

Fruit Salad

Although hugely popular in the 1950s, fruit salad as we know it today (a mixture of fresh fruits, canned fruits and sweetener) comes from the mid 1800s. By the 1920s, the addition of cheese, nuts, and gelatin is seen in popular recipes of the time.

They were often served as either as a salad course or a dessert course depending on the dressing used. (or if served on lettuce).

Banana Salad #1

Cut in halves, lengthwise, or cut in three crosswise pieces. Dip pieces in dressing, then roll in chopped nuts; nuts, cocoanut or dates may be added. Serve on lettuce and garnish with parsley and nuts.

Banana Salad #2

Take 6 bananas and cut in balls with vegetable cutter. Roll these in chopped pecan nuts or walnuts and mayonnaise, then serve on lettuce.

Date Salad

Fill with cream or cheese and add pineapple diced, banana diced, nuts, cherries, oranges diced and cocoanut. Serve on lettuce or in cups and garnish with nuts, cherries and cress.



Ginger Ale Salad

Soak 2 tablespoons granulated gelatin in 2 tablespoons cold water and dissolve in 1/3 cup boiling water. Add 1 cup ginger ale, 1/4 cup lemon juice and 2 tablespoons sugar. When mixture begins to set fold in 1 cup Malaga grapes, skinned, 1/3 cup celery, 1/3 cup apple, 2 tablespoons preserved ginger, about 5 tablespoons pineapple. Turn into mould and chill. Accompany with cream mayonnaise*.

*to make cream mayonnaise, add whipped cream to mayonnaise dressing and fold in until well blended. This should be used the same day as made.

Fun Fact: The song “Yes! We Have No Bananas” was published on July 19, 1923. It became a major hit that year, spending five weeks at #1.

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Recipes Credit: *Moffats Cook Book for Moffats Ranges*. Moffats Limited, 1926.