

Betty's Version of Great Aunt Jean's Wilted Lettuce Salad Recipe



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In this video, Betty demonstrates how to make a luscious Wilted Lettuce Salad. The idea for this recipe was sent to me by a friend on YouTube, Chaz. Her Great Aunt Jean (who would have been 80 this year) always made this recipe, and it was the best! Chaz sent me some instructions for putting this salad together, along with a list of ingredients. I played with the amounts a bit to come up with a combination that I think will be similar to Chaz's Great Aunt Jean's Wilted Lettuce Salad. Chaz, I hope you enjoy this, and I hope I did the salad in a way that would make your Great Aunt Jean proud!

Leaf lettuce, as desired (I used $\frac{1}{2}$ head of "leaf lettuce" from the local grocery store. You may use any soft lettuce that you like.)

$\frac{1}{2}$ medium purple onion, thinly sliced

$\frac{1}{4}$ cup apple cider vinegar

$\frac{1}{4}$ cup brown sugar

salt and pepper, to taste

$\frac{1}{2}$ pound (about 8 slices) bacon, uncooked

1 cup water

2 tablespoons flour

Wash and dry leaf lettuce, and then tear it into bite-sized pieces. Place it in a large bowl, slice $\frac{1}{2}$ of a purple onion over the lettuce and set aside. In a small mixing bowl, mix $\frac{1}{4}$ cup apple cider vinegar, $\frac{1}{4}$ cup brown sugar, 1 cup water, salt and pepper to taste, and set aside. In a skillet, fry $\frac{1}{2}$ pound (about 8 slices) bacon until crisp. Let cool slightly, and then crumble bacon over the torn leaf lettuce and sliced purple onions. Drain the bacon fat from the skillet, leaving about 2 to 3 tablespoons of bacon grease. Add 2 tablespoons flour to the reserved bacon grease and cook and stir over low heat until brown and smooth. Add the vinegar/brown sugar/water mixture to the browned flour mixture. Cook and stir over low heat until a nice, brown gravy forms. Let it cool slightly, and then pour it over the lettuce/onion/bacon mixture in the large bowl. This will wilt the lettuce ever so slightly. Toss the salad with a large salad fork and spoon and serve immediately. The flavor of this salad is just the best! Thanks, Chaz (and Great Aunt Jean!) for providing the clues for putting this terrific salad together! I hope everyone loves it!!! --Betty ☐