

Title:

Everything You Need To Know About Fruit Salads

Word Count:

616

Summary:

Most of the people know only one thing about fruit salads; and that is how to eat them. How could you eat something that you know nothing about? Well, aside from the fact that they are delicious?

A fruit salad is a delicious dish with different kinds of fruit, sometimes served submerged in their own fruit juice, or lathered with syrup. It is oftenly served as an appetizer, if not that, dessert. Eitherway, fruit salads are definitely delicious, you can have them for both ap...

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Article Body:

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A fruit salad is a delicious dish with different kinds of fruit, sometimes served submerged in their own fruit juice, or lathered with syrup. It is oftenly served as an appetizer, if not that, dessert. Eitherway, fruit salads are definitely delicious, you can have them for both appetizer and dessert.

Making your own fruit salad is not hard; you just need to prepare its ingredients. And the ingredients used are neither extinct nor hard to find, you can just whip out your wallet and make the march to the nearest grocery store.

It needs one pint of basket of fresh California strawberries, which you are supposed to stem and make into halves; a teaspoon of finely chopped fresh mint or a half teaspoon of dried mint; a half cup of light sour cream; lettuce leaves; a half teaspoon of honey; two cups of fresh fruits that are in season. See? These ingredients do not require you to go hiking up in the mountains, looking for exotic fruits.

For you to make a strawberry dressing, you must puree an ample amount of the

strawberries in an electric blender, about a half-cup, to make a $\frac{1}{4}$ cup of pureed strawberries. In a separate bowl, stir the puree, together with mint and honey, into a sour cream so that they will all blend. In assembling your fruit salad, line individual salad plates that contain lettuce. Arrange the strawberries that you have reserved with the other fruits on the lettuce and top with the strawberry dressing. Sounds good, huh? You could bet that this tastes even better.

Yes, you now know how to make a fruit salad after knowing the necessary ingredients. But still, do you know where fruit salads came from? This is added knowledge, thus, it would be best if you keep this pieces of information in your memory.

The origin of fruit salads relies highly on what you initially mean by "fruit salad". Fruit salads that are made up of combinations of different fresh, dried, candied or sugared, and stewed fruits or vegetables. This type of fruit salad originated from the ancient times. The ingredients and the recipes that are used depended on what were available in the country, or if what ingredients were in season. They also depend on the socio-cultural attitudes of the people toward the ingredients, whether the fruits were socially considered to be healthy or not.

The fruit salad, as we know of it today, is a production of the mid-nineteenth century. There has been unearthed culinary evidence that confirms the saying that sometimes, fruits salads are purposely mixed with sugar and alcohol, thus, given the term "fruit cocktail". The non-alcoholic variation of this recipe, also the jellied fruit salad, was famous in the 1920s. In the period of the World War II, fruit salads were introduced to the world as a proper supplement of Vitamin C, and were, in fact, included in the American diet.

However, fruit salads in the European countries evolved quite differently. The recipes contained amounts of mayonnaise. Have you heard, or better yet, eaten a Waldorf salad? Well, this is the name of the said fruit salad that is lathered with mayonnaise.

Now is the time when you can say that you know everything you need to know that concerns fruit salads. Fruit salads contain one hundred twenty-three calories, two grams of protein, eleven milligrams of cholesterol, four grams of fat, and twenty-one grams of carbohydrates. What more can you ask for?