

SALADS - THE ICE QUEEN

Iceberg lettuce has a bad rap. It is the pale color, mild tasting, cellophane wrapped lettuce with the corporate logo. Its been criticized as bland, boring, lacking cachet. Someone referred to it as "the polyester of lettuces".

But when I was young all lettuce was iceberg. Its all we had and a wedge was on the salad plate every night with a tomato and spiced up by different salad dressings. TODAY, of course, the dressing of choice is homemade Blue Cheese .dressing. It was also used on burgers and other sandwiches and always a part of a cobb salad. It was invented in US over a century ago.

(Sub variety of butterhead)

Salinas - popular variety today grown in Salinas, California.

Its used in Asian cooking -Chinese love iceberg and use it in their stir-frys, soups, and fried rice.. Today seeing a resurgence --- try it grilled (with EVOO S&P; they build your salad around the grilled lettuce.

Iceberg is high in vitamin B) though not as nutritious as Romaine In Europe and Scandinavia iceberg is frequently used and costs more than other lettuces.

TIP: Loses its crispness minute is harvested. KEEP LEAVES IMMERSSED IN A BOWL OF ICE WATER FOR 10 MINUTES - SUBMERGING IT CAUSES ITS CELLS TO BECOME RIGID AND RESTORES THE CRISPNESS. WORKS FOR OTHER LIMP LETTUCES FROM REFRIGERATOR AS WELL OTHER RAW VEGGIES LIKE CUCUMBERSAND CHILES.