Caesar Salad

Description

The generally accepted Caesar Salad origin is attributed to Caesar Cardini who came up with the creation in a restaurant in Tijuana, Mexico in 1924. As the story goes, he ran short of supplies in the kitchen and threw the unlikely ingredients together as a makeshift last-minute recipe.

The anchovy seems to have become a tradition after the fact. Apparently, Cardini's original recipe didn't include the anchovy, but we'll keep it in. Caesar Salad without the anchovy just doesn't quite seem like the 'real deal'.



Summary

Yield: 8
Prep Time: 10 minutes
Category: Salads
Cuisine: American

Ingredients

- 1 bunch romaine lettuce, leaves torn
- 2 eggs, hard-boiled
- 2 tbsp balsamic vinegar
- 1 anchovy fillet
- 1 tbsp dijon mustard
- 2 cloves garlic, peeled
- 1 tsp worcestershire sauce
- 1 tsp pepper
- 3/4 tsp salt
- 1/2 cup olive oil
- 1 cup fresh parmesan cheese, grated
- 1 cup salad croutons

Instructions

Slice the hard-boiled eggs in half, remove and keep the yolks. Discard the whites, or refrigerate for another use.

In a food processor or blender, combine the lemon juice, balsamic vinegar, anchovy, mustard, garlic, worcestershire sauce, pepper, salt and egg yolks. Cover and process until thoroughly blended. While processing, gradually add the olive oil in a steady stream. Cover and refrigerate the Caesar dressing for one hour.

In a salad bowl, combine the romaine lettuce, parmesan cheese and croutons. Drizzle with the Caesar dressing and toss to coat. Serve right away.