

CAESAR SALAD

Matrix Code CB202 for StartOver.xyz (revised 21 October 2017 by Clinton Callahan)

(Serves 5 people as a main dish.)

NOTE TO KITCHEN MANAGER: It is NOT RECOMMENDED to use this salad as a side dish. For one reason, it takes too much work to prepare. For another reason, it is too delicious to serve only a small portion and then other food. If you want to use this recipe then please use it only as a main dish.

For a FORMAL DINNER, Caesar Salad plus several kinds of Pie for dessert makes an amazingly fine menu plan. (For example, Peanut Pie, Strawberry Rhubarb Pie, Key Lime Pie, Lemon Meringue Pie, Squash Spice Pie with Whipped Cream (like Pumpkin Pie but using steamed squash (Kürbis) instead), Cherry Pie with Ice Cream, Cheese Cake Pie, Pecan Pie, Shoo-Fly Pie...)

SHOPPING LIST FOR 5 PEOPLE FOR THE CROUTONS:

10 large garlic cloves peeled and crushed with the side of a knife
1 teaspoon of Himalayan salt
235 ml (1 cup) virgin olive oil for the croutons
2 small or 1 ½ regular-sized crusty French Baguettes, enough for 1.75 liters (1750 ml) of crusty Baguette cut into large cubes. You can do this ahead of time to help the croutons dry out and be more crunchy.

SHOPPING LIST FOR 5 PEOPLE FOR THE SALAD DRESSING and SALAD:

5 large coddled eggs (exact instructions for coddling the eggs are given below)
3 Tablespoons vegetarian Worcestershire Sauce
235 ml (1 cup) fresh squeezed lemon juice (5 large or 8 medium-size lemons)
5 large garlic cloves, peeled and crushed with the side of a knife
1 teaspoon Himalayan salt
2 teaspoons of freshly ground black pepper
2 Tablespoons finely chopped capers
2 Tablespoons Dijon mustard
400 ml (1 ¾ cups) virgin olive oil for the salad dressing
4 very large or 5 large heads of fresh Romaine lettuce
400 grams aged Parmesan cheese, sliced thin, not grated!



INSTRUCTIONS FOR MAKING THE CROUTONS:

In a large bowl mix crushed garlic, oil, and salt. Then stir in bread cubes until they are evenly coated. Spread the oiled bread cubes one layer deep in large metal baking pans and bake at 175 Celsius (350 Fahrenheit), stirring occasionally, for about 20 minutes or until the Croutons are golden and crunchy.

INSTRUCTIONS FOR CODDLING THE EGGS:

CODDLE THE EGGS BEFORE USING THEM IN THE SALAD DRESSING!

How to coddle the eggs? Bring a pot of water to boil. Get your stop-watch ready! WHEN THE WATER IS ALREADY BOILING suddenly put ALL the eggs into the boiling water at the same time, being careful not to crack any eggshells and

IMMEDIATELY start your stop watch. **THEN EXACTLY 45 SECONDS LATER!**

TAKE THE EGGS ALL OUT OF THE BOILING WATER AND IMMEDIATELY PUT

CAESAR SALAD

Matrix Code CB202 for StartOver.xyz (revised 21 October 2017 by Clinton Callahan)

ALL THE EGGS UNDER COLD RUNNING WATER UNTIL THEY ARE COMPLETELY COOL AGAIN.

This is how to “*Coddle An Egg.*”

To repeat: the WHOLE eggs (in the shell) are only in the boiling water for 45 seconds (exactly!) and then all are immediately REMOVED from the hot water and totally cooled off under cold running water until cool again. Then the eggs are *coddled* and ready to use in the salad dressing recipe as follows.

INSTRUCTIONS FOR MIXING THE DRESSING:

In a medium large bowl, add the vegetarian Worcestershire sauce, fresh squeezed lemon juice, crushed garlic, Himalayan salt, freshly ground black pepper, chopped capers, and Dijon mustard. DO NOT ADD THE OLIVE OIL YET!!! Mix these ingredients until well blended.

Now – one at a time – add the coddled eggs: crack each egg open – they are still basically raw – and use a spoon to scrape out each egg into the bowl. DO NOT ADD THE OLIVE OIL YET!!! Again mix these ingredients until well blended.

Now get ready for the special part. This will be a two person job. One person is going to run an electric mixer (or a very fast whisk if you have the muscles!) and the other person is going to VERY SLOWLY POUR A THIN STREAM OF THE OLIVE OIL INTO THE BEATERS WHILE THE BEATERS ARE WHIZZING AROUND AT HIGH SPEED.

Be careful to wear an apron because this can splash olive oil all over the place!

This is essentially the same procedure as making mayonnaise. The oil has to be drizzled in ever-so-slowly and completely mixed into the rest of the ingredients at high speed so it does not separate out later. Mixing in the oil should take more than 10 minutes.

When the last drop of olive oil is poured in, keep mixing the dressing for another minute or two just to make sure it is well blended. Then the dressing is ready.

PARMESAN: Thin-slice or rough-grate the Parmesan and save in its own bowl.

LETTUCE: Wash and dry the whole Romaine lettuce heads. Slice across each head in 4 cm wide strips. Put the lettuce pieces into large salad bowls ready to toss with dressing, cheese, and croutons just before serving.

INSTRUCTIONS: ASSEMBLE WHOLE SALAD – JUST BEFORE SERVING:

Pour half of the total amount of dressing over the lettuce in the salad bowls.

Lightly toss the salads with wooden spoons.

Then pour the rest of the salad dressing over the lettuce and add the Parmesan cheese and the toasted croutons, then toss again.

Your Caesar Salad is now ready.

Serve immediately on chilled plates. Mmmmmmmmmmmh!!! Enjoy!