

Retro Recipe Rewind

Fancy a frugal salad? This recipe from 1914 uses something you might have in an abundance in your own yard: dandelions!

Tag us with #retroreciperewind and share your thoughts!

HOME

Seasonable Luxuries.

Even the possessor of a slender purse may sometimes indulge in a few luxuries, provided she has the art of stretching the household-dollar. Some of the economical ways are cutting down the meat bills and avoiding the alluring bake and delicacy shops. As far as possible use only fresh vegetables, and balance these by having the less expensive ones at least every other day. Dandelions can be had for the picking; cabbage, both young and old, is reasonable, and rhubarb, as an accompaniment to the meat course as well as for all kinds of desserts, is most excellent.

(Remember all measurements are level; sift flour before measuring and use a graded half-pint cup.)

Dandelion Salad.—Pick over and wash very carefully, using only the tender inner leaves; lay in cold water to become crisp, then place in salad bowl and grate a little onion over. Dress with one tablespoonful of oil to three of vinegar, adding salt, pepper and a little sugar—about one tablespoonful of sugar to every half cupful of dressing.



Source: Canadian Statesman, May 28, 1914, p. 3.