



THE DIRECTOR PREPARES A SALAD

The preparation of a green salad is more art than science, but the following general instructions are important:

1. Have a good selection of greens, especially romaine, escarole, Boston lettuce, etc., avoiding iceberg lettuce as much as possible.
2. Make the dressing just a little before the salad is tossed. Avoid an excess of vinegar in the dressing, and avoid an excess of dressing in the salad. Each piece of green should be well coated, but must not be saturated and limp.
3. Serve the salad preferably after the entree, especially if wine has been served.

About an hour or so before dinner, wash and tear greens for the salad into bite-sized pieces and place in a salad bowl on top of a paper towel or two to absorb moisture. Chill in the refrigerator so that the greens will be relatively dry and crisp when the salad is tossed.

If tomatoes, cucumber, onion, celery, and the like are to be used in the salad, prepare them in a separate bowl and add to the salad after it has been largely tossed so that they will not all sink to the bottom of the bowl.

At any time that is convenient before dinner, prepare a small amount of dressing by putting salt, freshly ground pepper, and, if you wish, some dry mustard or tarragon in the bottom of a small bowl. Add a good wine vinegar and oil in proportions of not more than 1 T. of vinegar to 3 T. of oil (4 or 5 to 1 may be better, but this can only be determined when you open a new bottle of vinegar and try it out; lemon juice may be used in place of vinegar). The oil should be a good quality olive oil, preferably a lightweight one, if it can be found.

Stir ingredients well with a fork or wire whisk and set aside at room temperature--do not refrigerate the dressing. If you like the flavor, a piece of garlic may be added to the dressing.

When ready to prepare the salad, remove the greens from the refrigerator, being certain to remember to extract the paper towels (if you have been hitting the wine along with your guests, this is more difficult than you think). Give the dressing another good stir, pour it on the salad, and toss lightly. Add chopped or sliced ingredients as noted above, and toss just once or twice more, very lightly. Serve, preferably on a flat salad plate rather than in a bowl.

Be careful in mixing the dressing not to use too much salt, as a little can always be added by individuals who want more. About 1/2 t. ought to be more than enough for 4 or 5 T. of oil and vinegar, but this is a matter of taste. You can be more generous with pepper. 4 or 5 T. of dressing ought to be ample for a salad for 3 or 4, but again this is a matter of taste. It is better to stretch the dressing just a bit than to set the salad afloat in liquid, contrary to the whims of American restauranters.

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