

Potato Salad

Potato salad has become a staple summer food at barbeques, picnics and potlucks; however, the potato salad we know today would have looked and tasted different historically. Potatoes are native to South America. The Spanish brought them back to Europe in the mid-1500s. At first potatoes were not received well. Certain countries, like Italy, failed at growing them successfully and due to the poisonous nature of their leaves many people regarded the plant with caution. However, in areas of Europe that had an ideal climate for the potato, peasants began growing them as they were cheap to grow. For many years only the poor, prisoners and livestock ate them. Potatoes were particularly popular in Germany. Potato salad was likely brought to North America by German immigrants in the mid-1800s. Originally, it was served warm and included ham or bacon. The salad's popularity spread and it became a popular side dish by the early 1900s.



Recipe: Cut boiled potatoes in small squares and season with salt and pepper. Cut up some bacon and several small onions and fry same in butter to a nice yellow colour; then pour vinegar into this and mix with the potatoes while still hot. Beat up the yolks of 2 eggs with a little vinegar and pour over potatoes. Serve while still a little warm.