



## HOW DID THEY MAKE SALAD IN THE 18TH CENTURY?

Salad was a seasonal dish and typically served at dinner between the main meal and dessert. Salad generally referred to a mixture of greens and herbs dressed with vinegar and oil and possibly an egg. In the cookbook *The Virginia Housewife*, Mary Randolph shares how she would present a salad on her table, as seen here in the Private Dining Room:

### *To Dress Salad:*

To have this delicate dish in perfection, the lettuce, pepper grass, chervil, , &c should be gathered early in the morning, nicely picked, washed and laid in cold water, which will be improved by adding ice; just before dinner is ready to be served, drain the water from your salad, cut it into a bowl, giving the proper proportions of each plant; prepare the following mixture to pour over it: boil two fresh eggs ten minutes, put them in water to cool, then take the yolks in a soup plate, pour on them a table spoonful of cold water, rub them with a wooden spoon until they are perfectly dissolved, then add two table spoonsful of oil; when well mixed, put in a teaspoonful of salt, one of powdered sugar, and one of made mustard; when all these are united and quite smooth, stir in two table spoonsful of common, and two of tarragon vinegar; put it over the salad, and garnish the top with the whites of the eggs cut into rings, and lay around the edge of the bowl young scallions, they being the most delicate of the onion tribe.

Mary's cookbook is available for purchase in the museum shop.