



The Jellied Salad Zine

Collected and edited
by Emily Shaw

APPLE-CRANBERRY SALAD

2 cups fresh or frozen cranberries

1 cup sugar

1 cinnamon stick

1 cup port or cranberry-juice cocktail

2 envelopes unflavoured gelatine

2 1/2 cups unsweetened grapefruit juice

1 1/2 cups unpeeled Golden Delicious or Cortland apple

1 cup chopped celery

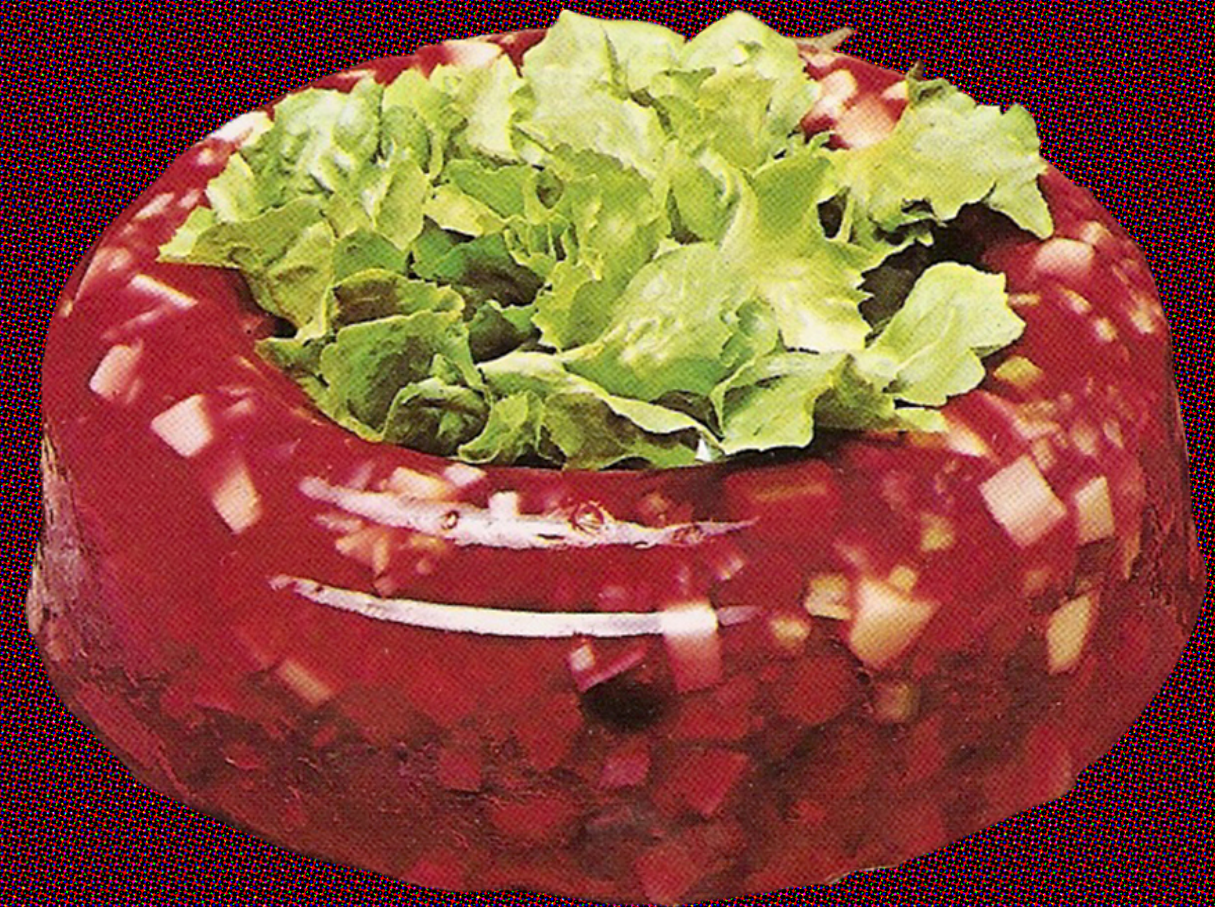
2 tablespoons finely chopped onion

1/2 cup mayonnaise

1/2 cup dairy sour cream

Salad greens

Add cranberries, sugar, cinnamon stick, and port to saucepan. Bring to boiling; reduce heat; simmer and cover for 10 minutes. Sprinkle gelatine over 1/4 cup cold water, and let stand 5 minutes. Remove cinnamon stick from cranberry mixture. Drain and reserve cranberries and liquid. In saucepan, bring cranberry liquid to boiling. Add gelatine, stirring until dissolved. Remove from heat. Add grapefruit juice to make 4 cups. Refrigerate in large bowl, until consistency of unbeaten egg white. Fold in apple, celery, onion, and cranberries. Turn into mold. Refrigerate 2 hours, until salad is firm. Combine mayonnaise and sour cream; serve with salad.



BLUEBERRY CREAM CHEESE SALAD

- 1 can (about 15 oz.) blueberries
- 1 pkg. (3 oz.) black raspberry flavoured gelatine
- 1 cup boiling water
- 1 Tbsp. fresh lemon juice
- 2 pkgs. (3 oz. each) cream cheese
- 1/2 cup sour cream
- Crisp lettuce leaves
- 1/2 cup chopped toasted pecans
- 3 or 4 pecan halves, for garnish

Season your chicken stock with the salt and soy sauce. Meanwhile, soak the gelatine envelopes in water. Cut the chicken into bite-size thin strips and sprinkle with the salt and monosodium glutamate. Warm the chicken stock and add the gelatine over a low heat and simmer until melted. Add chicken and half the green peas. Arrange remaining peas in a circle on the bottom of a wet bowl. Pour a little of the soup slowly over the circle of peas. Allow this small amount to set, then pour in the remaining soup mixture. Refrigerate until set. Release onto platter and serve.



FRUIT AND CHEESE MOLD

- 2 envelopes unflavoured gelatine
- 3 cups orange-flavoured dietetic soda
- 2 tablespoons artificial sugar
- 1/2 teaspoon salt
- 1/8 teaspoon ground cloves
- 1 medium cantaloupe, seeded and cut in balls
- 2 cups small curd cottage cheese
- 2 tablespoons grated orange rind
- 2 small oranges, peeled and sectioned
- 1 medium grapefruit, peeled and sectioned
- Lettuce leaves

Sprinkle gelatine over dietetic soda in saucepan. Stir in sweetener, salt, and cloves. Stir over low heat until gelatine is dissolved and remove from heat. Arrange cantaloupe balls in bottom of a 2-quart ring mold. Pour 1 cup gelatine mixture over melon. Chill until set. Combine cottage cheese and orange rind with remaining gelatine mixture in blender until combined. Pour 1/2 mixture over set gelatine. Chill until firm. Arrange orange and grapefruit sections over set cheese layer; top with remaining gelatine-cheese mixture. Chill until firm and serve on a bed of lettuce leaves.



CHERRY OLIVE SALAD

1 cup boiling water

1 envelope (3-ounces) cherry-flavoured gelatine

1 can (17 ounces) pitted dark sweet cherries, drained and cut in half (reserve syrup)

1 tablespoon lemon juice

1/4 cup chopped walnuts

1/4 cup pimiento-stuffed olives, sliced

1 medium grapefruit, peeled and sectioned

Lettuce leaves



Pour boiling water and gelatine in a bowl, stirring until gelatine is dissolved. Add 3/4 cup of cherry syrup or equivalent syrup/water mixture. Stir syrup-water and lemon juice into gelatine mixture. Refrigerate until slightly thickened; about 1 hour. Once thickened, stir cherries, walnuts, and olives into gelatine mixture. Pour into 6 individual molds. Refrigerate until firm and serve.

LEMON-NUT VEGETABLE MOLD

1 cup boiling water

1 envelope cherry-flavoured gelatine

1 can (17 ounces) pitted dark sweet cherries, drained and cut in half (reserve syrup)

1 tablespoon lemon juice

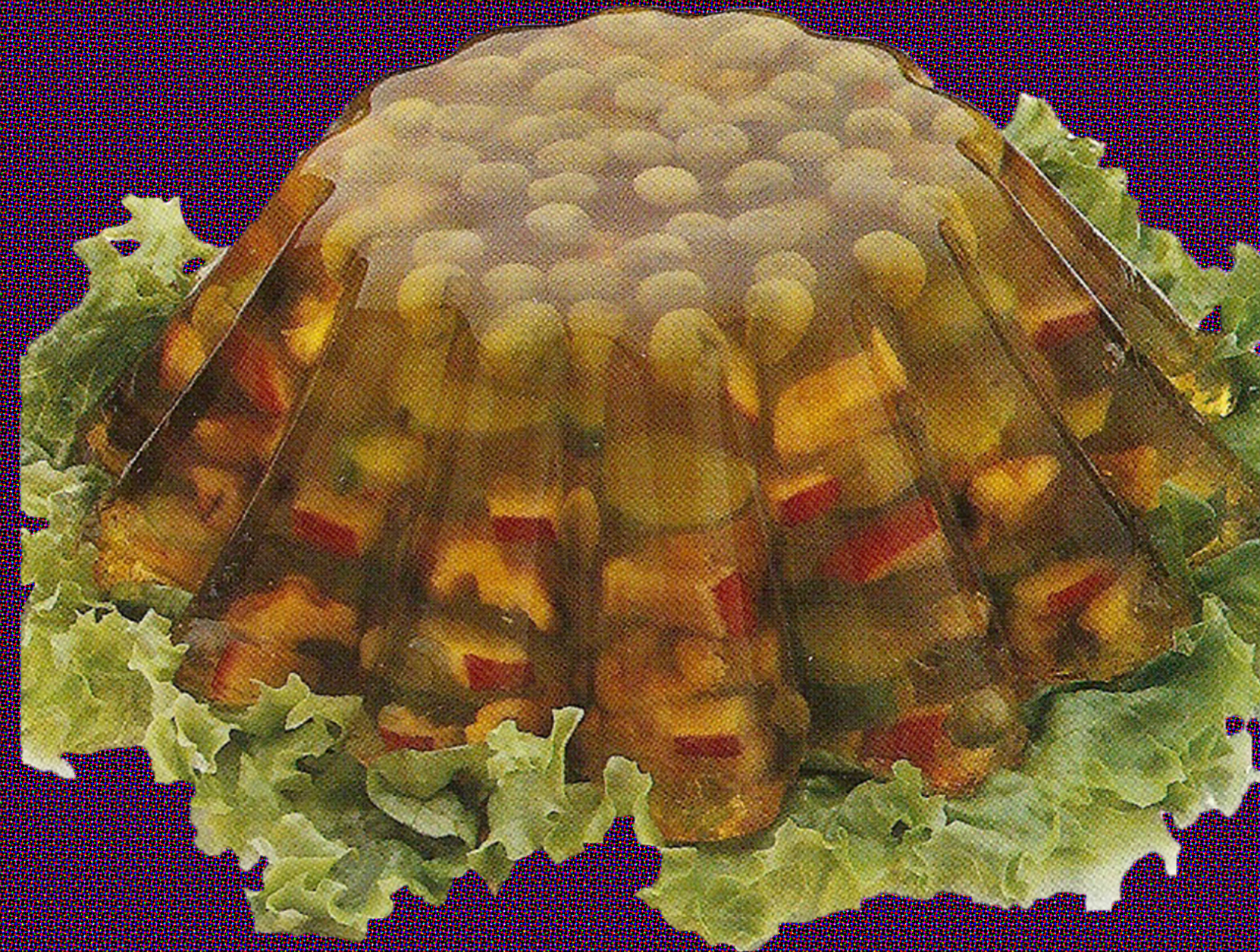
1/4 cup chopped walnuts

1/4 cup pimiento-stuffed olives, sliced

1 medium grapefruit, peeled and sectioned

Lettuce leaves

Combine boiling water and gelatine until dissolved. Stir in cold water, wine vinegar, lemon juice, salt, and onion salt. Chill. Fold in nuts, celery, cucumber, radishes, and peas. Combine into mold. Chill for 2 hours or until firm. Unmold on a lettuce-lined plate or platter.



PEAR-LIMADE MOLD

- 2 envelopes unflavoured gelatine
- 1/2 cup cold water
- 2 pears, peeled, halved, and cored
- 2 cups water
- 1/4 cup sugar
- 1 6oz can frozen limeade concentrate
- salt
- Green food colouring
- 4 whole maraschino cherries
- Endive
- Mayonnaise or salad dressing
- Chopped pecans

Soften gelatine in 1/2 cup cold water and set aside. In saucepan, combine pear halves, 2 cups of water, and sugar and bring to a boil. Reduce heat, cover, and simmer until pears are tender. Remove pears and place in a separate bowl in the refrigerator. Stir softened gelatine into hot pear liquid until dissolved. Add limeade concentrate, salt, and a few drops of green food colouring to gelatine mixture. Pour 1/3 cup of gelatine mixture into molds. Chill 'till almost set, chilling remaining gelatine until partially set. Cover pears with remaining gelatine. Chill till firm. Unmold onto plates, flared end down. Garnish with endive and spoon some mayonnaise or salad dressing on top with chopped pecans.



CUCUMBER SOUFFLÉ SALAD

1 cup boiling water

2 envelopes lime-flavoured gelatine

3/4 cup cold water

1 cup boiling water

1/2 cup mayonnaise or salad dressing

1/4 cup cold water

2 tablespoons vinegar

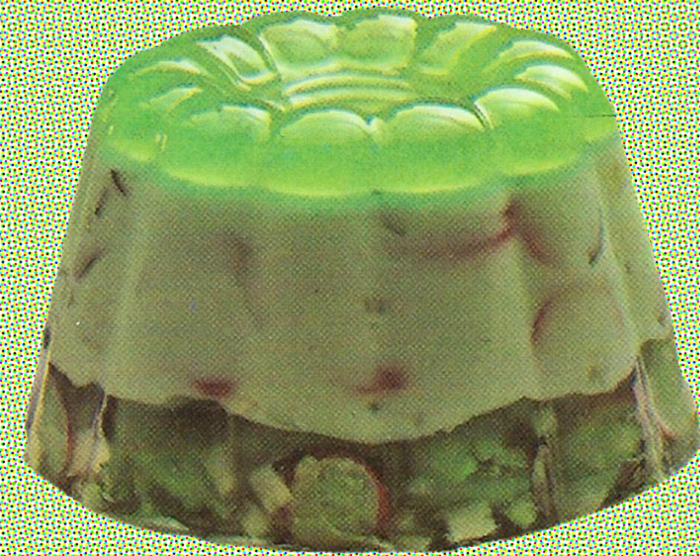
1/4 teaspoon salt

1 medium cucumber, chopped (about 1 cup)

1 medium stalk celery, thinly sliced (about 1/2 cup)

7 medium radishes, sliced (about 1/2 cup)

Combine 1 cup boiling water with 1 envelope of gelatine, stirring until dissolved. Add 3/4 cup cold water. Pour 1/2 cup of the gelatine mixture into a 5-cup mold and refrigerate. Reserve remaining gelatine mixture for third layer. For second layer, combine another cup of boiling water with another envelope of gelatine, stirring until dissolved. Mix mayonnaise, 1/4 cup cold water, and vinegar and salt. Stir into gelatine mixture. Refrigerate until slightly thickened. Stir in half of the cucumber, celery and radishes. Pour on the first layer in mold and refrigerate. For third layer, refrigerate reserved gelatine until slightly thickened. Stir in remaining vegetables and pour on second layer. Refrigerate until firm and serve.



SEASPRAY SALAD

- 2 tablespoons unflavoured gelatine
- 1/3 cup cold water
- 1/2 cup boiling water
- 1 3oz package cream cheese crumbled
- 2 teaspoons prepared mustard
- 1 teaspoon salt
- 1/4 teaspoon paprika
- 3 tablespoons lemon juice
- 3/4 cup chopped celery
- 1/4 cup chopped green pepper
- 1/4 cup finely chopped onion
- 2 6oz cans chunk style tuna, drained

Soften gelatine in cold water, add boiling water and stir until gelatine is dissolved. Combine gelatine mixture, cream cheese, mustard, salt, paprika, and lemon juice. Beat until blended. Chill until slightly thickened, fold in remaining ingredients. Transfer into mold and chill 'til done. Release from mold and add flourishes.



MOLDED CHEESE SOUFFLÉ SALAD

1 envelope unflavoured gelatine

1/4 cup cold water

1/2 cup chicken bouillon

1/4 teaspoon onion powder

1/4 teaspoon salt

1/4 teaspoon curry powder

1/4 teaspoon dry mustard

1/4 teaspoon hot sauce

8 ounces Parmesan cheese

1 teaspoon lemon juice

1 cup chilled, evaporated skimmed milk

Watercress



Sprinkle gelatine over cold water in a small saucepan. Add chicken bouillon, onion powder, salt, curry powder, dry mustard, and hot sauce. Stir over low heat until gelatine dissolves. Combine gelatine mixture, cheese, and lemon juice, mixing well. Whip evaporated skimmed milk until it stands in soft peaks and fold into gelatine-cheese mixture. Pour mixture into a non-stick, 6-cup mold. Chill until set. Remove from mold and garnish salad with watercress.

COTTAGE CHEESE IN SALMON MOLD



2 teaspoons gelatine

1/4 cup cold water

1 cup hot water

1/4 cucumber

2 hard-cooked eggs

medium can salmon

1 cup cottage cheese

3 tablespoons mayonnaise

seasoning

1 tablespoon olives or dill pickles

Soak gelatine in cold water for 5 minutes. Then, dissolve in hot water and allow to cool. Pour a 1/4 inch layer into the dish, allow to set. Arrange thin slices of cucumber and 1 sliced hard-boiled egg on the bottom layer. Pour another 1/4-inch layer of jelly on top, allow to set. Mix together remaining jelly, 1 chopped egg, flaked salmon, cottage cheese, mayonnaise, seasoning, and chopped olives or pickles. Put into dish and chill until set.

CREAMY DRIED BEEF MOLD

1 envelope unflavoured gelatine
1/2 cup cold water

1 cup mayonnaise or salad dressing

1 teaspoon prepared mustard

2/3 cup skim milk

1 can (8 ounces) lima beans, drained

1 jar (2 1/2 ounces) dried beef, finely cut up

2 medium stalks celery, chopped

1/4 cup grated American cheese food

1 tablespoon lemon juice

2 teaspoons instant minced onion

Celery leaves

Sprinkle gelatine into a saucepan of cold water, stirring over low heat until dissolved. Remove from heat. Mix mayonnaise and mustard in a medium bowl, beating in gelatine mixture. Stir in milk. Cover and refrigerate until slightly thickened. Stir in beans, beef, celery, cheese, lemon juice and onion. Pour into 4-cup mold. Refrigerate until firm.

Unmold and garnish with celery leaves.



JELLIED CHICKEN AND PEAS

2 $\frac{2}{3}$ cups chicken stock
 $\frac{3}{4}$ teaspoon salt

1 $\frac{1}{4}$ tablespoons soy sauce

2 envelopes of gelatine

$\frac{1}{4}$ lb. chicken (boneless, cooked in the stock)

pinch of salt

pinch of monosodium glutamate

5 tablespoons canned green peas

Season your chicken stock with the salt and soy sauce. Meanwhile, soak the gelatine envelopes in water. Cut the chicken into bite-size thin strips and sprinkle with the salt and monosodium glutamate. Warm the chicken stock and add the gelatine over a low heat and simmer until melted. Add chicken and half the green peas. Arrange remaining peas in a circle on the bottom of a wet bowl. Pour a little of the soup slowly over the circle of peas. Allow this small amount to set, then pour in the remaining soup mixture. Refrigerate until set. Release onto a platter and serve.



GAZPACHO SALAD

2 envelopes unflavoured gelatine
1 can tomato juice

1/3 cup red wine vinegar

1 teaspoon salt

Tabasco

2 small tomatoes, peeled and diced

1 medium cucumber, pared and diced

1/2 medium green pepper, diced

1/4 cup finely chopped red onion

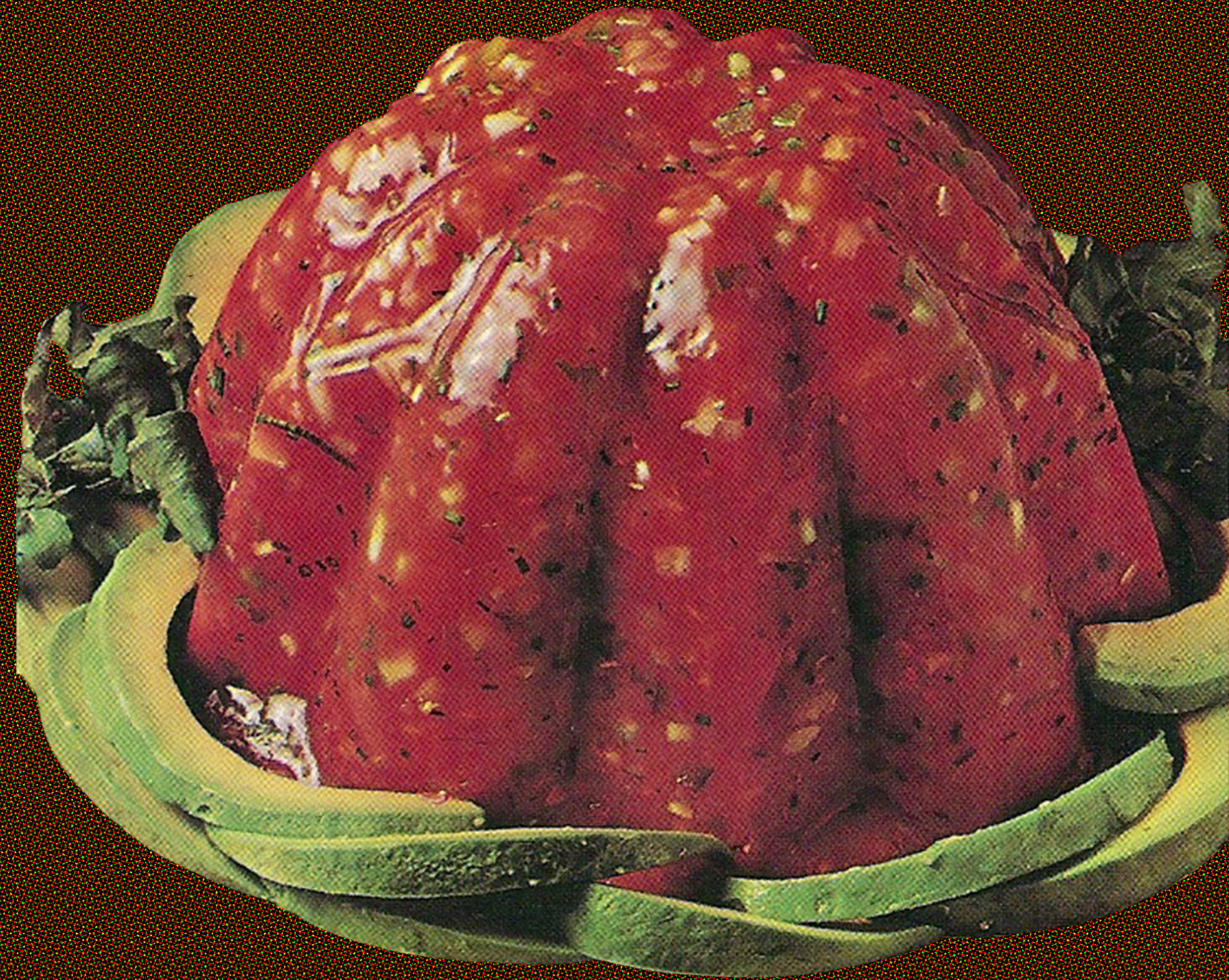
1 tablespoon chopped chives

2 large ripe avocados

Lemon Juice

1/3 cup bottled oil-and-vinegar dressing

Combine gelatine with 3/4 cup tomato juice over a medium saucepan. Place over low heat, stirring constantly until gelatine is dissolved. Remove from heat and stir in remaining tomato juice, vinegar, salt and Tabasco. Set in a bowl of ice, stirring until mixture is the consistency of unbeaten egg white. Fold in tomato, cucumber, green pepper, onion, and chives until well combined. Pour into 1 1/2 quart mold that has been rinsed in cold water. Refrigerate until firm. Unmold and serve with peeled and sliced avocados. Brush with lemon juice and arrange avocado slices around molded salad. Garnish with watercress and salad dressing.



CROWN ROAST OF FRANKFURTERS

- 1 pound frankfurters
- 2 tablespoons cider vinegar
- 1 teaspoon poppy seeds
- 2 cups shredded cabbage
- 1/2 cup boiling water
- Pimento

Slice frankfurters lengthwise, but do not cut all the way through. Broil, cut sides up, on rack about 3 inches from heat for about 5 minutes. Add vinegar and poppy seeds to cabbage; toss thoroughly. Heap cabbage in a mound in centre of a baking dish. Lean cut side of frankfurters against cabbage to form a crown. Secure frankfurters with toothpicks. Pour water over cabbage. Bake at 350° for 10 minutes, or until cabbage is tender but still crisp. Garnish with pimento.



A Brief History of Gelatine

The history of jellied salads stretches as far back as the 15th Century. Gelatine is a protein produced from collagen that has been extracted from boiled bones and other animal products. The difficulty and time-consuming nature of extracting this material made it a delicacy so few could afford. As a result, gelatine became a lofty status symbol across the western world, from the tables of medieval royalty, to European imperialists, to victorian "well-to-do's".

By the 19th-Century, the industrial period was in full swing and brought about radical innovation to economies, transportation, and factory production across the Western world. This period shaped modern North American food systems, paving the way for the invention of instant gelatine. Gelatine as we know it was first patented in 1845 by Peter Cooper as the first "gelatine dessert". In 1897, cough-syrup maker Pearle Bixby Wait adapted Cooper's patent and created "Jell-O". Two years later, Wait sold the patent to Orator Francis Woodward of the Genesee Pure Food Company for \$450 (roughly \$11,000).

Women's Work

Jell-O soared in popularity, largely due to the industrial revolution and its resulting inventions like refrigeration, machine packaging, and corporate marketing. The technological changes in food production were particularly liked by women of the developing middle class and led to the study of home economics which in turn, embraced instant gelatine. Jell-O was considered a staple for housewives across North America and its popularity only climbed with the Great Depression and Second World War. The strain from rations and shortages meant homemakers had to stretch their ingredients as far as possible. One solution was to encase leftovers in gelatine. This process was neat, quick, and simple and widely adopted.

As World War II came to an end, its enduring, complex trauma ignited a societal urge for post-war normalization. This need for security manifested into a cultural obsession with security through domesticity, ultimately leading to the baby boom and the concept of the "nuclear family" which enforced gender roles, patriarchal structures, and the idea of "home" as a two-faced public cultural ideal and a private-life aspiration. Media and legislation played a big part in this era to promote the "ideal" family (white, middle class, suburban) and their roles in society.

The value of a woman was (and still often is) highly and publicly contingent on her labour in the home. You had to look after cooking, cleaning, child rearing, maintaining the home, mending clothes, buying and storing food, and manage the budget. It was exhausting work and corporations were quick to pick this up and capitalize on it. By the 50's, food companies began advertising instant, packaged, and processed foods to cut costs and electronic

corporations began selling automated kitchen devices to speed up cooking time. These products became extremely popular in across North America and it became common to see canned goods, TV dinners, and mixers in the home.

Liberation Salad

The push for consumers to choose convenience and ease led to another cultural shift in Western ideas of cooking and domesticity. Before modern inventions, cooking, cleaning, mending, and childrearing would take up all of your day. Now, it could just take an afternoon with the help of a washer, a sewing machine, an electric stove, and a vacuum cleaner. Women started to experience boredom, isolation, and unfulfillment with their lives in their newfound free-time. Marketing acted quickly and soon the idea of the housewife transformed into that of a hostess or "domestic goddess". The public saw women who had too much free time used processed ingredients as as lazy, disorganized, and looking for a quick fix. Every meal was supposed to be the labourious result of love and care from not just a mother but a sexy housewife.

A sort of middle ground was found. These women found that they could bypass cultural stigma by shifting labour from process to presentation. Meals could still be cheap and easy to make as long as they looked elegant. It's here where the modern jellied salad was born. Once a survival meal, jelly molds became a site of experimentation, artistry, and originality. Just about anything could be encased by Jell-O and elements like colour, flavour, presentation, opacity, and layering were among some considerations taken when planning a dish. For the following two decades, jellied salads had a grip on the culinary world, in cookbooks, and at social functions as a way for women to entertain guests, exercise status, and experiment in the kitchen.

Gelatinous salads faced a steep decline in the late 70's and 80's. Nutrition campaigns against sugar became increasingly popular and Jell-O rebranded itself as a dessert and snack company. As a result, jellied salads were no longer seen as nutritious and were replaced with tossed salads and various other health fads. Another factor in the jellied salad decline had to do with women entering the workforce in large numbers. This resulted in more changes in consumer habits and consumption as well as opening up discussions surrounding domestic labour.

And just like that, jellied salads fell into the crevasses of old recipe books and family dinners you wish you weren't invited to. Currently, jellied salads live on as examples of weird, white, mid-century culinary mistakes and though I find them frankly disgusting, I'm also charmed by them. While these salads should be feared, they also deserve a little respect as symbols of modernity, creativity, determination, and even liberation.

