

Salmon Caesar Salad

The original recipe for Caesar Cardini's eponymous Caesar Salad didn't include anchovies (though the chef's brother had a version called the "aviator salad" that did). Invented one evening when supplies were running low, necessity was Cardini's muse for this 1920's classic. It was first made at his restaurant in Tijuana, a popular get-away for Hollywood movie stars trying to circumvent Prohibition laws.



Ingredients

- 2 Salmon Fillets
- 2 Cloves Garlic
- 1 Head Romaine Lettuce
- 1 Lemon
- 1 Tablespoon White Wine Vinegar
- 1 Mini Sourdough Boule
- 4 Tablespoons Mayonnaise
- 1/3 Cup Grated Parmesan Cheese

Makes 2 Servings
About 625 Calories Per Serving



Instructions



1

Prepare the ingredients:

Preheat the oven to 350°F. Wash and dry the fresh produce. Remove the salmon fillets from the refrigerator to bring to room temperature. Peel and finely chop the garlic, then, using the flat edge of your knife, smash until it resembles a paste and place in a small bowl with the **white wine vinegar**. Roughly chop the romaine. Using a peeler, remove the outer peel of the lemon, then finely mince to make 2 teaspoons of lemon zest (or use a zester). Cut the lemon into quarters and remove the seeds.



2

Make the croutons:

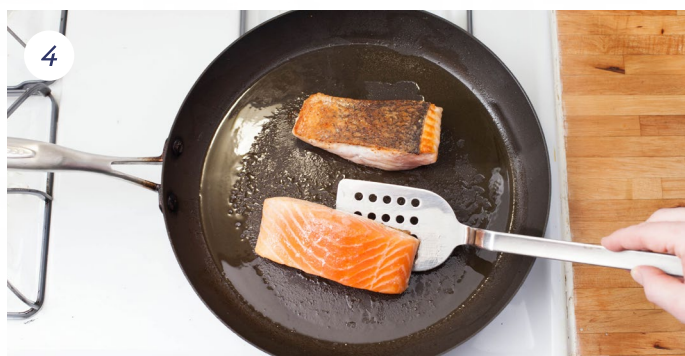
Tear the **mini sourdough boule** into bite-sized pieces. Place the bread pieces on a sheet pan and toss with 1 tablespoon of olive oil and salt and pepper to taste. Toast 10 to 12 minutes, or until golden brown, stirring halfway through.



3

Make the dressing:

While the croutons bake, make the dressing. To the **garlic-vinegar mixture**, add the **lemon zest** and the **juice of 2 lemon wedges**. Stir in the **mayonnaise**. Season with salt and pepper to taste.



4

Cook the salmon:

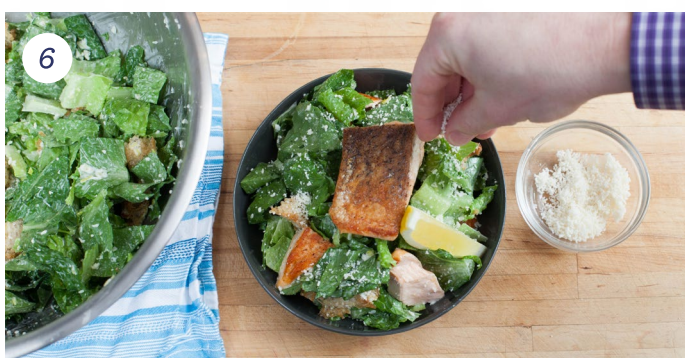
Season the **salmon fillets** with salt and pepper on all sides. In a large pan (nonstick if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the seasoned salmon fillets, skin-side down, and cook 6 to 8 minutes, then flip and cook 3 to 4 minutes, or until cooked to the desired doneness. (Loosely cover the pan with aluminum foil to help the fish cook faster.)



5

Make the salad:

In a large bowl, combine the **romaine**, **baked croutons** and **half of the Parmesan cheese**. Add enough of the **dressing** to coat the greens (you may have extra dressing). Flake, or break apart, **one of the cooked salmon fillets** into the salad and gently toss to mix.



6

Plate your dish:

To plate your dish, cut the **remaining salmon fillet** in half. Divide the salad between 2 dishes and top each one with half of the salmon fillet. Garnish with the **remaining lemon wedges** and **Parmesan cheese**.