KNOX
ON-CAMERA RECIPES

A completely new guide to Gel-Cookery
Perfection Salad
SIMPLE GEL • 4 SERVINGS • 70 CALORIES PER SERVING

A classic molded vegetable salad that is as popular today as when it was developed at the turn of the century.

INGREDIENTS

1 envelope Knox Unflavored Gelatine
1/2 cup sugar
1/2 teaspoon salt
1/2 cups water, divided
1/2 cup vinegar
1 tablespoon lemon juice

1/2 cup finely shredded cabbage
1 cup chopped celery
1 pimento, cut in small pieces
or 2 tablespoons chopped sweet red or green pepper

Variations

PINEAPPLE PERFECTION SALAD:
Substitute 3/4 cup canned pineapple juice for 3/4 cup of the water. Reduce sugar to 2 tablespoons.

OLIVE PERFECTION SALAD:
Substitute 1/2 cup chopped ripe olives for the pimento.

RED CABBAGE PERFECTION:
Substitute shredded red cabbage for the regular cabbage.

PEANUT PERFECTION:
Substitute 1/2 cup chopped peanuts for the celery.

CUCUMBER AND ONION PERFECTION:
Substitute 1/2 cup chopped cucumbers and 1 small onion, chopped, for the celery.

CAULIFLOWER PERFECTION SALAD:
Substitute 1/2 cup finely cut crisp raw cauliflower and 2 tablespoons chopped green pepper for 1/2 cup of the chopped celery.

1. Mix gelatine, sugar and salt thoroughly in a small saucepan.

2. Add 1/2 cup of the water. Place over low heat, stirring constantly until gelatine is dissolved.

3. Remove from heat and stir in remaining 1/4 cup of water, vinegar and lemon juice.

4. Chill mixture to unbeaten egg white consistency.

5. Fold in shredded cabbage, celery and pimento or pepper.

6. Turn into a 2-cup mold or individual molds and chill until firm.

7. Unmold on serving plate and garnish with salad greens. Serve with salad dressing.