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OCEAN'S STYLE CHESAR DRESSING  
KD's RECIPE

1/2 CUP MAYO  
1/4 CUP MILK  
1/4 CUP GRATED PARMESAN  
2 TB DISON  
2 TB LEMON JUICE  
COUPLE SQUIRTS OF WORCESTER  
5-6 CLOVES OF GARLIC  
1/4 TSP BLACK PEPPER.

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HORSE RADISH SAUCE.

1/2 CUP KETCHUP  
4 TBSP FRESH HORSE RADISH  
(or 6 TBSP BOTTLED.)  
1/2 TSP TABASCO  
4 TSP VINEGAR (CIDER)  
2 TBSP CORN OIL.  
2 TBSP WATER.

## CROUTONS

CUT

- 4 SLICES OF FRENCH BREAD  
INTO 1" PIECES

TOSS THE BREAD IN

- 2 TBSP EVOO
- 2 TBSP GRATED PARMESAN
- GARLIC SALT / POWDER

SPREAD ON A LARGE OILED  
COOKIE SHEET + BAKE 10-15 MINS  
@ 300°

STIR OCCASIONALLY.

OPT: BASIL; OREGANO

## JACQUES PÉPIN CAESAR

MIX TOGETHER WITH FORK:

1/3 CUP OLIVE OIL

2 CLOVES GARLIC (OPT-MORE)

2 TB LEMON JUICE

1 TB WORCESTER

1/2 TSP ea SALT + PEPPER

1 EGG

~~1/2 CUP~~

② SERVING TOSS SALAD WITH  
DRESSING + ADD: ~~ea~~

1/2 CUP PARMEGIANO

1/4 CUP CRUMBLED STILTON

OR ROQUEFORT.

TOSS AGAIN

CROUTONS ON TOP LAST.

# CLASSIC CAESAR .

Mix

1/2 CUP OLIVE OIL  
1 EGG YOLK  
2 TB LEMON JUICE  
2-3 GARLIC CLOVES  
1/2 TSP DISON  
1/2 TSP PEPPER  
1/4 TSP SALT  
1/4 TSP WORCESTER

TOSS INTO SALAD

ADD: ...

1/2 CUP PARMESAN

TOSS AGAIN -

CROUTONS ON TOP .

## MIKE REINHARD SPINACH SALAD DRESSING

Mix:

- 1/4 CUP OLIVE OIL
- 1/8 CUP RICE WINE VINEGAR
- 2-3 CLOVES GARLIC
- 2TSP LEMON JUICE
- SALT + PEPPER
- 3 YOLKS OF HARD BOILED EGGS.

UNTIL FOAMY.

(DOUBLE RECIPE FOR A SOUPIER MIXTURE)

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### MUSTARD VINAIGRETTE:

Mix well:

- 1 1/2 TBSP DIJON
- 2 TBSP TARRAGON RED VINEGAR
- 1/2 a TSP ea SALT + PEPPER
- 1 CUP oil (1/2 + 1/2: CORN/OLIVE)

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### LEMON VINAIGRETTE

- 2TBSP E.V.O.O.
- 2TBSP LEMON JUICE
- 1/4 TSP ea Salt + PEP.
- 1 TBSP CHOPPED CHIVES.

## TEAR SAUCE:

AND CHOPPED PICKLE TO MAYO +  
MIX W ATB. OF LEMON JUICE

OR:

1 CUP MIRACLE WHIP  
2 TBSP (HEAPING) RELISH  
1 TB LEMON JUICE

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## RIEN'S POTATO SALAD

- 4 RED POTATOES (boiled in their skins)
- 1 GRANNY SMITH APPLE
- 1/2 WHITE or YELLOW ONION
- RED BELL PEPPER
- 2 LARGE TBSP MIRACLE WHIP.

SERVE WITH CHOPPED VEAL; CHICKEN;  
SALMON; etc.



## GREEK SALAD

### SALAD:

1 RED PEPPER

1 GREEN PEPPER

1/2 RED ONION

1 x 10" ENGLISH CUCUR

3 RIPE FIRM TOMATOES

1/2 CAN BLACK OLIVES

FETA CHEESE

ON TOP

### DRESSING:

1/3 CUP OLIVE OIL

1/2 LEMON (JUICE OF)

1 TSP OREGANO

1/2 TSP MINT FLAKES.

1/4 TSP ea SALT/PEPPER/SUGAR.

# 3 BEAN SALAD or MULTIBEAN or any variation

1 can ea: - WAX BEANS  
- GREEN BEANS  
- KIDNEY BEANS

also: - MUNG BEANS  
- LIMA BEANS  
- ITALIAN MEDLEY  
- etc.

drained.

add: - 1 large onion chopped fine  
- 1 Green Pepper " "  
- 1 Red Pepper " "

dressing:

- 1/2 cup red vinegar
- 1/4 cup olive oil
- 1 tsp Celery seed
- 3 TBSP Sugar
- 1 Clove garlic

add to beans. Shake well  
chill + stir.



# RICE SALAD PILAF.

- LEFT OVER RICE: (must be light and fluffy + loose - recommend day old.)

add -

- RED + GREEN BELL PEPPER chopped fine
- RED or WHITE ONION " "
- BLACK PITTED OLIVES CUT IN 1/2
- 1/2 TOMATO DICED
- MIX IN FRENCH DRESSING  
(opt BIT of MAYO OR MIRACLE WHIP)

add :- CANNED TUNA or

- CANNED or COOKED SALMON
- LEFTOVER COD
- HAM etc.

# LIMA BEAN SALAD

combine:

- 1 lb. LIMA BEANS. (2 CANS)
- 1 RED PEPPER - ROASTED & CUT INTO STRIPS.
- 2 PLUM TOMATOES. (DICED & SEEDEN.)
- 1 ZUCCHINI PEELED & SLICED
- (FENEL TOPS)

in a large bowl - Season with salt & pepper.

whisk: -  $\frac{1}{3}$  CUP E.V. O.O.

- 1 LEMON - the juice of.
- $\frac{1}{4}$  TSP OREGANO.

- when ready to serve:

add - 20 FRESH BASIL LEAVES.

- $\frac{1}{4}$  CUP CROUTONS.

- SERVE IMMEDIATELY

# Bouquet Garni .

## HERBES DE PROVENCE:

equal part of any of:

- dried Marjoram
- thyme
- Summer savory
- Sage
- fennel
- basil
- rosemary
- lavender.

- TOMATO, RED ONION, FRESH THYME  
or FRENCH TOMATO SALAD  
(w shallots)

arr in a large Dish:

- 4 LARGE RIPE TOMATOES.
- 1 RED ONION - THINLY SLICED
- SHALLOTS - THINLY SLICED.
- 6 SPRIGS OF FRESH THYME
- or CHOPPED FRESH BASIL

- VINAIGRETTE: ( $\frac{1}{2}$  cup)
  - 5 TBSP EVOO
  - 2 TBSP RED WINE VINAIGRE
  - SALT + PEPPER
  - GARLIC

or

SERVE IN ALTERNATING LAYERS  
of TOMATO + RED ONION.

# LEMON DILL PASTA SALAD (w leftover grilled chicken)

- WHISK: -  $\frac{1}{3}$  cup real lemon
- 1 TBSP HONEY
- 1 CLOVE GARLIC
- 1 TBSP CHOPPED DILL
- Salt & Pepper
- $\frac{1}{2}$  CUP ~~SE~~VOO

add to:

- 8 CUPS COOKED PASTA
- CHOPPED CHICKEN or HAM
- opt: - 1 CUP SLICED CUKE
- " - 1 CUP CHERRY TOMATOES
- " - RED BELL.

## CHICK PEA & BEAN SALAD.

- 1 CAN KIDNEY BEANS
- 1 CAN CHICK PEAS
- 1 CAN BABY CORN
- $\frac{1}{4}$  CUP ea of GREEN + RED BELL;  
CELERY; RED ONION

$\frac{1}{4}$  CUP EVOO  
2 TBSP TARRAGON VINEGAR  
(RED WINE ETC)

$\frac{1}{2}$  TSP salt  
1 TSP dry mustard  
1 TBSP honey  
2 garlic cloves.