

THE GOODLIFE SOCIETY RECIPE COLLECTION

Always made table-side....

Caesar Salad ala Dave

The history of this popular salad is a controversial issue. There is a widely held misconception that it is named after Julius Caesar, but the salad's creation is generally attributed to restaurateur Caesar Cardini (an Italian-born Mexican). Cardini was living in San Diego but also working in Tijuana where he avoided the restrictions of Prohibition. As his daughter Rosa (1928–2003) reported, her father invented the dish when a Fourth of July 1924 rush depleted the kitchen's supplies. Cardini made do with what he had, adding the dramatic flair of the table-side tossing "by the chef".

Another story is that the salad was created for Hollywood stars after a weekend party. Others suggest Caesar's brother Alex created it as "Aviator's salad" for San Diego aviator comrades who were in a hurry, and the dish was renamed later, when Alex was a partner of his brother. A few fellows among Cardini's personnel claimed the authorship, but without success.

There is no direct documentary reference to it until the mid-1940s— twenty years after the 1924 origin asserted by the Cardinis. It appeared on a Los Angeles restaurant menu in October 1946

INGREDIENTS:

¼ cup vegetable oil	5 cloves of garlic (more if you like)
3 anchovies filets	1 raw egg
2 oz. Dry Vermouth	3 tblsp. Dijon mustard
1 teasp. Tabasco sauce	½ cup Parmesan cheese
1 tblsp. black pepper	½ fresh lemon
2 tblsp. Worcestershire sauce	1 head Romaine lettuce
2 cups croutons	

Mash garlic cloves and anchovies in bottom of large salad bowl until a “paste” is formed. Add vegetable oil, raw egg, lemon, Worcestershire and beat together with fork until mixed thoroughly. Add Dry Vermouth, Tabasco, black pepper and mix with fork. Add Dijon and mix in thoroughly. Add Parmesan and mix in thoroughly. (It should have the consistency of a salad oil. You may need to add a little more vegetable oil.)

Add the lettuce and toss. Add more Parmesan cheese to flavor and toss in. Add croutons and toss in.

NOTE: You can add more garlic if you like. More Parmesan, more Dijon. You'll find the flavor you choose but experimenting. Make it an adventure, not a challenge!