

Caesar Salad with Smoked Salmon

The classic Caesar is a standard offering at the American table and tonight it's on the menu. This version includes Romaine lettuce, cucumbers, red bell pepper, onions and tomatoes.

We'll compliment this Caesar with leftover smoked salmon and a delicious eggless Caesar Dressing. Skip the croutons and serve it with fresh bread or toast. Buon Appetito!

Preparation Time: 30 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add. When you prep and lay out items, a salad assembly's a whiz!

Caesar Salad

10-12 leaves Romaine lettuce (washed)
2/3 C. red bell pepper (cut into thin slices)
1 C. cucumber (peeled and chopped)
1/2 C. thin slices red onion (quartered)
10 cherry tomatoes (halved)

3 oz. leftover smoked salmon
2 T. shredded Parmesan

Eggless Caesar Dressing

2 T. olive oil
2 T. Veganaise (or mayonnaise)
2 T. shredded Parmesan cheese
2 T. lemon juice
1 tsp. Dijon mustard
1 clove garlic (smashed and chopped)
1/4 C. low-sodium vegetable broth
Salt and pepper to taste
1 tsp. Worcestershire sauce

Bread/Fruit Finish

1 artisan baguette (warmed)

1 crisp apple (cored and sliced)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Wrap bread in foil and place in a 200° oven to warm. Then make the Caesar Dressing.

Eggless Caesar Dressing

- Combine all ingredients in a food processor and blend until smooth.

* Tonight you'll use a total of 6 T. of the dressing. Refrigerate the leftover dressing in a jar with a tight-fitting lid.

Caesar Salad

1. Break up lettuce and drop into a large mixing bowl. Add vegetables and toss.
2. Dress with 6 T. of the dressing and toss thoroughly.
3. Divide dressed salad between two dinner plates.
4. Top with smoked salmon pieces and extra Parmesan.

- Remove warm bread from oven and slice before calling diners to the table.

- Serve sliced apple as a finish.

What I've Learned from this Recipe

The original Caesar salad only had Romaine lettuce, Parmesan and croutons. It also had anchovies and raw egg in the dressing. The reason those specific ingredients were used by creator Caesar Cardini, was because he'd run out of food in his restaurant over a busy holiday weekend. They were about all he had left in the pantry. The resulting "Caesar Salad" worked because of its simplicity. However, I enjoy throwing some tomatoes and cucumbers into the salad and sprinkling some Chick'n or Salmon over the top. I also prefer my dressing without anchovies and raw egg.

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