Nutrition

Calories 501 Kcal 25%

Cholesterol 118mg 39%

Fiber 3.7g 15%

Sodium 652mg 26%

Carbohydrates 51.6g 17%

Fat 30.1g 46%

Protein 8.8g 18%

Ingredients

5 pounds whole russet potatoes

5 eggs

1 1/2 cups mayonnaise (such as Hellman's®)

2 tablespoons prepared yellow mustard (such as French's®)

1 small onion, chopped

3 stalks celery, chopped

7 sweet gherkins, chopped

25 pimento-stuffed green olives, sliced

1 pinch salt to taste

History

Potatoes (a new world food) were introduced to Europe by Spanish explorers in the 16th century. By the end of the century many countries had adopted this new vegetable and integrated it into their cuisines. Preparation methods and recipes were developed according to local culinary traditions.

Arnold Shircliffe, executive chef of Chicago's legendary Edgewater Beach Hotel, traced the origin of the potato salad to the 16th century. These are his notes:

"Early potato salad: John Gerrard in 1597 writes about potatoes and their virtues and said that "they are sometimes boiled and sopped in wine, by others boiled with prunes, and likewise others dress them (after roasting them in the ashes) in oil, vinegar and salt, every man according to his own taste. However they be dressed, they comfort, nourish and strengthen the body." This is one of the first potato salads mentioned in any book."

---Edgewater Beach Hotel Salad Book, Arnold Shircliffe [Hotel Monthly Press:Evanston IL] 1928 (p. 231)

Potato salad-type recipes were introduced to America by European settlers, who again adapted traditional foods to local ingredients. This accounts for regional potato salad variations in the United States. Potato salad, as we know it today, became popular in the second half of the 19th century. Cold potato salads evolved from British and French recipes. Warm potato salads followed the German preference for hot vinegar and bacon dressings served over vegetables.