

Sandwiches

OLD ENGLISH SPREAD
 5 oz. Old English cheese spread
 1-8 teaspoon salt
 2 tablespoons mayonnaise or evaporated milk
 1/2 bunch Dennis water cress
 Combine cheese, salt and mayonnaise. Stir well. Add finely chopped water cress and mix well. Yield: 4 sandwiches (24 canapes).

EGG-WATER CRESS
 3 hard boiled chopped eggs
 1/2 teaspoon salt
 2 tablespoons mayonnaise
 1/2 bunch Dennis water cress
 Combine eggs, salt and mayonnaise. Add finely chopped water cress and mix well. Yield: 4 sandwiches.

CHICKEN-WATER CRESS
 3/4 cup (6 oz.) chopped cooked chicken
 2 tablespoons mayonnaise
 1-8 teaspoon salt
 1-16 teaspoon pepper
 1/2 bunch Dennis water cress
 Combine all ingredients except water cress. Add finely chopped water cress and mix well. Yield: 4 sandwiches (24 canapes).

CHOPPED MEAT
 1 cup finely chopped cooked meat
 3 tablespoons mayonnaise
 1-8 teaspoon celery salt
 2 teaspoons scraped onion
 1-8 teaspoon salt
 1/2 bunch Dennis water cress
 Combine all of the ingredients except the water cress. Add finely chopped water cress and mix well. Yield: 4 sandwiches.

TOMATO WATER CRESS
 1 cup diced drained tomatoes
 1/4 teaspoon salt
 1/4 teaspoon celery salt
 2 tablespoons mayonnaise
 1/2 bunch Dennis water cress
 Chop water cress medium coarse. Drain tomatoes well. Combine all ingredients. Spread between buttered slices of bread. Yield: 4 sandwiches.

WATER CRESS HIGH IN MINERALS AND VITAMINS

Among the salad greens, water cress stands high in the amount of vitamins and minerals that it offers. Cultivated water cress is an important source of vitamin A and C and of calcium and iron and contains generous amounts of other vitamins and minerals.

STORING WATER CRESS

Purchase water cress that is fresh looking, bright in color with no yellowed or damaged leaves. Never store uncovered in a mechanical refrigerator and never store in a refrigerator storage pan where it will be mashed by heavier vegetable and fruits. Water cress prepared and stored in the following manner will keep fresh for several days:
 Tie a bunch of water cress and look it over carefully, removing any yellow leaves. Wash thoroughly in cold water. Drain well and finish drying on a towel or absorbent paper. Place in a quart jar or container with a tight fitting cover. Store in the refrigerator until needed.

For short cut sprays: Before untying the bunch, cut the stems into 1/4" lengths. Wash, drain and store stems in refrigerator for use in soups and salads. Wash and store short cut sprays as directed above.

COOKING WATER CRESS

Water cress not only has great renown as a garnish and as a crisp tangy salad green, but it is also famous for its delicate and unique flavor when cooked. As a matter of fact, the original Oysters Rockefeller were served with braised water cress rather than spinach.

Of the many recipes for water cress cooked in soups, with other vegetables and with meats, some of the most delicious are built around a base of simple Braised Water Cress. Here is the basic recipe.

BRAISED WATER CRESS


3 tablespoons butter 4 bunches water cress
 1 clove garlic 1/2 teaspoon salt

Melt butter in 9 inch frying pan. Finely mince the garlic and add to the butter. Cut water cress stems in 1-8 inch lengths and add to butter and garlic. Cook over moderate heat until barely tender, about 10 minutes. Coarsely cut the water cress leaves and add to stems. Sprinkle with salt. Cook, uncovered, until leaves begin to wilt, about 5 minutes, stirring occasionally. Serve immediately. Serves 4 to 6.

WATER CRESS RECIPES FOR THE HOMEMAKER

Salads
 Soups
 Sandwiches

COURTESY OF
DENNIS WATER CRESS, INC.
 GROWERS AND SHIPPERS OF
 CULTIVATED WATER CRESS



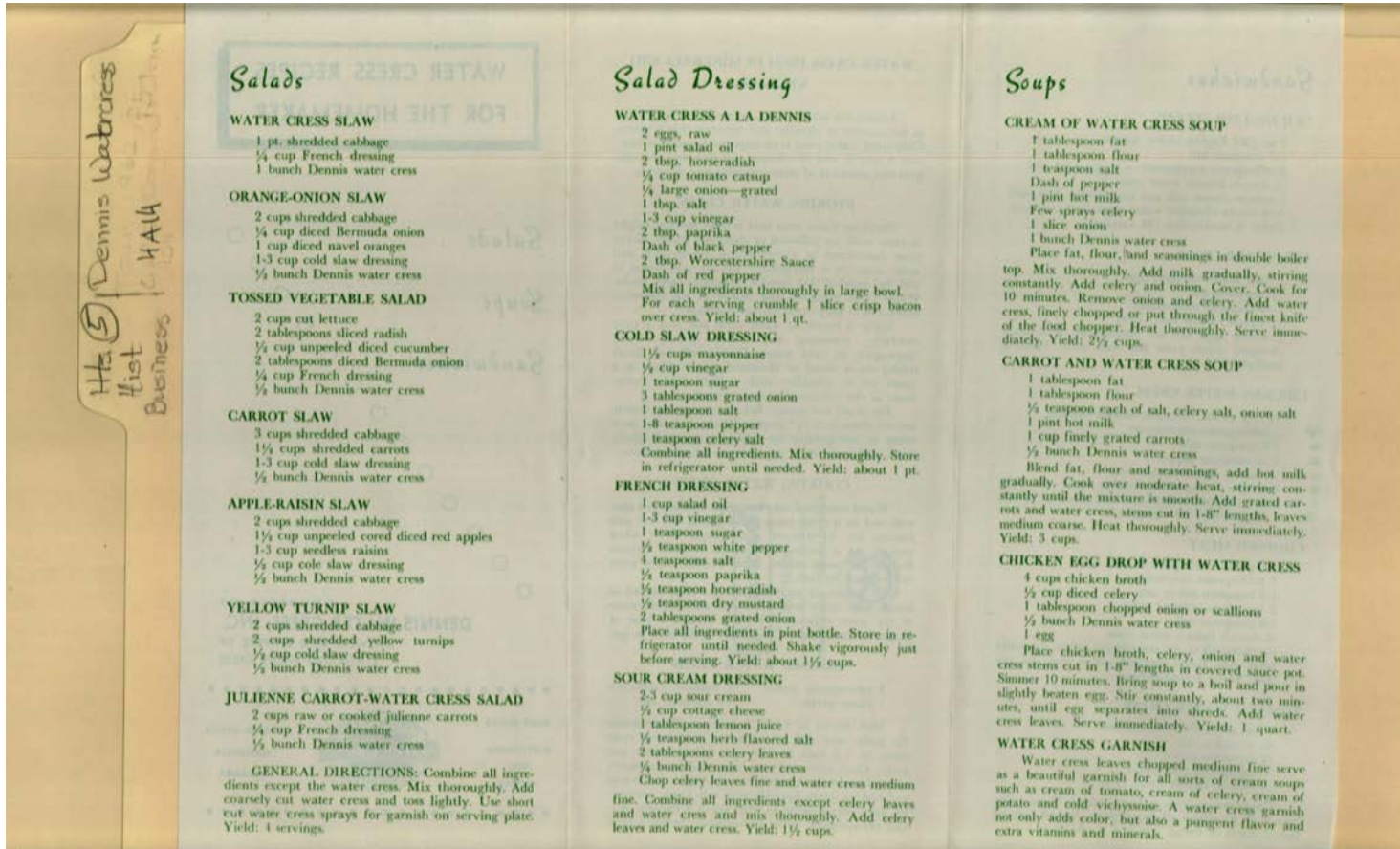
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Business
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Names: Dennis Water Cress, Inc. Sandwiches

Places: Huntsville, AL

Types: advertisement



Names:

- Salads, Salad
- Dressing, Soups

Types:

advertisement

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Frances Cabaniss Roberts Collection

Preferred Citation: Frances Cabaniss Roberts Collection, Archives and Special Collections, M. Louis Salmon Library, University of Alabama in Huntsville, Huntsville, AL.

Collection Scope and Content: The Collection of 114 Linear ft. includes a total of 156 Archival Boxes. The Frances Cabaniss Roberts collection covers the historical records of the Cabaniss Roberts family. This collection contains extensive correspondence records of the Cabaniss Roberts family circa 1830 to 1930.

Archives/Special Collections Access Restrictions: None

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