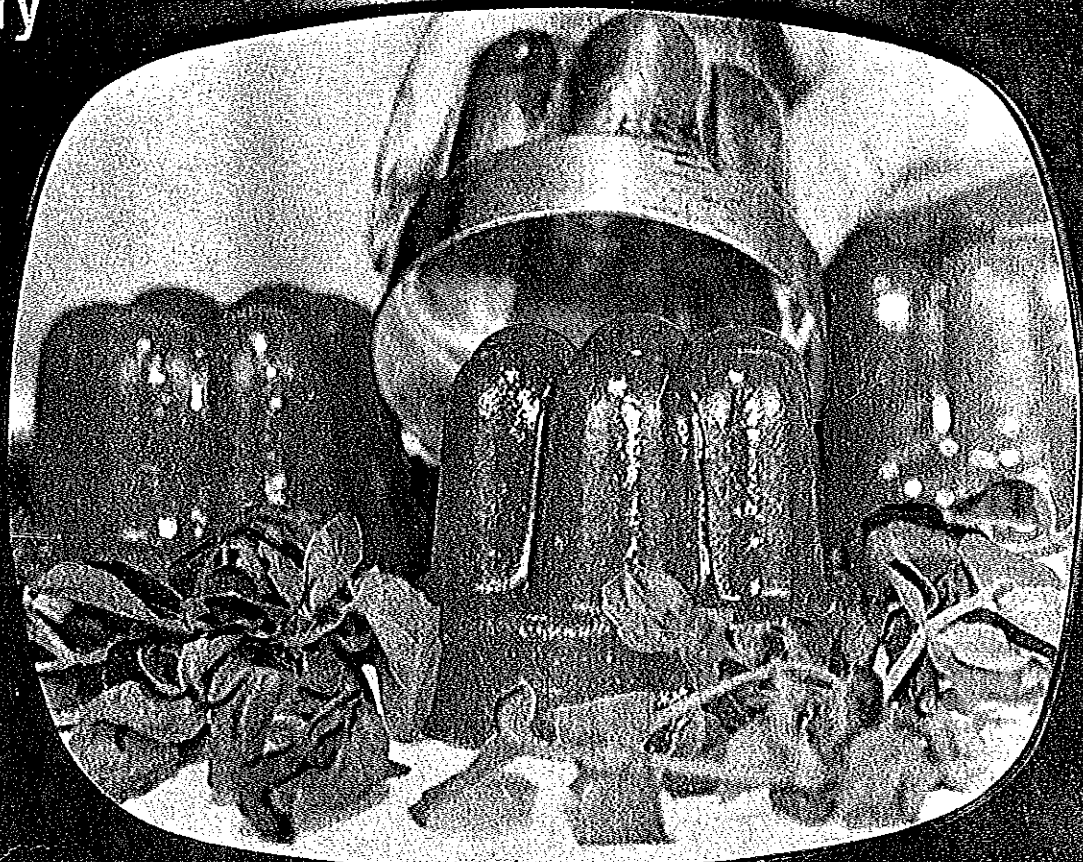


KNOX® ON-CAMERA RECIPES

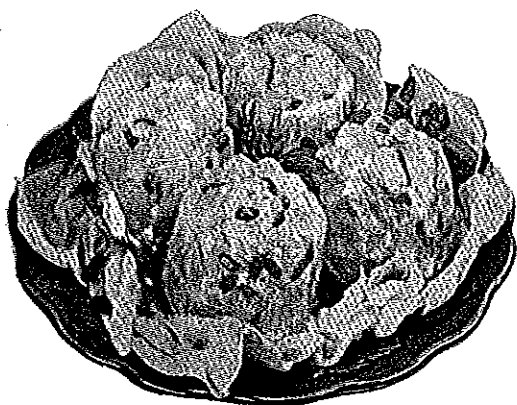
A completely
new guide to
Gel-Cookery



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 | $\frac{1}{2}$ cup finely shredded cabbage |
| $\frac{1}{4}$ cup sugar | 1 cup chopped celery |
| $\frac{1}{2}$ teaspoon salt | 1 pimienta, cut in small pieces |
| $1\frac{1}{4}$ cups water, divided | or 2 tablespoons chopped sweet red or green pepper |
| $\frac{1}{4}$ cup vinegar | |
| 1 tablespoon lemon juice | |



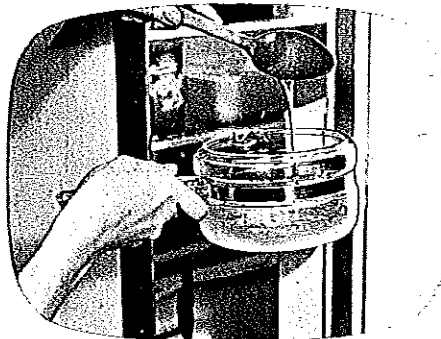
- 1** Mix gelatine, sugar and salt thoroughly in a small saucepan.



- 2** Add $\frac{1}{2}$ cup of the water. Place over low heat, stirring constantly until gelatine is dissolved.



- 3** Remove from heat and stir in remaining $\frac{3}{4}$ cup of water, vinegar and lemon juice.



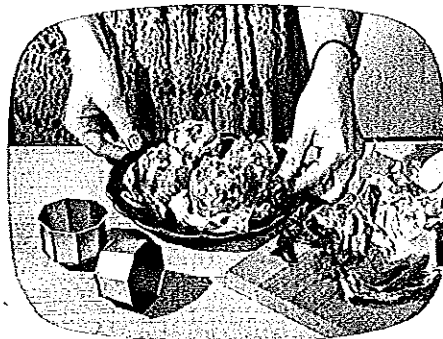
- 4** Chill mixture to unbeaten egg white consistency.



- 5** Fold in shredded cabbage, celery and pimienta 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.

Variations

PINEAPPLE PERFECTION SALAD:

Substitute $\frac{3}{4}$ cup canned pineapple juice for $\frac{3}{4}$ cup of the water. Reduce sugar to 2 tablespoons.

OLIVE PERFECTION SALAD:

Substitute $\frac{1}{2}$ cup chopped ripe olives for the pimienta.

RED CABBAGE PERFECTION:

Substitute shredded red cabbage for the regular cabbage.

PEANUT PERFECTION:

Substitute $\frac{1}{2}$ cup chopped peanuts for the celery.

CUCUMBER AND ONION PERFECTION:

Substitute $\frac{1}{2}$ cup chopped cucumbers and 1 small onion, chopped, for the celery.

CAULIFLOWER PERFECTION SALAD:

Substitute $\frac{1}{2}$ cup finely cut crisp raw cauliflower and 2 tablespoons chopped green pepper for $\frac{1}{2}$ cup of the chopped celery.