dish.
- Another lovely addition to this pasta is about 3/4 cup freshly shelled spring peas. Blanch them for 1 minute in the boiling pasta water after you blanch the asparagus. Drain well and add them to the bowl along with the other ingredients.

**TS note:** Adding a little oil while boiling the pasta would be helpful to make it smooth and nice. It goes well refrigerated too, your preference.

## Creamy Baked Potato Salad

Prep Time: 15 minutes

Cook Time: 10 minutes

Serves 6

### Ingredients

- 8 Red Potatoes
- 6 Hard Boiled Eggs, Chopped
- 1 Pound Of Bacon
- 1 White Onion Chopped
- 2 Cups Of Mayonnaise
- 1 Cup Of Sour Cream
- 3 Tablespoons Of Milk
- 2 Large Tomatoes Chopped
- 2 Cups Cheddar Cheese, Shredded



### Directions

- Wash and scrub the potatoes. Cut the potatoes into approximately 1 inch cubes. Boil the potatoes. Don't over cook you are not going to make mashed potatoes. After the potatoes are cooked, set them aside and let them cool.
- As the potatoes are cooling, cook the chopped onion and bacon together. When the bacon is crispy, drain the drippings and reserve them.
- Now combine the milk, bacon drippings, sour cream, and mayonnaise in a bowl and mix together.
- In a large bowl mix together the eggs, the onion-bacon mixture, and the cooked potatoes. Combine the ingredients of the small bowl with the bowl containing the potatoes and toss. Place in the fridge for 2-3 hours or until chilled. Sprinkle the cheese and tomatoes on top before serving.
- In order to make this creamy potato salad recipe a low fat salad recipe and also a vegan or vegetarian friendly recipe you would need to use the following substitutions: Turkey Bacon or Veggie Bacon, Low Fat Yogurt instead of Mayonnaise, Low Fat Sour Cream or Tofu based Sour Cream, Low Fat Milk or Soy Milk.

**TS note:** Sometimes I substitute with Japanese mayonnaise. It goes very well with the potato salad!

## Fresh Sashimi salad

Prep Time: 15 minutes

Cook Time: 10 minutes

Serves 4

### Ingredients

- sea salt
- ground black pepper
- 7 ounces fresh tuna filets (sushi or sashimi grade)
- 2 ounces mesclun or baby greens
- 3/4 cup finely chopped onion
- 2 tablespoons rice vinegar
- 2 teaspoons water
- 1/2 teaspoon granulated sugar
- 1 pinch sea salt
- 1/4 teaspoon mustard powder
- 1/4 teaspoon ground black pepper
- 4 teaspoons grape seed oil
- 4 teaspoons sesame oil
- 3 tablespoons soy sauce



### Directions

- Preheat a grill or broiler or lightly oiled cast iron pan. Season the fish with a little sea salt and black pepper. Briefly sear the tuna until its surface turns white. Plunge the filet into iced water to stop it from cooking any further.
- Shake off the excess water. When sliced, the center of the tuna should be very pink with the edges seared white.
- For the dressing, combine the onion, rice vinegar, water, granulated sugar, pinch of sea salt, mustard, ground black and ground black pepper in a bowl. Stir until the salt and mustard have dissolved. Add the grape seed and sesame oils and soy sauce. Mix well.
- Pour 1/4 to 1/2 cup of the onion dressing into a serving dish. Arrange the salad greens into the center of the dish. Cut the tuna into thin slices. Place the tuna around the salad greens.
- Drizzle with a bit of the dressing and serve cold. Garnish with carrot curls, sliced green onions, white radish strings, or a bit of seaweed for an added twist.

**TS note:** Squeeze some lemon juice over to give it a refreshing taste to the salad!

## Succulent Seafood Salad

Prep Time: 30 minutes

Cook Time: 17 minutes

Serves 10

### Ingredients:

- 2 teaspoons olive oil
- 1/3 large onion, diced
- 5 ounces large shrimp, peeled and de-veined
- 5 ounces scallops, rinsed and patted dry
- 1/3 (6 ounce) can crabmeat, drained and flaked
- 1/3 (12 ounce) can water packed tuna, drained and flaked
- salt and pepper to taste
- 1 teaspoon seafood seasoning, such as Old Bay™
- 1/3 cup mayonnaise, or to taste
- 2 teaspoons yellow mustard
- 1/8 teaspoon garlic powder, or to taste
- 1/4 teaspoon dried oregano
- 1/8 teaspoon ground turmeric
- 2 teaspoons white sugar
- 1/3 large green bell pepper, chopped
- 2/3 stalk celery, chopped
- 1-2/3 hard-cooked eggs, chopped
- 1/3 hard-cooked egg, sliced
- 1/8 teaspoon paprika, as garnish



### Directions

- Heat oil over medium heat in a large skillet and add onions, stirring until translucent, about 7 minutes. Add shrimp, scallops, crab meat and tuna. Cook until shrimp are pink and the scallops are opaque, 8 to 10 minutes. Season with salt, pepper, and Old Bay Seasoning. Remove from heat.
- Whisk together the mayonnaise, mustard, garlic powder, oregano, turmeric and sugar in a large bowl. Mix in the bell pepper, celery and chopped eggs.
- Add seafood and toss until evenly combined. Garnish with egg slices and sprinkle with paprika.
- Cover and refrigerate for 2 to 3 hours or overnight before serving to let flavors blend.

**TS note:** Everybody loves seafood! You can't miss making this! Give it a go now!

### **Recipes Sources**

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