

# Boiled Salad

## Ingredients

2 heads of celery, 1 pint of French beans, lettuce, and endive. [Illustration: FRENCH BEANS.] [Illustration: CHERVIL.]

## Method

Boil the celery and beans separately until tender, and cut the celery into pieces about 2 inches long. Put these into a salad-bowl or dish; pour over either of the sauces No. 506, 507, or 508, and garnish the dish with a little lettuce finely chopped, blanched endive, or a few tufts of boiled cauliflower. This composition, if less agreeable than vegetables in their raw state, is more wholesome; for salads, however they may be compounded, when eaten uncooked, prove to some people indigestible. Tarragon, chervil, burnet, and boiled onion, may be added to the above salad with advantage, as also slices of cold meat, poultry, or fish.

*Source: Mrs Beeton's Book of Household Management (1861)*

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