



Whit Salad

Mock Potato Eggs

- 1 cup grated carrots
- 2 ounces grated sharp cheddar cheese
- 2 cups cooked mashed potatoes

Salad

- 10 to 12 Romaine lettuce leaves or as needed
- 2 or 3 carrots, fine shredded
- 2 cups grated cabbage, well drained
- 2 cups cooked diced potatoes
- 1 to 2 Tablespoons minced fresh chives
- 12 cherry tomatoes, halved

Dressing

- 1/2 teaspoon salt
- 1/8 teaspoon ground white pepper
- 1/2 cup milk
- 1 Tablespoon white wine vinegar
- 1/2 teaspoon English mustard powder
- 1 teaspoon sugar

Prepare Potato Eggs: In a medium sized bowl, mix well drained grated carrots with warm cheese to combine. Using about 1 Tablespoon for each veggie egg yolk; form into balls. Using about 1/4 cup mashed potatoes for each; flatten to wrap around the “egg yolks”, enclosing the carrots inside. Cut each ball in half so they resemble hard boiled eggs. To have clean edges, it’s easier to cut around the mashed potato edges and then cut through.

Arrange the lettuce leaves in a circle on a large round serving platter. In the center, layer carrots, then cabbage, topped with potatoes and sprinkle with chives.

Arrange the tomato halves in a circle around the carrot mixture. Arrange the mock egg halves around the outside of the salad.

In a small bowl, make the dressing by whisking all the dressing ingredients together and drizzle over the potatoes and cabbage in the center.

Yield: Serves 6

Cook’s Note:

This is a very attractive dish to serve. However, since ingredients were rationed; this dish has a bland flavor. My suggestions would be to add more sharp cheddar to the “egg yolks” and some grated Parmesan cheese or cream cheese to the mashed potatoes along with a generous amount of salt and black pepper. They are very tasty served warm. The slaw could be enhanced with a flavorful cream dressing and some mild or hot peppers. Also, any root vegetable can be used in place of cabbage and carrots. Also, guess what? Purple carrots were available at that time.

About the Recipe: Eggs were rationed during WWII so this authentic salad recipe used only carrots, cheese, cabbage, and mashed potatoes. It’s a healthy meal that could feed an entire family of four. The best part was potatoes weren’t rationed and could be home-grown. This attractive salad, served in Great Britain, was only lightly seasoned.

About the Name: Whitsun, also known as Whit Sunday or Whit, is the name given to the celebration of Pentecost in the UK. The name is a contraction of White Sunday.

http://www.huffingtonpost.co.uk/entry/whitsun-2016-what-is-pentecost-whit-sunday_uk_573620cbe4b0f0f53e363375

<http://www.carrotmuseum.co.uk/history4.html>

AND SO THE STORY GOES...One of the characters used to encourage people to eat potatoes during the war was called Potato Pete. He appeared with his recipes in many WWII cookbooks and recipe leaflets. No one said it better than the Song of Potato Pete

Potatoes, new, potatoes old

Potatoes (in a salad) cold

Potatoes baked or mashed or fried.

Potatoes whole, potato pied

Enjoy them all, including chips

Remembering spuds don't come in ships!

<http://www.lavenderandlovage.com/2015/05/celebrate-ve-day-with-potato-pete-and-an-authentic-wwii-recipe-whit-salad.html>

<http://farmersgirlkitchen.co.uk/2015/05/the-woolton-pizza-pie-for-ve-day-70/>

Additional Resources:

<http://www.bbc.co.uk/history/ww2peopleswar/stories/64/a4439964.shtml>

<https://the1940sexperiment.com/100-wartime-recipes/>

<http://www.gloriagoodtaste.com/wp-content/uploads/2014/05/RUMFORD-WAR-CAKE.pdf>