

Waldorf Salad

The Waldorf Salad was named for the famous Waldorf-Astoria hotel in New York City. It was created by the maître d'hôtel Oscar Tschirky who developed many of the hotel's signature dishes. The salad was first served at a "society supper" at the hotel in 1893. The salad was well loved by attendees and news of the delectable new dish spread. By the early 1900s it had gained widespread popularity in home kitchens across the U.S. and Canada. It was so popular, in fact, that it's difficult to find a cook book in the early 1900s to 1920s that does not include a variation of the salad. Cold, sweet salads had their heyday in this period.

1 cup apples chopped fine
1 cup celery chopped fine
1/2 cup walnut meats, chopped
1 piece of lemon

Lettuce leaves

Whipped cream

Waldorf Salad dressing (6 tbsp mayonnaise or plain yogurt with salt and pepper to taste, and 1 tbsp lemon juice)

Squeeze piece of lemon on chopped apple to whiten. In a bowl, put the chopped apple, celery and walnuts on a bed of lettuce leaves. Pour Waldorf Salad dressing over the salad. Garnish with whipped cream.

