

# World salads







# List of salads











**Salad** is any of a wide variety of dishes including: green salads; vegetable salads; salads of pasta, legumes, or grains; mixed salads incorporating meat, poultry, or seafood; and fruit salads. They include a mixture of cold or hot foods, often including vegetables and/or fruits.














A garden salad with lettuce, Sun-dried tomatoes, cherry tomatoes, beets, cucumber and feta cheese


## Varieties of salad






Name	Image	Origin	Type	Description
Acar		Indonesia, Malaysia, and Singapore	Vegetable salad	Made from yardlong beans, carrots and cabbage which are pickled in vinegar and dried chili peppers. The vegetables are then tossed in ground peanuts.
Agrigento Salad		Agrigento, Italy	Pasta salad	A lettuce and Radiatori pasta based salad with tomatoes, roasted peppers, artichokes, mushrooms, and Kalamata Olives. Usually served with oil and vinegar or balsamic vinaigrette.
Ambrosia (fruit salad)		United States	Fruit salad	Mixed with sour cream and/or sweetened whipped cream, miniature marshmallows, pineapple, mandarin oranges and coconut.
Antipasto		Italy	Meat salad	Italian salami, Italian cheese, lettuce, olives, Italian dressing
Arab salads		Arab cuisine	Vegetable salad	Combines many different vegetables and spices, and often served as part of a mezze
Asinan		Indonesia	Vegetable or fruit salad	A pickled (through brined or vinegared) vegetable or fruit dish, commonly found in Indonesia. The vegetable asinan is preserved vegetables served in a thin, hot, peanut sauce with vinegar, topped with peanuts and krupuk. The fruit asinan is preserved tropical fruits served in sweet, hot and sour vinegar and chili sauce, sprinkled with peanuts.
Bean salad			Bean salad	Mainly composed of cooked pole beans (green beans and/or yellow wax beans), cooked chickpeas (garbanzo beans), cooked kidney beans and sliced or diced fresh beetroot. The beans are marinated in an oil/vinegar vinaigrette, sometimes sweetened with sugar.








Bok l'hong <i>bok lahong</i>		Cambodia	Fruit salad	A papaya salad. Herbs added to the salad either as ingredients or garnishes might include kantrop,[2] lime leaves and basil. The dressing may include fish sauce, shrimp paste, dried shrimp, preserved crabs, crushed peanuts and/or lime juice. Other vegetables used may include diced tomatoes and shredded carrots.
Caesar salad		Mexico, United States	Green salad	Romaine lettuce and croutons dressed with parmesan cheese, lemon juice, olive oil, egg, Worcestershire sauce, anchovies, and black pepper.
Celery Victor		American (cuisine). Invented in 1910 by Victor Hertzler who is also credited by some as inventing crab Louis.	Vegetable salad	Celery hearts simmered in a veal or chicken stock, chilled (often in a citrus or vinegar marinade), tossed with mild peppers, then served over Romaine lettuce.
Cheese slaw			Cheese salad	a salad consisting of grated cheese, grated carrot and a mayonnaise dressing.
Chef salad			Vegetable and meat salad	Usually made with hard-boiled eggs, strips of ham or another cold cut (such as roast beef, turkey, or chicken), croutons, tomatoes, cucumbers, and cheese (often crumbled), all placed upon a bed of tossed lettuce or other leaf vegetables. Several early recipes also include anchovies. The dressing on this salad was traditionally Thousand Island dressing, and it may be served with other dressings.
Chicken salad		Worldwide	Meat salad	Any salad that comprises chicken as a main ingredient. Other common ingredients include boiled eggs, mayonnaise, and a variety of mustards.
Chilean salad		Chilean cuisine	Vegetable salad	Contains tomato, onion, coriander and olive oil, and sometimes with chili peppers
Chinese chicken salad		American Chinese cuisine	Meat salad	A salad with chicken flavored by Chinese seasonings, popular in the United States.
Çoban salatası		Turkey	Vegetable salad	A combination of finely chopped tomatoes, cucumbers, onions, green peppers and flat-leaf parsley. The dressing consists of a simple mix of lemon juice, extra virgin olive oil and salt.
Cobb salad		United States	Vegetable salad	The original recipe contained: lettuce (head lettuce, watercress, chicory, and romaine), tomatoes, crisp bacon, Chicken breast, hard-cooked eggs, avocado, roquefort cheese, chives and vinaigrette.
Coleslaw		United States, United Kingdom	Cabbage	Coleslaw, sometimes is a type of salad consisting primarily of shredded raw cabbage. It may also include shredded carrots.
Crab Louie		United States	Seafood salad	A typical Crab Louie salad consists of <sup>[1]</sup> crab meat, hard boiled eggs, tomato, asparagus, cucumber and is served on a bed of Romaine lettuce with a Louie dressing based on mayonnaise, chili sauce and peppers on the side. Some recipes include olives and scallions.
Curtido		Central America	Cabbage	A lightly fermented cabbage relish.
Dressed herring		Russia	Herring and vegetable salad	Diced, salted herring covered with layers of grated, boiled vegetables (potatoes, carrots, beet roots), chopped onions, and mayonnaise.

Egg salad			Egg salad	Egg salad is often used as a sandwich spread, typically made of chopped hard-boiled eggs, mayonnaise, mustard, minced celery or onion, salt, pepper and paprika.
Fattoush		Levant	Bread salad	A bread salad made from toasted or fried pieces of pita bread ( <i>khubz 'arabi</i> ) combined with mixed greens and other vegetables. <sup>[2]</sup>
Fiambre		Guatemala	Meat salad	A traditional Guatemalan salad eaten on November 1 and 2, to celebrate the Day of the Dead ( <i>Día de los Difuntos</i> ) and the All Saints Day ( <i>Día de los Santos</i> ). It is a salad, served chilled, and may be made up from over 50 ingredients.
Fruit salad		Worldwide	Fruit salad	Made with various types of fruit, served either in their own juices or a syrup. Also known as a <i>fruit cocktail</i> .
Gado-gado		Indonesia	Vegetable salad	A traditional dish in Indonesian cuisine, and is a vegetable salad served with a peanut sauce dressing, eaten as a main dish.
Garden salad		Worldwide	Green salad	Made with lettuce such as iceberg, romaine or mesclun greens. <sup>[3]</sup> Other toppings may include: tomatoes, carrots, onions, cucumbers, mushrooms, bell peppers.
Glorified rice		United States	Fruit salad	Made from rice, crushed pineapple, egg, sugar, vinegar, flour and whipped cream. It may be decorated with maraschino cherries. <sup>[4]</sup>
Golbaengi muchim		Korea	Fish salad	Made with Neverita didyma, (a sea snail), dried shredded squid or dried Alaska pollack, vegetables such as sliced cucumber, and shredded scallions, and mixed with a hot and spicy sauce. The sauce is generally made with <i>gochujang</i> (chili pepper paste), chili pepper powder, vinegar, sugar, salt, minced garlic, and sesame oil.
Greek salad		Greece	Vegetable salad	Made with wedges of tomatoes, cucumber, green bell peppers, red onion, sliced or cubed feta cheese, and kalamata olives, typically seasoned with salt, black pepper and dried oregano, and dressed with olive oil.
Ham salad			Meat salad	Includes ham, mayonnaise or salad dressing, diced dill or sweet pickles or pickle relish, chopped hard boiled egg, and perhaps onions, celery, cucumber or tomatoes.
Insalata Caprese		Italian region of Campania	Tomato and cheese salad	Made of sliced fresh buffalo mozzarella, tomatoes and basil, and seasoned with salt, pepper, and olive oil. <sup>[5]</sup>
Israeli salad		Palestinian salad, Arab salad <sup>[6][7]</sup>	Vegetable salad	Chopped salad of finely diced tomato and cucumber. Usually made of tomatoes, cucumbers, onions and parsley, and dressed with fresh lemon juice, olive oil and black pepper. Generally, the cucumbers are not peeled. The key is using very fresh vegetables and chopping them as finely as possible. <sup>[8]</sup>
Jello salad		United States	Fruit salad	Made with flavored gelatin, fruit and sometimes grated carrots or, more rarely, other vegetables. Other ingredients may include cottage cheese, cream cheese, marshmallows, nuts or pretzels.
Karedok		West Java, Indonesia	Vegetable salad	A raw vegetable salad made from cucumbers, bean sprouts, cabbage, legumes, Thai basil, and small green eggplant.

Kinilnat		Philippines	Vegetable salad	The leaves, shoots, blossoms, or the other parts of sweet potato, bitter melon and/or other edible plants are boiled and drained and dressed with bagoong (preferably) or patis, and sometimes souring agents like calamansi or cherry tomatoes are added, as well as freshly ground ginger.
Kısır		Turkish (cuisine)	Cereal salad	A side dish made from fine bulgur, parsley, and tomato paste.
Larb		Lao (cuisine) and the Isan region of Thailand	Meat salad	A spicy meat salad usually made with chicken, beef, duck, turkey, pork or sometimes fish, flavored with fish sauce, lime juice and herbs.
Lyutika		Bulgaria	Vegetable salad	Made from roasted peppers, tomatoes, garlic, onions, and vegetable oil, usually crushed with a pestle in a mortar.
Macaroni salad		America, Australia	Pasta salad	Made with cooked elbow macaroni pasta served cold and usually prepared with mayonnaise.
Macedonia salad			Fruit salad	Composed of small pieces of fruit or vegetables. The former is eaten as a dessert, the latter as a cold salad.
Matbucha		Israel, Morocco, Tunisia, Algeria, and Libya	Vegetable salad	Mainly made with tomatoes, roasted peppers, oil and garlic which are cooked together.
Mesclun		Provence, France	Vegetable salad	A salad mix that traditionally mix includes chervil, arugula, leafy lettuces and endive in equal proportions, but modern iterations may include an undetermined mix of fresh and available lettuces and greens.
Michigan salad		United States	Vegetable salad	Green salad usually topped with dried fruit cherries, blue cheese, and a vinaigrette salad dressing.
Naem khluk		Thailand	Meat salad	Crumbled, deep-fried balls of sticky rice and <i>naem</i> (fermented sausage of pork skin mixed with sticky rice) are mixed with sliced shallots, dried chillies, fish sauce and lime juice. It is served with raw vegetables and fresh herbs.
Niçoise salad		Côte d'Azur region of France, originating in and named for the city of Nice, France.	Vegetable salad	Cos lettuce, native Niçoise olives and garnished with tinned anchovies. The salad is served with traditional Dijon vinaigrette.
Panzanella		Florence, Italy	Bread salad	a bread salad that includes sliced bread and fresh tomatoes flavored with basil, olive oil, and vinegar, often with salt and Black pepper.
Pao cai		Chinese and Sichuanese cuisine	Vegetable salad	A pickled cabbage salad.
Pasembur		Malaysia	Fish salad	Shredded cucumber, turnip, potato, beancurd, bean sprouts, prawn fritters, spicy fried crab, fried octopus, etc. served with a sweet and spicy nut sauce.

Pasta salad		Worldwide	Pasta salad	Prepared with one or more types of pasta, usually chilled, and most often tossed in a vinegar, oil or mayonnaise-based dressing.
Perigourdine		Périgord, SW France	Vegetable salad	Lettuce with croutons, duck <i>gesiers</i> (gizzards), walnut and a vinaigrette dressing made with walnut oil.
Phla mu		Thailand	Meat salad	A spicy Thai salad of grilled pork, lemongrass, mint, culantro and shallots, with a dressing of lime juice, sweet chilli paste ( <i>nam phrik phao</i> ), fish sauce, pounded garlic and bird's eye chili.
Piyaz		Turkey	Bean salad	Made from any kind of dry beans with hard-boiled egg and vegetables.
Poke salad		Hawaii	Seafood salad	Modern poke typically consists of cubed yellowfin tuna sashimi marinated with sea salt, a small amount of soy sauce, inamona (roasted crushed candlenut), sesame oil, limu seaweed, and chopped chili pepper.
Potato salad		Worldwide	Potato salad	Made from potatoes, and varies throughout different regions of the world. American versions often use mayonnaise, sour cream or milk dressing. <sup>[9]</sup>
Raheb		Middle East	Vegetable salad	Made with eggplant (aubergine) and tomatoes.
Rojak		Malaysia, Singapore and Indonesia	Fruit salad	A fruit and vegetable salad dish
Russian salad <i>Salade russe,</i> <i>Salade Olivier,</i> <i>Insalata russa</i>		Russia	Potato and meat salad	Diced potato, hard boiled eggs, green peas, pickles, meat (sometimes fish or seafood), with mayonnaise.
Seven-layer salad		United States	Vegetable salad	Usually includes Iceberg lettuce, tomato, cucumber, onion, sweet peas, hard boiled eggs, sharp cheddar cheese, and bacon pieces.
Salad Shirazi		Iran	Vegetable salad	A salad of chopped tomatoes, cucumber, olive oil, lime juice and mint.
Shepherd's salad		Bulgaria	Vegetable and meat salad	Includes tomatoes, cucumbers, onion, roasted red peppers, parsley, sirene (white brine cheese), eggs, kashkaval (yellow cheese), mushrooms and ham
Shopska salad		Bulgaria	Vegetable salad	Made with tomatoes, cucumbers, onion, raw green or roasted red peppers, parsley, and sirene (white brine cheese).
Snickers salad		United States	Candy salad	A mix of Snickers bars, Granny Smith apples, and whipped cream or whipped topping (such as Cool Whip) served in a bowl.
Som tam <i>Som tum</i>		The Isan region of Thailand.	Fruit salad	A spicy salad made from shredded unripe papaya.

Szalot		Silesia	Potato salad	Made from boiled potatoes, carrots, peas, ham, various sausages, pickled fish, boiled eggs, and dressed with olive oil or mayonnaise.
Tabbouleh		Levant	Herb salad	Finely chopped parsley, bulgur, mint, tomato, scallion, and other herbs with lemon juice, olive oil and various seasonings, generally including black pepper and sometimes cinnamon and allspice.
Taco salad		Mexico and United States	Meat salad	A fried tortilla shell stuffed with shredded iceberg lettuce and topped with tomato, Cheddar cheese, sour cream, guacamole, and/or Taco sauce, then topped with taco meat (ground beef) or seasoned shredded chicken. The salad may also include a base of refried beans on the shell before the lettuce is added.
Green papaya salad		Laos	Fruit salad	Made from shredded unripened papaya and often served with sticky rice.
Gỏi nhệch		Vietnam	Rice paddy eel salad	Made from small fry and usual condiments of Gỏi, Vietnamese salad
Tam mu yo		Thailand	Meat salad	A spicy Thai salad made with <i>mu yo</i> , a Thai pork sausage which is often also described in Thailand as "Vietnamese sausage". The dressing is somewhat similar to that of <i>som tam</i> .
Tam phonlamai ruam		Thailand	Fruit salad	The fruits used in this particular salad show the fusion aspect of Thai cuisine, as it incorporates "modern" (for Thais) fruit such as apples and grapes besides traditional fruit such as pineapple and guava. The dressing is made with pounded garlic, sugar, chillies, dried shrimp, lime juice and fish sauce, and is similar to that of <i>som tam</i> .
Taramosalata		Greece and Turkey	Fish roe	A Greek and Turkish meze. It is traditionally made from taramas, the salted and cured roe of the carp or cod. The roe is mixed with either bread crumbs or mashed potato, and lemon juice, vinegar and olive oil.
Tuna salad			Fish salad	Usually a blend of three main ingredients: tuna, eggs, and some form of mayonnaise or mustard.
Urnebes		Serbian cuisine	Cheese salad	made of pavlaka, a dairy product that is produced by souring heavy cream and hot chili peppers, with salt and other spices
Vinegret		Russia	Vegetable salad	Diced boiled vegetables (beet roots, potatoes, carrots), chopped onions, and sauerkraut and/or pickled cucumbers. <sup>[10][11][12]</sup> Other ingredients, such as green peas or beans, are sometimes also added. Dressed with vinaigrette or simply with sunflower or other vegetable oil.
Waldorf salad		Waldorf Hotel in New York City	Fruit salad	Julienned apple and celery, chopped walnuts, grapes, and mayonnaise
Watergate salad <i>Pistachio salad,</i> <i>Hawaiian Surprise,</i> <i>Pistachio Delight,</i> <i>and Picnic Passion</i>		Midwestern United States	Dessert salad	Made from pistachio pudding, canned fruit, and cool whip.
Wedge salad <sup>[13]</sup>		United States <sup>[14]</sup>	Vegetable salad	Made from cutting a solid non-shredded head of lettuce into a wedge shape, topped with blue cheese dressing and pieces of cooked bacon.

Wurstsalat		Germany, Alsace, Switzerland and Austria.	Meat salad	A tart sausage salad prepared with vinegar, oil and onions.
Yam khai dao		Thailand	Egg salad	A spicy Thai salad made with fried egg ( <i>khai dao</i> ).
Yam khamin khao kung		Thailand	Spice salad	A spicy Thai salad made with finely sliced "white curcuma" ( <i>Curcuma zedoaria</i> ), shredded coconut, cooked prawns, sliced shallots, dried chillies, fresh green bird's eye chillies, roasted cashew nuts, and crispy fried onion rings.
Yam kun chiang		Thailand	Meat salad	A Thai salad made with a dried pork sausage of Chinese origin called <i>kun chiang</i> . This dish is often eaten with plain rice congee.
Yam naem		Thailand	Meat salad	A Thai salad containing sausage made from fermented raw pork and sticky rice ( <i>naem</i> ).
Yam pla duk fu		Thailand	Fish salad	Crispy fried shredded catfish served with a spicy and tangy green mango salad.
Yam thua phu		Thailand	Vegetable salad	A Thai salad with winged beans, salted eggs, toasted coconut, shallots, fish sauce, lime juice and chillies. Other ingredients, such as squid, can be added to the basic recipe.
Yorkshire Salad		Yorkshire cuisine	Vegetable salad	A very basic salad of lettuce, cucumber, chopped onion/spring onion, chopped fresh mint, pinch of sugar and drown in malt vinegar. Serve to accompany a hot roast joint or Yorkshire pudding.
Yusheng <i>Yee sang</i> or <i>Yuu sahnng</i>		Teochew cuisine, China	Fish salad	Made with strips of raw fish (most commonly salmon), mixed with shredded vegetables and a variety of sauces and condiments.

## Salad dressings

The following are examples of common salad dressings:

- Blue cheese dressing
- Caesar dressing
- Extra virgin olive oil
- French dressing
- Honey Dijon
- Hummus
- Italian dressing
- Louis dressing
- Ranch dressing
- Rice vinegar
- Russian dressing
- Tahini
- Thousand Island dressing
- Vinaigrette
- Wafu dressing



## References

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A pasta salad made with fusili pasta

## External links

- Salad Recipes (<http://allrecipes.com/Recipes/Salad/Main.aspx>) from All Recipes

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