Salad Bowl, Part I (2017) Updated Aug 24, 2019 Nikko Ong

1. A Thai version of this salad is known as Yam Khai Do, which utilises a fried version of this salad's namesake item. During New Year's Eve in Russia, a version of this salad is a mainstay of the zakuski tables. That version uses boiled potatoes, tart apples and mayonnaise, and is called Olivier salad. This salad's namesake item consists of an albumen and vitellus contained (*) in a thin membrane, and it comes in brown and white varieties that refer to its outer shell. FTP, name this salad often used as a sandwich filling that uses things that can be hard-boiled.

Answer: Egg Salad

2. This type of dressing can suffer from spoilage from a bacteria known as fructivorans, though it needs the Penicillium Roqueforti to truly shine. Its first factory in America was created by Felix Frederickson, and it is often called Maytag (*). According to popular legend, this dressing's essential ingredient was created when a man abandoned his simple lunch of bread and a bovine byproduct in a cave to chase after a girl, then returned months later to find a tinted creation that comes in other varieties such as Stilton and Cambozola. FTP, name this dressing that is served with buffalo wings or crudites, and is named after a cheese of a namesake color.

Answer: Blue Cheese Dressing (Prompt on blue cheese, do not accept cheese, because cheese dressing isn't a thing)

3. This salad's first iteration came from a Los Angeles location called the Brown Derby Restaurant. People often use a famous mnemonic that incites the speaker to E.A.T. this type of salad that helps them remember what goes in it. Popular legend goes that this salad's namesake creator was very hungry(*), so he went to the kitchen around midnight to throw together some assorted leftovers, including salad greens, roquefort cheese, and hard-boiled eggs. One ingredient in this salad comes in the Hass variety, and it often includes a grilled chicken breast. FTP, name this main-dish American garden salad that sounds like, but is not related to, corn on the...

Answer: Cobb Salad

4. This salad's namesake also created a business that is currently owned by Hilton Inc., and is part of a dual name of a building that is located in Manhattan. Oscar Tschirky created this salad for a famous opening in 1893, though Oscar's original recipe did not include nuts. An episode of the BBC show Fawlty Towers is named after this salad, and a version of this salad known as Emerald Salad replaces celery with cauliflower(*). Its original version included mayonnaise, though today walnuts and pecans are the star of the show.

FTP, name this fruit salad of celery, apples, nuts, and grapes that premiered in a famous hotel that was paired off with the Astoria.

Answer: Waldorf Salad

5. A dressing of this name is also a region of Indonesia that includes 110 specific objects. It was initially conceived in this place's namesake American region near Clayton, that lies between the United States and Canada, and was created by Sophia LaLonde as part of her husband's shore dinner. It has been used widely in fast-food restaurants in the United States, and a variation of it has been called "Special Sauce" by salad-ignorant restaurant proprietors(*). If one runs out of Russian Dressing, this dressing may also be used in the Reuben sandwich because of their similar flavor and texture profiles. FTP, name this dressing that consists of mayonnaise and ketchup and diced pickles, and is named after a large number of these bodies surrounded by water.

Answer: Thousand Island Dressing

6. This salad's origin stories are widely varied, though a common theory is that it was created in Chicago, Illinois. Alex, the brother of the creator of this salad, also created a salad called Aviator salad which included an ingredient that the creator vowed should never be put in this salad, preferring instead to use Worcestershire. Another theory is that this salad was created on the 4th of July in Tijuana, and a Mexican version of this salad uses Cotija cheese. The great Julia Child recounts a memory of this salad from a trip with her parents where all she could see were two eggs being cracked over freshly broken cos lettuce. FTP, name this romaine-based salad that Cardini named after both himself and "the greatest Italian to have ever lived," a Roman emperor that was assassinated on the Ides of March

Answer: Caesar Salad

- 7. This salad comes from the Arabic word meaning "seasoning" or "to dip", and was influenced by the popularity of Middle Eastern herbs known as qadb. The wheat variety *Salamouni* is grown near Mount Lebanon, which is later used to create a cereal derivative used in this salad, called bulgur. It is traditionally (*) served as mezze in the Arab world, and it originated in the Levant, which may explain why it is so popular in the eastern Mediterranean appetizer tables. FTP, name this salad that comes from the arabic word "taabil" that includes olive oil, chopped tomatoes, mint, and finely chopped parsley. Answer: Tabbouleh
- 8. This salad's main ingredients are also found in many other dishes, including one of "Margherita". A staple ingredient in this salad from the nightshade family is high in lycopene, and it comes in varieties such as Beefsteak, though other versions use grape

varieties instead. Another key ingredient in this salad is a cheese typically produced in the regions of Caserta and Salerno(*), and comes from the Italian word meaning "cutting by hand." The ideal version of that ingredient is Buffalo, though other types are acceptable. The final component of this salad has been called the "king of herbs", and together, all 3 make up the colors of the Italian flag. FTP, name this antipasto that hails from a small island, Capri, off the coast of Naples, that includes tomatoes, mozzarella, and basil.

Answer: Caprese ("Ca-pre-zee", accept "ca-preez") Salad

9. This fruit salad was ranked 46 on CNN's World's 50 most delicious foods in 2011. It combines five primary tastes of its local region, including sour, spicy, salty, savory, and sweet in a single dish through the liberal use of fish sauce, and it comes from the Lao word meaning "pounded sour". It typically includes palm sugar and brined crabs, and is served with sticky rice or crispy pork rinds(*). The most famous international variant of this dish is Som tam Thai, which contains peanuts. This salad's namesake fruit comes in Caribbean Red and Maradol cultivars and ranks fourth in tropical fruit production, just behind its close cousin, the mango. FTP, name this green shredded fruit salad that is popular in Southeast Asia, stemming from the word "paw paw".

Answer: (Green) Papaya Salad

10. Gordon Ramsay called this salad "the finest summer salad of all," and most traditionalists refuse to use cooked vegetables in this salad. Jacques Medecin, city mayor and cookbook author, insists that tomatoes are used in this dish. The first version of this dish in the United states was vegetarian, and included stringless beans and pimento-stuffed olives, while the second version included anchovies. Prosper Montagne's *Larousse* Gastronomique calls for equal parts diced potatoes and French beans. FTP, name this French salad that is traditionally made with tomatoes, hard-boiled eggs, its namesake olives, and anchovies dressed with olive oil, from the French city of Nice. Answer: Salade Nicoise (accept Nicoise Salad)

11. This salad is one of the only salads to be the national dish of a country, and that country's president once told Lyndon Baines Johnson that this dish is vitally important to the morale of the troops. It was sent to space aboard the Soyuz TMA-12 for a research project on bacteria and taste. This salad's museum has documented 187 historic and current varieties of this salad, which all include some type of brine. It may (*) be made with a type of vegetable called Baechu, that translates to "white vegetable" in some languages, and has a napa varietal. A version of this salad does not include any spice, but is instead made with pumpkin, is called bundi, and most use an ingredient called gochugaru. A version of it called oisobagi uses cucumber and others called chonggak and kkakdugi use radishes. FTP, name this spicy, fermented dish made with napa cabbage and red chili pepper flakes from Korea.

Answer: Kimchi

12. This salad was first mentioned in a 2009 article in the Indianapolis Star whose author was critical of the use of a certain ingredient and the use of the name salad. It is a staple in Iowa, where this so called "giggling salad" has really taken off in recent years. Variations on this salad include adding grapes, bananas, pineapple, vanilla pudding, lemon juice, sour cream, and marshmallow cream, though ideally not in the same bowl. It usually includes its namesake candy along with Granny Smith (*) apples and whipped cream, and is served cold. FTP, name this salad of whose candy bar is created by Mars, which was promoted by Mr. T, saying "get some nuts!" which consists of nougat, peanuts, and caramel with a chocolate coating, a synonym of laugh.

Answer: Snicker(s) Salad

13. This salad's first iteration used the fermented juice of the banana passionfruit, though later investigation shows that instead, many used chicha, a fermented beverage. After the European conquest, many food theorists propose that this salad's acidic component simply switched to European fruits. It is important to note, however, that traditional acid marinades of this salad will not kill parasitic worms (*), which is why eating the raw component of this dish can inspire feelings of sushi-phobia in the food audience. Declared to be part of Peru's national heritage, this dish often uses sea bass with sliced onions and chili peppers. FTP, name this South American seafood dish that is cured in lime or lemon juice.

Answer: Ceviche

14. This popular Latin American dish is prepared for Dia de los Muertos, and can be made of up to 50 ingredients. Antigua Daily lists this dish as one of the most exciting and exotic dishes in Guatemalan cuisine, and it has been compared to a super-sized salad version of Pizza Hut's meat-lover's pizza. Though some regions prepare this salad with vegetables(*), this is not common in the traditional canon, though exceptions are made for beets and pacaya flower, and rarely, Brussels sprouts. FTP, name this Latin American salad that includes sausages, cold cuts, chicken, ham, seafood, and beef.

Answer: Fiambre (accept meat salad)

15. This salad's regional variants include beets for the Detroit version and potatoes for the Tampa Version, and the Cypriot version uses capers and onions. The use of oregano is sometimes contested in modern contexts, though it is widely agreed upon that oregano, if used, should be fresh, not dried. It goes by names like horiatiki and "village salad",

though the American version (*) of this salad can include non-village ingredients like pickled hot peppers and dolmades. The preferred version of one topping of this salad is the Kalamata, and it translates directly to "rustic salad" in its namesake language. FTP, name this Mediterranean salad that includes lettuce, tomatoes, cucumbers, feta, and olives.

Answer: Greek Salad

- 16. This condiment was first mentioned in cuneiform about 4,000 years ago, featured in a story about serving the gods a wine made from the same plant as this condiment. In Armenia, many use this condiment as a sauce for their lahmajoun, and in Turkey, it is mixed with pekmez to create a breakfast dish. Though it is not grape jelly or peanut butter, this condiment's other forms can be used in the Szechuan dish Dan Dan noodles (*), and its main ingredient's oil can be poured onto numerous types of hot pot soups. It is often marketed alongside nut butters, to which it is very similar, in myriad health stores across the United States. When this food is made from raw ingredients, it can be known as Ardeh, and it is a major component of other levantine foods such as hummus and baba ghanoush. FTP, name this condiment made ground hulled sesame seeds, or sesame paste. Answer: Tahini (prompt on sesame and sesame paste equivalents before the last line)
- 17. A common salad component, this non-potato vegetable is often eaten on New Year's Day in the Netherlands as a stewed dish. An ornamental cultivar of this vegetable is considered as edible as the non-ornamental versions, like the Lacinato variety, which (*) is excellent for making chips. In Italy, this vegetable is known as cavolo nero, and is part of the Tuscan soup ribollita. In the German region of Dithmarschen, this vegetable gets a namesake king or queen at a yearly festival. In Ireland, this vegetable is used in the traditional dish colcannon, eaten at Halloween. In a certain music video, this vegetable is emblazoned on a piece of clothing, commonly thought to refer to either the curly-leaf or Dinosaur variety of this health food. FTP, name this green, fibrous vegetable that Beyonce advocated with a sweatshirt in "7/11".

Answer: Kale

18. This salad type dish is named for Gaston Pierre de Levis, a French nobleman. Pierre Larousse lambasted Gaston, the duke of this place, calling him an incompetent and mediocre individual, whose only notable achievement is this dish. A traditional ratio of this dish is 2:1:1, whose ingredients can be found in the families Allium, Carota, and Apiaceae. It goes by the name holy trinity in Cajun (*) and Creole cooking and the Polish wloszczyzna. The Italian equivalent to this dish is called the soffrito, though it contains parsley, which this dish does not. FTP, name this French flavor base of diced onions, carrots, and celery that is used in soups, stews, and sauces.

Answer: Mirepoix

19. This North American salad may have its origins in the word chayote, from a common Indian chutney, or perhaps from the French word for cabbage. Others believe that this dish made its way into America from the expulsion of the Acadians from Nova Scotia, who left behind this dish in Pennsylvania(*). In Pennsylvania, this dish is known by the Wos-wit brand, and it commonly served as an appetizer at Isaac's restaurants. FTP, name this canned pickled relish made from green tomatoes, cabbage, cauliflower, beans, and carrots

Answer: Chow Chow

20. This salad's Korean equivalent is called Hoedeopbap, though this salad doesn't include any known analogue to the Korean gochujang. According the the food historian Rachel Laudan, the present form of this salad became popular around the 1970s, and it includes kukui nut meat and Hawaiian salt, and limu, or algae. A version of this salad dish is called He'e, which includes octopus along with tomatoes(*), onions, and sesame oil, and it comes from the Hawaiian word "to cut". The most common form of this dish uses the Ahi type as its main ingredient, backed up by furikake and green onions. FTP, name this raw fish salad of raw tuna mixed with soy sauce and Asian aromatics.

Answer: Poke

Tiebreaker: I'll name the TV show, you name the chef! (Play as one question bonuses, alternating teams)

- 1. The Pioneer Woman (Ree Drummond)
- 2. The Naked Chef (Jamie Oliver)
- 3. Throwdown with... (Bobby Flay)
- 4. Ace of Cakes (Duff Goldman)
- 5. Dinner: Impossible (Michael Symon)
- 6. Hell's Kitchen (Gordon Ramsay)
- 7. Everyday Italian (Giada De Laurentiis)
- 8. The French Chef (Julia Child)
- 9. Good Eats (Alton Brown)
- 10. Barefoot Contessa (Ina Garten)
- 11. 30 Minute Meals (Rachel Ray)
- 12. Diners, Drive-Ins, and Dives (Guy Fieri)

Bonuses, read with bouncebacks!:

1. This dish is as iconic as it is unhealthy, and it is an unofficial symbol of freedom, FTPE:

- a. Name this pastry dessert that often contains varietals such as Bramley, Empire, and McIntosh. (Apple Pie)
- b. Apple pies can often be prepared in the style of this country, from which "A notable little cookery book" was written in 1514. The pie is prepared in its namesake "oven". (Netherlands, or Dutch)
- c. Apple pie with this food stuff is considered the state dish of Vermont, where it replaces the ice cream found in "a la mode". (Cheddar cheese, prompt on cheese)
- 2. Prepared in Mesoamerica as early as 5000 BCE, this dish gets its name from a Nahuatl word meaning wrapped, FTPE:
 - a. Name this dish that is made from corn and is often steamed in a corn husk or banana leaf, and can be filled with meats such as mole negro. (Tamale)
 - b. The tamale uses a corn dough, called this name, that is made from nixtamalized corn. It is created by grinding up hominy and can be divided into fresh and dehydrated varieties. (Masa)
 - c. In this southernmost Caribbean island country, tamales are often associated with Christmas, and they include raisins and capers, in addition to meat. (Trinidad and Tobago)
- 3. This dish may have originated at Perry's, in Milford Connecticut, as a hot dish served on a New England style hot dog bun, whereupon it spread through the Northeast, FTPE:
 - a. Name this crustacean dish that notably contains significant amounts of butter or mayonnaise. (Lobster roll)
 - b. One of the most popular restaurants in lobster roll history was started by Allan Gagnon from Boothbay, Maine, named after this adjective's "eats". (Red's)
 - c. This side is typical with lobster rolls, along with french fries. They can be made with Kool-aid in the Southern United States. (Pickles)
- 4. Name some well known condiments FTPE:
 - a. This famous olive oil brand was named after an Italian olive merchant in 1850. In 2007, this brand ran a TV campaign that substituted its name for Figaro's in a Rossini aria. (Filippo Berio)
 - b. In 2018, condiment giant Heinz released this mashup product along with Mayomust and Mayocue, to the disdain of many DIY condiment enthusiasts. (Mayochup, do not accept mayo and ketchup)
 - c. This iconic branded condiment is often known for an ad campaign where the main character tells the audience that she "puts that shit on everything." (Frank's Red Hot sauce, do not accept hot sauce)

- 5. This food was created in 1824 by Henderson William Brand, a devout omnivore, FTPE:
 - a. According to popular legend, King George IV named this food after tasting it, probably on "fish, meat and fowl," though it was invented as a steak sauce (A.1.)
 - b. A commercial for A.1. featured this rock musician of the Bat out of Hell trilogy, whose name decidedly falls under the meat category. (Meatloaf)
 - c. This company owns A.1. sauce, and when it merged with Heinz, it became the 5th largest food and beverage company in the world. (Kraft Foods)
- 6. This paste is essential to Chinese cooking, and it is made from fermented broad beans, FTPE.
 - a. Name this spicy, salty fermented paste that contains red chili peppers. (Doubanjiang, accept chili bean sauce)
 - b. Doubanjiang is known as the soul of this province of China's cuisine, famous for its spicy pungent dishes and a namesake peppercorn. (Sichuan, Szechuan)
 - c. This Japanese equivalent of Doubanjiang uses fermented soybeans, but does not use peppers, and in the Edo period, it was named hishio. (Miso paste)
- 7. The Tunisan production of this dish in 2006 was around 22,000 tons, which means people really like it, FTPE:
 - a. Name this hot chili pepper paste of Northern Africa that was described as "Tunisia's main condiment." (Harissa)
 - b. Chili peppers were brought across the Atlantic Ocean to Europe and Africa by this transfer of people, technology, and culture following a 1492 voyage. (Columbian exchange)
 - c. Harissa uses either the baklouti pepper or this 2nd most common pepper in Mexican cuisine that is significantly hotter than the Jalapeno. (Serrano)
- 8. This food was often used in black and white movies to simulate blood, and can be found in The Wasp Woman and Psycho, FPTE:
 - a. Name this sweet, viscous condiment that can use vanilla extract. (Chocolate Syrup)
 - b. The number one ingredient in many chocolate syrups is this sweetener invented by scientists at the Clinton Corn Processing Company. (High Fructose Corn Syrup, prompt on corn syrup)
 - c. A popular chocolate syrup is manufactured by The Hershey Company, which in 2017 acquired this snack brand that creates healthy popcorn products. (SkinnyPop)

- 9. This herb has varieties including African Blue, Thai, and Lemon, and has a strong, pungent smell, FTPE:
 - a. Name this green herb used in cuisines worldwide. (Basil)
 - b. Pesto is a dish made from crushed garlic, basil, olive oil, and parmesan and this seed. (Pine nut)
 - c. The word pesto comes the Genoese verb "to pound," which occurs in these two-part tools that can be made from marble or wood. (Mortar and pestle)
- 10. In most cuisines, cooking techniques are just as essential to food preparation as ingredients, FTPE:
 - a. Name this Japanese cooking technique in which foods are grilled with a namesake glaze. (Teriyaki)
 - b. Teriyaki is made from soy sauce, sugar, and this type of rice wine. (Mirin, do not accept sake)
 - c. In this "Emerald City" on Puget Sound, teriyaki culture spread like wildfire in the 1990s, and it has been described as this city's signature cuisine. (Seattle)
- 11. This is one of the French mother sauces, FTPE:
 - a. Name this sauce made that is also known as white sauce, and can be turned into Mornay sauce by adding cheese. (Bechamel)
 - b. Bechamel is made from milk and a white roux, which uses these two ingredients. (Butter and flour)
 - c. It was named after Louis de Bechamel, Marquis de Nointel, who was the chief steward to this French king whose reign started on May 14, 1643. (Louis XIV)
- 12. Sometimes, meatballs on pasta just don't cut it, and you need a meat sauce, FTPE:
 - a. Name this general term for an Italian meat based sauce created by Alberto Alvisi. (Ragu)
 - b. Ragu alla Bolognese is meant to dress this traditional type of pasta from the Emilia-Romagna region of Italy, whose pieces are long, flat ribbons. (Tagliatelle)
 - c. Another variety of ragu is named for this Italian capital of Campania. (Naples)
- 13. "This dish is extra" is a common refrain in a fast casual restaurant. FTPE:
 - a. Name this dip that was first developed by the Aztecs, which uses avocados. (Guacamole, accept Guac)
 - b. Chipotle, the restaurant that charges extra for guac, is known by this three letter ticker symbol on the New York Stock Exchange. (CMG)

c. A non traditional, but popular take on guacamole featured in a recipe by Queer Eye's Antoni Porowski uses this dairy product. (Sour cream)

14. Name some things about these garlic dishes, FPTE;

- a. This mediterranean sauce is made of garlic and olive oil, with its name originating from a Catalan compound word. (Aioli)
- b. A popular European peasant food is named for this number of garlic cloves and chicken. (40)
- c. Ajoblanco is a soup made with garlic and almonds that is the cousin of this other Andalusian cold soup. (Gazpacho)

15. FTPE, answer some questions about celebrity veganism.

- a. This American film actress is best known for her starring role in the romantic comedy Clueless, though she has also published a vegan cookbook, the Kind Diet. (Alicia Silverstone)
- Born in 1927, this famous vegan was inducted into the Alabama Women's Hall of Fame and has been called the "First Lady of the Civil Rights Movement."
 (Coretta Scott King)
- c. The vegan German-Armenian strongman competitor Patrik Baboumian broke his own world record in this 10 meter strongman event in 2015. (Yoke walk)

16. FTPE, answer some things about vegan diets.

- a. A controversial decision by the Vegan Society rules that this sweet substance is not suitable for vegans. (Honey)
- b. One substitute for cow burgers is the Beyond Meat burger, which derives most of its protein from this green vegetable. (Peas)
- c. A common addition to vegan diets is this food product, which comes in the form of yellow flakes and contains vitamin B12. (Nutritional yeast)

17. Your bonus on vegan protein, FTPE:

- a. Vital wheat gluten is high in protein and is often used for mock meats in Asian cuisine, and it goes by this name when rehydrated and cooked. (Seitan)
- b. This legume comes in varieties such as De Puy, Beluga, and Red, and can be cooked in dishes like daal. (Lentils)
- c. Turtle Island Foods produces this brand name food and meat analogue from seitan and soy, and it is usually eaten by vegans at Thanksgiving. (Tofurky)
- 18. Micronutrients, including vitamins and minerals, are an important part of any healthy diet, FPTE, answer some questions about them:

- a. Alongside cheese, yogurt, and milk, foods like broccoli rabe, kale, and spinach are high in this mineral. (Calcium)
- b. Lack of dietary iron can lead to this condition characterized by inadequate erythrocytes or hemoglobin. (Iron-Deficiency <u>Anemia</u>)
- c. While beans contain high levels of calcium, iron, and zinc, their absorption can be hindered by this plant-based antinutrient. (Phytic Acid)

19. Mama mia, pasta FTPE:

- a. This soft, potato based dumpling pasta is perfect for rich tomato or cream sauces. (Gnocchi)
- b. This bow tie pasta is commonly used in pasta salad. (Farfalle)
- c. This pasta meal comes with a powder used to make its sauce, and in 2015, it was announced that Yellow 5 and Yellow 6 would be eliminated from this meal.

 (Kraft Dinner/ KD/ Kraft Macaroni and Cheese)
- 20. Also known as cacik or tarator, this dish is a vital part of Southeast European cuisine, FTPE:
 - a. Name this dip or sauce that is made from strained yogurt mixed with cucumbers, lemon juice, and dill. (Tzatziki)
 - b. Tarator was the name given to Tzatziki in this entity that experienced its height of power under Suleiman the Magnificent. (Ottoman Empire)
 - c. Name this similar yogurt and cucumber dish found in India, used to cool burning tongues. (Raita)