

Salads

Creme Fraiche Buttermilk Salad Dressing
Creme Fraiche Thousand Island Dressing
Artichokes with Hollandaise Sauce
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Salade Normande
Cucumber and Salmon Salad
Dandelion Salad
Endive Salad
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ON CREME FRAICHE SALAD DRESSING

ALL oils are 100% fat; creme fraiche is only 40%. By substituting creme fraiche for oil in salad dressings, we reduce our calories and fat by 60%.

ALL oils are empty calories: only calories, 120 per tablespoon, and nothing else. Creme fraiche contains 45 calories per tablespoon and is a source of vitamins and minerals essential to good health. And its flavor is superb. So enjoy these lovely dressings knowing that they are as good for you as your salad.

And, oh yes, since creme fraiche is just as nature made it, you don't have to fret about cis- and trans-isomers.

CREME FRAICHE THOUSAND ISLAND DRESSING

I must confess that I do not like thousand island dressing. After all, mayonnaise, pickle relish, and ketchup. On salad! But this one is good.

3/4 cup creme fraiche
1/4 cup buttermilk
2 tbs tomato paste
1 tbs pickle relish (or more)
1 clove garlic, chopped
dash Tabasco sauce
dash Worcestershire sauce
apple cider vinegar, to taste

1. Mix together all the ingredients. Adjust seasonings.

ARTICHOKES WITH HOLLANDAISE

SERVES 4

2 artichokes
2 slices lemon

3 tbs lemon juice
*Hollandaise**

*Hollandaise is in the Auxiliary Recipes.

1. Trim the artichokes and cook in salted simmering water for 30 minutes. Drain and cut in half. Sprinkle with lemon juice.
2. Serve the sauce generously with the artichokes.

CARROT SALAD WITH ANISE SEED SAUCE

SERVES 4

4 large carrots
3/4 cup creme fraiche
1 tbs German mustard
1 tsp honey
2 green onions with tops
1 tbs olive oil
salt and pepper
1 tsp anise seed

1. Wash and peel the carrots. Shred them, and place them in a salad bowl.
2. Mix together the creme fraiche, mustard, and honey.
3. Chop the green onions. Add to the creme fraiche-mustard mixture.
4. Mix in the olive oil, salt, pepper, and anise seed.
5. Pour the dressing over the carrots and toss.

SALADE NORMANDE

SERVES 4

1 head escarole, chopped
1 red apple, thinly sliced but not peeled
8 oz cooked baby shrimp
*3/4 cup creme fraiche buttermilk dressing**

*Creme Fraiche Buttermilk Dressing is in the Auxiliary Recipes.

1. Toss all ingredients with the salad dressing. Sprinkle with more dill if desired.

CUCUMBER AND SALMON SALAD

SERVES 4

2 cucumbers
salt
1 cup creme fraiche
2 tbs minced fresh mint
1/2 lb thinly sliced smoked salmon

1. Seed, core and dice the cucumbers. Salt the cucumbers, and drain for 1 hour.

2. Rinse the cucumbers, and dry them.
3. Mix the creme fraiche with the cucumbers. Add the minced mint.
4. Place a mound of the creme fraiche-cucumber mixture in the center of each dish and serve with thinly sliced smoked salmon.

DANDELION SALAD

SERVES 4

8 oz tender dandelion leaves
4 herring filets
3/4 cup creme fraiche
1 tsp mustard
1 tbs fines herbes
salt and pepper
garlic croutons

1. Mix together the creme fraiche, mustard, fines herbes, and salt and pepper.
2. Make croutons by rubbing slices of French sourdough bread with garlic; toast in a 350 degree F oven until brown. Cut into cubes.
3. Place the dandelions in a salad bowl; top with the herring filets; pour on the sauce and add the croutons and toss.

ENDIVE SALAD

SERVES 4

4 oz creme fraiche
12 oz Belgian endive
2 Pippin apples
3 oz walnuts, chopped
1 tsp Dijon mustard
juice of one lemon
salt and pepper

1. Clean the endive and cut into pieces 1 inch long.
2. Peel and core the apples. Mince finely.
3. Place the endive, apples and chopped nuts in a dish.
4. Mix together the creme fraiche, lemon, mustard, salt and pepper.
5. Pour the dressing on the salad and mix well.

SPINACH SALAD WITH HERB SAUCE

SERVES 4

1 bunch spinach
3/4 cup creme fraiche
2 hard boiled eggs
2 sprigs fresh tarragon
2 sprigs parsley
salt and pepper

1. Wash the spinach, and tear into bite-size pieces.
2. Chop the tarragon, parsley and eggs.

3. Add the herbs and eggs to the creme fraiche. Season to taste with salt and pepper.
4. Pour the dressing over the salad and toss well.

POTATO SALAD WITH ANCHOVY CREAM

SERVES 4 TO 6

3 large boiling potatoes, preferably new
2 hard boiled eggs
6 anchovy filets
2 tbs creme fraiche
1 tbs olive oil
pepper
1 tbs fines herbes
1 tsp capers
1 dash vinegar

1. Cook the potatoes in boiling, salted water, skins on, for 15 minutes. Drain and cool. Peel and cut into half-inch cubes. Place in a salad bowl.
2. Chop the eggs and place in the salad bowl with the potatoes.
3. Mix the anchovy filets with the creme fraiche and the oil. Add pepper, to taste, the fines herbes, capers and vinegar.
4. Pour the dressing over the potatoes and eggs. Turn to coat the potatoes and eggs with the sauce.

POTATO SALAD WITH WHOLE-SEED MUSTARD

SERVES 4

2 lbs new potatoes
1 cup creme fraiche
2 tbs whole-seed mustard
1 tbs minced fresh tarragon

1. Cook the unpeeled potatoes in boiling salted water for 20 minutes. Drain.
2. When the potatoes are cool, peel and slice them.
3. Mix the mustard with the creme fraiche.
4. Pour the dressing over the potatoes. Gently mix the potatoes with the dressing.
5. Sprinkle the tarragon over the salad.

SPINACH SALAD A LA SADIE

SERVES 4

1 bunch spinach
8 to 10 sprigs fresh mint
6 large fresh mushrooms
cracked black pepper
*3/4 cup creme fraiche buttermilk dressing**

*Creme Fraiche Buttermilk Dressing is in the Auxiliary Recipes.

1. Wash and chop the spinach and the mint leaves.
2. Clean and slice the mushrooms.
3. Toss with creme fraiche buttermilk dressing.
4. Lightly sprinkle with cracked black pepper.

TOMATO SALAD WITH DILL CREAM

SERVES 4

1 cup creme fraiche
1 tbs dried dill
8 vine ripe tomatoes
3 tbs finely minced sweet red onion
1 oz fresh goat cheese
cracked black pepper

1. Several hours in advance, mix the dill into the creme fraiche. Leave at room temperature so that the dill can scent the creme fraiche.
2. Slice the tomatoes. Add the dill-creme fraiche mixture. Coat the tomatoes well with the sauce.
3. Sprinkle the salad with red onions; crumble the goat cheese over it. Sprinkle lightly with cracked black pepper.

ROMAINE AND MUSHROOM SALAD

SERVES 4

1 head romaine
8 large, raw mushrooms
3/4 cup creme fraiche
1 tbs minced hazelnuts
1 tbs chopped walnuts
1 green onion, chopped
1 clove garlic, minced
2 sprigs parsley, chopped
1 tbs vinegar
1/4 tsp salt
1/2 tsp pepper

1. Wash and chop the romaine. Wash and slice the mushrooms. Place both in a salad bowl.
2. Mix together the creme fraiche, hazelnuts, walnuts, green onion, garlic, salt, pepper and vinegar.
3. Pour the dressing over the salad. Toss well.

FRUIT SALAD WITH SWEET CIDER AND CREME FRAICHE SAUCE

SERVES 4

2 small peaches
2 apricots
2 apples
4 oz raspberries
4 oz small strawberries

1/2 cup sweet cider
3 tbs creme fraiche
2 tbs superfine sugar
1/2 vanilla bean

1. Peel, seed and core the apples. Cut into thin slices. Slice the peaches and apricots into fourths. Place the fruit in a bowl and mix. Add the berries.
2. Mix together the cider, creme fraiche and sugar. Scrape the inside of the vanilla bean and add to the sauce. Pour the sauce over the fruit.