

Colorful molded salad popular at buffets

ROSEMONT, Ill. — Buffet-style serving is very popular because it frees the hostess for socializing, and at the same time permits guest to intermingle as they serve themselves. It also means the foods selected for serving should be as attractive as possible because the table depends on their picturesque qualities.

One of the favorite foods for a buffet table is a colorful molded salad which is handsome enough to serve as a centerpiece. Such a dish is Cardinal Salad, a two-layered, red and white

beauty which can be banked with assorted cheeses and cold cuts. Accompanied by a tray of bread and rolls served with butter curls, this salad might even let your guest make a meal out of the simplest kind of buffet.

The top layer of this salad teams dairy sour cream with lemon juice and orange peel in orange-flavored gelatin. The second layer gets its crimson color from diced beets and juice. Its zest comes from vinegar, onion and horseradish blended in a tart lemon-flavored gelatin. Those snowy white balls are

cream cheese. It's optional if one wishes to fold them into the gelatin with the celery and beets.

Should one be entertaining a large crowd, she can plan two salads, the other a green one served with Green Goddess Dressing. This will go well with chicken, beef, pork or fish and will contrast well with the molded type. Greens include the selection of lettuce, endive, romaine; green color is extended by avocado, green pepper and cucumber. The dressing uses either dairy sour cream or yogurt as a base.

CARDINAL SALAD

Top Layer

1 package (3 ounce) orange flavor gelatin
1 cup boiling water
1½ cups dairy sour cream
1 tablespoon fresh lemon juice
1 teaspoon grated orange peel
¼ teaspoon salt

Bottom Layer

1 package (3 ounce) lemon flavor gelatin
¾ cup boiling water
1 can (1 pound) cut beets
¼ cup beet liquid
3 tablespoons cider vinegar
1 tablespoon grated onion

2 teaspoons prepared horseradish
1 teaspoon salt
½ cup diced celery

For top layer, dissolve gelatin in boiling water. Chill until jelly-like in consistency. Whip until fluffy in a mixer bowl on high speed of electric mixer (about 3 minutes). Fold in sour cream, lemon juice, orange peel and salt. Turn into 6-cup mold which has been rinsed in cold water; chill until firm. For bottom layer, dissolve gelatin in boiling water. Drain beets, reserving liquid; dice beets and set aside. (If necessary, add water to make ¾ cup.) Add beet liquid, vinegar, onion, horseradish, and salt to gelatin. Chill until jelly-like in consistency. Fold in celery and beets. Pour over top layer. Chill until firm. Unmold onto serving plate; serve with cheese and cold cuts.

Form a 3-oz. package of cream cheese into tiny balls; fold into bottom layer of gelatin with celery and beets. Serves 8 to ten.

GREEN SALAD WITH GREEN GODDESS DRESSING

Green Goddess Dressing
2 tablespoons tarragon vinegar
2 tablespoons chopped parsley
2 teaspoons anchovy paste
2 teaspoons fresh lemon juice
2 teaspoons finely chopped green onion OR chives
1 small clove garlic, minced
1 cup dairy sour cream OR plain yogurt

Green Salad

6 cups salad greens (combination of endive head lettuce and romaine)
1 avocado, peeled and sliced
Fresh lemon juice
1 green pepper, sliced
1 cup cucumber slices, unpeeled
1 cup celery, sliced in 1/2-inch pieces
Salt
Pepper

For dressing, mix vinegar, parsley, anchovy paste, lemon juice, onion and garlic; fold in sour cream. Cover and chill. For salad, tear greens into bite-size pieces. Dip avocado in lemon juice; add to greens along with green pepper, cucumber, celery and seasonings. Toss lightly. Serve dressing separately to spoon over salad.



Seen above is Cardinal Salad, made from two layers of gelatin, combined with tasty ingredients. The two toned entree is a bright spot to any festive occasion.

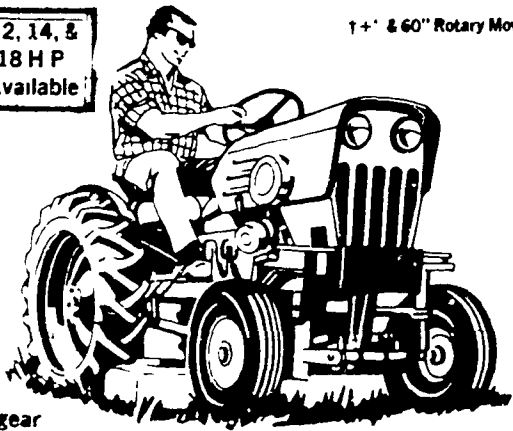
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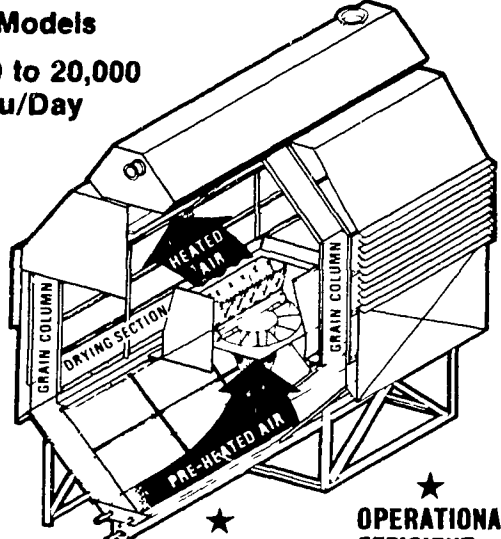


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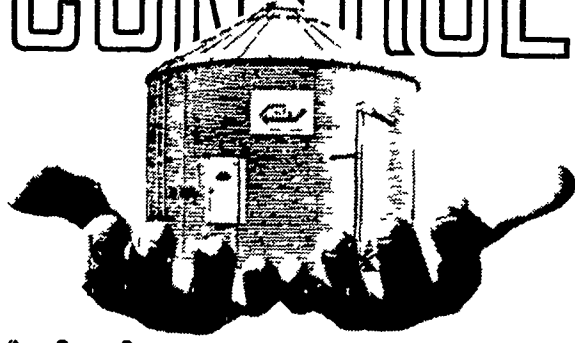
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