

Chef's Salad



You're "Puttin' on the Ritz" tonight. In the 1940s, Chef Louis Diat, chef of the Ritz Carlton in New York City, created this salad for customers requesting a light, off-menu dinner salad. He probably got his inspiration from the 17th century cold-cut-laden family-style salad plate called Salmagundi.

Today, chef's salad is easily recognizable and something we can get our heads (and appetites) around. Hard-boiled egg, cold cuts and crisp fresh salad ingredients make up these individual dinner salads.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls. The meal will be easy to prepare when everything you need is at your fingertips. When prepping veggi ham slices, simply roll the thin slices and cut them into thin strips with a pair of kitchen sheers.

Chef's Salad

- 2 eggs
- 10-12 leaves red or green leaf lettuce
- 2/3 C. red bell pepper (cut into thin slices)
- 12-16 slices cucumber
- 3 green onions (chopped)
- 1/3 C. purple cabbage (shredded)
- 1/3 C. Napa cabbage (shredded)
- 2/3 C. fresh fennel (shredded)
- 8 cherry tomatoes (halved)
- 2 Plant-based Yves ham slices (rolled and thin-sliced)
- or -
- 1 large thin-sliced piece of deli ham (cut into ribbons)

Plant-based strips

- 1 tsp. olive oil
- 10 Chick'n strips
- 1/4 C. white wine

Creamy Basil Dressing

- 1 whole garlic clove (peeled)
- 2 T. onion (finely-chopped)
- 1/4 C. chopped fresh basil
- pinch of salt
- 1 T. rice wine vinegar
- 1 T. olive oil
- 3/4 C. nonfat yogurt
- 1/2 tsp. Dijon mustard

Remaining Items

- 2 artisan rolls (warmed)
- 1 peach or nectarine (cored and sliced)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by boiling eggs. Bring 2 C. water and a pinch of salt to a hard boil in a saucepan. Lower eggs into boiling water, reduce heat to medium-low, cover pan and boil for 11 minutes. Drain hot water and refill the pan with cold water. Leave eggs in cold water until ready to use.

Plant-based strips

Brown Chick'n strips in oil and then add 1/4 C. white wine. Toss until wine disappears. Remove from heat. When cool enough to handle, slice lengthwise before placing on salad.

Artisan Rolls and Chef's Salad

Artisan Rolls:

About 10 minutes before you wish to dine, wrap rolls in foil and warm in a 250° oven.

Chef's Salad:

1. Break up lettuce and divide between two large dinner plates.
2. Arrange vegetables over lettuce.
3. Peel and slice eggs. Fan 1 sliced egg over each salad.
4. Divide plant-based ham or optional thin-sliced deli ham between plates.
5. Arrange plant-based Chick'n slices over salads.

Creamy Basil Dressing/Serve

Creamy Basil Dressing:

Blend all salad dressing ingredients in a food processor until smooth and creamy. Transfer to a small pitcher for serving.

Serve salads with warmed rolls and dressing on the side.

What I've Learned from this Recipe

You can always opt for a commercial salad dressing of choice. I make my own because I like to know what's in it. Commercial dressings usually have a high sodium content as well as fillers, so homemade is always a good choice.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com

