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Contributors

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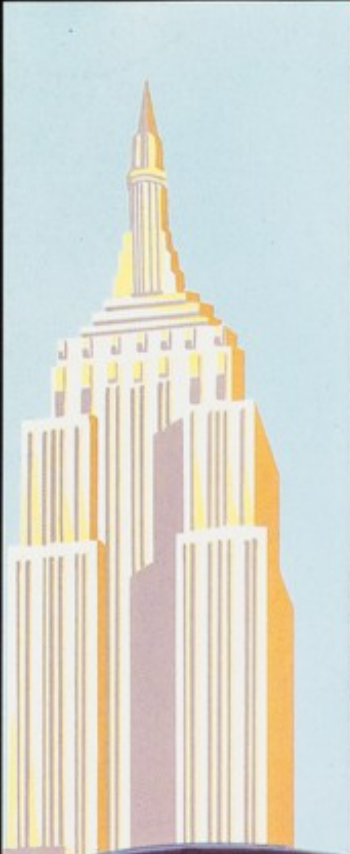
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SUMMER SALADS

American

STYLE
SALAD RECIPES



TESCO



American Style Salads

This is the second in a series of leaflets which will be available over the summer. Collect all four for a library of tasty summer food recipes designed to give you the freedom to enjoy the summer sun.

CALIFORNIA SALAD (front cover)

Serves: 4

Ingredients: 1/2 Charentais Melon, peeled, seeded and cut into chunks, 1 Punnet Strawberries, washed and hulled, 1 Peach, sliced, 2 Apricots, sliced, 75g (3oz) Cherries, 1 Kiwi Fruit, peeled and sliced, 1/2 Papaya, peeled, deseeded and sliced, 1 Orange, peeled and segmented, 1/2 bottle Kraft Creamy Philadelphia Dressing, 50g (2oz) Toasted Nuts – almonds, pine nuts, or 75g (3oz) Tesco Crunchy Oat Cereal.

Method: 1. Combine the fruits in a bowl, pour over the dressing. Top with nuts or cereal.

WARM POTATO SALAD WITH POTATO SKINS (front cover)

Serves: 4

Ingredients: 450g (1lb) medium size Potatoes, 75g (6oz) Smoked Streaky Bacon, chopped, 1 medium Onion, chopped, 200ml (1/3pt) Hellmans Mayonnaise, 2 x 5ml (2tsp) French's Original Yellow Mustard, 1 Egg, beaten, oil for deep frying.

Method: 1. Scrub the potatoes to remove dirt, peel potatoes with a knife removing large strips with 1/2cm of flesh on them. Cover potato skins with water. Boil remaining potatoes until tender but firm. Allow to cool slightly, slice. 2. Fry the bacon until crisp, add and the onion and fry until soft. Stir bacon and onions into the mayonnaise. Add mustard. 3. Cut reserved potato skins into 2 1/2 cm (1") squares, coat in beaten egg and deep fry for 6 minutes, until crisp. 4. Toss the potato slices in the mayonnaise mixture. Season to taste and top with warm potato skins.



BARBECUE SELECTION PLATTER WITH DIPPING SAUCES

Serves: 4

Ingredients: 175g (6oz) Rump Steak, cut into cubes, 175g (6oz) Chicken Breast or Thigh, cut into cubes, 175g (6oz) Sausages, cut into cubes, 1 x 250g pack Buitoni Tortellini with Cheese, cooked and kept warm, selection of Tesco Relishes – Tomato and Chilli, Onion, Mild Mustard and Sweetcorn.

Method: 1 Thread the meats onto kebab skewers, barbecue for 7 minutes, turning occasionally until cooked. 2. Arrange the meats and pasta on a platter with dipping sauces and cocktail sticks. Serve hot or cold.



CHILLI BEEF TACO PLATTER

Serves: 4

Ingredients: 450g (1lb) Minced Beef, 1 x 35g pack Old El Paso Taco Seasoning Mix, 1/2 head Lettuce, shredded, 6 Salad Onions, chopped, 2 Medium Tomatoes, cut into 8, 125g (4oz) Red Leicester Cheese, grated, 1 Avocado, peeled, sliced and brushed with Lemon Juice, 50g (2oz) Black Olives, 1 jar Old El Paso Taco Sauce, 1 pack Taco Chips or Tacos, 1 medium loaf of Bread, hollowed out (freeze centre of bread for use as crumbs).

Method: 1. Cook the mince as instructed on the pack of seasoning mix. Keep warm. 2. Arrange remaining ingredients on a platter. 2. Pour the mince into the hollowed out loaf, set on the platter and serve.

Budweiser 4 x 330ml, brewed from choicest barley, hand selected hops and rice using exclusive Anheuser-Busch beechwood ageing process to produce a clean crisp taste.

Michelob Dry 4 x 330ml, brewed over a longer period to produce a distinctive, cleaner, dryer taste.

Available from larger stores only.

12-7-93 = Taro, Lewisham

