



**HOW  
DO I?**

RECIPES:

# PRESIDENTIAL CHICKEN SALAD

Woodrow Wilson's favorite lunchtime meal was a good chicken salad sandwich. Wilson was known for golfing, and his cook would make a container of black coffee and a few chicken salad sandwiches the night before and leave them by his door, so he could pick them up and head to the greens for the morning. Chicken Salad had grown in popularity, and every cookbook from the time had many recipes; this one is taken from the "Economy Administration Cookbook," published in 1913 as a collection of recipes written by the wives, daughters and sisters of prominent government officials.

A HUGE NOTE: This makes Chicken Salad for a 1913 Luncheon! You may want to scale everything back if you are feeding for one or 2 people.

## INGREDIENTS

### Chicken

- 1 Chicken, boiled until tender
- 1 Cup broken pecans
- 4 Bunches of Celery, chopped
- 6 Lemons, juiced

### Dressing

- 4 eggs, beaten
- 1/2 cup sugar
- 4 Tablespoons of flour
- 1 cup vinegar
- lump of butter the size of an egg (about 3 tablespoons)
- 1 Tablespoon of Salt
- One Tablespoon of Mustard
- Dash of pepper

## DIRECTIONS

1. Break up and chop the chicken.
2. Mix the Chicken, Celery and Pecans
3. Add the lemon juice.
4. Mix all dressing ingredients together over a double boiler, stirring until thickened. Let cool.
5. Pour dressing over chicken salad and mix. Top on crackers, toast or vegetables.

Woolly's Note: This is before Mayonnaise was common in household kitchens, so the dressing is similar to what we use today!

Woolly's PRO TIP: If you don't have a double boiler, use a glass bowl that fits over your pot, and make sure it does not touch the boiling water

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES