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Cooking with the Club

with Chef Robert Larios



CAESAR SALAD

The Caesar salad is one of my favorite salads. It has such a robust and complex flavor unlike most other salads. The secret is in the dressing, of course. All of the ingredients can be purchased from the grocery store, but if you want the ultimate in flavor like Chef Caesar Cardini would have made it in Tijuana, Mexico in the 1920s, then make your own mayonnaise and seasoned bread cubes. But if you don't have a lot of time on your hands, then buying the ingredients is a great alternative.

Total preparation time should be about 30 to 45 minutes.



Chef Caesar Cardini

Caesar Salad

Serves 4 to 6

INGREDIENTS:

- 1 head Romaine lettuce
- 2 teaspoons anchovy paste
- 1/2 cup bread cubes
- 2 cloves of garlic, peeled and minced
- 1/2 cup mayonnaise
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1 tablespoon lemon juice
- Fresh cracked black pepper and sea salt to taste
- 1/4 cup olive oil or canola oil
- 1/4 cup pepita seeds
- 1 boneless chicken breast

Cooking TIDBIT

You may add sliced boiled egg to the salad as well.

DIRECTIONS:



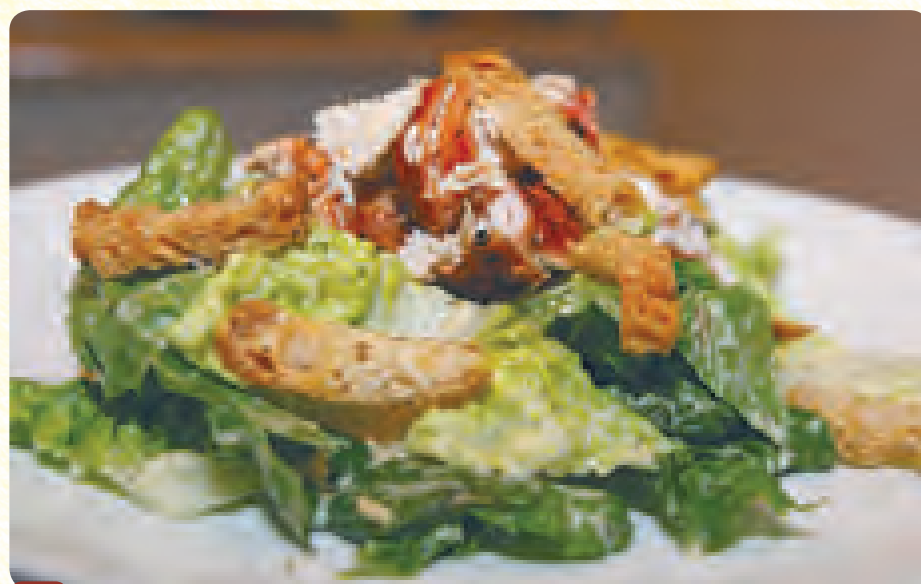
1 Season the chicken breast with black pepper and sea salt on both sides, then place on the grill at medium heat and cook until lightly browned on both sides. In a small bowl, mince garlic cloves and combine with mayonnaise, anchovies, one tablespoon of the Parmesan cheese, Worcestershire sauce, mustard, and lemon juice. Season to taste with salt and black pepper. Refrigerate until ready to use. Turn over the chicken breast to make sure it is cooked on both sides.



2 Remove chicken and let cool.



3 Place lettuce in a large bowl. Toss with dressing, remaining Parmesan cheese, chicken (cubed with knife) and seasoned bread cubes.



4 Serve and enjoy!

[A Cook's Dictionary]



Caesar salad:

A salad consisting of greens (classically, Romaine lettuce) tossed with a garlic vinaigrette dressing (made with Worcestershire and lemon juice), grated Parmesan cheese, croutons, a coddled egg and sometimes anchovies. It is said to have been created in 1924 by Italian chef Caesar Cardini, who owned a restaurant in Tijuana, Mexico.

Bibliography: © Barron's Educational Services, Inc. 1995, based on *The Food Lover's Companion*, second edition, by Sharon Tyler Herbst.

Food Quote

"He that sups upon salad, goes not to bed fasting."

– Thomas Fuller,
English clergyman (1608-61)