

# BLEU'S HOMEMADE CAESAR SALAD & DRESSING

SPECIAL THANKS TO MY VERY CLOSE FRIEND, MR. SAMMY DAVIS, JR.

I FEEL THIS IS ONE OF MY BEST RECIPES (MODIFIED FROM THE ORIGINAL)  
MUCH OF THIS STORY I LEARNED FROM MY SPECIAL FRIEND, MR. SAMMY DAVIS, JR.

THE POPULARITY OF THIS SALAD AROUND THE WORLD IS MOST LIKELY DUE TO A MAN THAT BEARS THE SALAD'S NAME, CAESAR CARDINI, NOT JULIUS CAESAR, AS MANY PEOPLE BELIEVE.....OR MAYBE IT WAS HIS BROTHER ALESSANDRO (ALEX).....?

CAESAR CARDINI (1896-1956)



WHO INVENTED THE CAESAR SALAD?

THERE ARE MANY CLAIMS AS TO WHO INVENTED (CREATED) "THE CAESAR SALAD". SAMMY AND I KNOW WHO IT WAS! CAESAR (CESARE) CARDINI WAS BORN NEAR LAGO MAGGIORE, ITALY, IN 1896; HE AND HIS BROTHER ALEX EMIGRATED HERE AFTER WORLD WAR I. AFTER IMMIGRATING TO THE UNITED STATES OF AMERICA FROM ITALY IN 1910, CAESAR CARDINI OPENED A RESTAURANT IN SACRAMENTO AND LATER IN SAN DIEGO, CALIFORNIA. BUT TO ESCAPE PROHIBITION, HE MOVED ACROSS THE BORDER TO TIJUANA IN THE EARLY 1920s BEFORE OPENING HIS BUSINESS IN ITS CURRENT LOCATION IN 1927. THROUGHOUT THE 1920s, HORDES OF AMERICAN FILM STARS FLOCKED TO TIJUANA FOR PROHIBITION-BANNED BOOZE, AND WORD SOON SPREAD OF CAESAR'S EPONYMOUS SALAD AMONG HOLLYWOOD ELITE, BUT SAMMY ALREADY KNEW THE CARDINI BROTHERS IN SAN DIEGO AND LOVED THEM AND THEIR FOOD SO MUCH HE FOLLOWED THEM TO MEXICO TO CONTINUE HIS FRIENDSHIP WITH THEM AND NOT MISS ANY OF THEIR WONDERFUL CULINARY CREATIONS.

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**FOR SURE, THEIR MASTERPIECE WAS CREATED SHORTLY AFTER THE MOVE TO MEXICO, "THE CAESAR SALAD".**

**ACCORDING TO CAESAR'S DAUGHTER ROSA, ON JULY 4TH, 1924, AT THE FIRST LOCATION OF THEIR TIJUANA RESTAURANT, THE SALAD WAS CREATED ON A BUSY WEEKEND AT CAESAR'S RESTAURANT. ROSA SAID THAT HER FATHER WAS SHORT OF SUPPLIES AND DID NOT WANT TO DISAPPOINT THE CUSTOMERS, SO HE CONCOCTED THIS SALAD WITH WHAT WAS ON HAND. TO ADD A FLAIR TO THIS, HE PREPARED IT AT THE CUSTOMER'S TABLESIDE. THIS STORY IS NOT CERTIFIABLE HOWEVER, BUT IT VERY WELL COULD HAVE HAPPENED. THE SALAD SOON BECAME A HIT AND PEOPLE CAME TO THE RESTAURANT JUST TO GET THE SALAD. I, ALONG WITH MOST COUNTRY FOLK FROM LOUISIANA, LOVE THIS SALAD AS WELL.**

**SAMMY DAVIS, JR. WAS GREAT FRIENDS WITH CESARE AND HIS BROTHER ALEX. SAMMY LOVED TO GO TO TIJUANA TO GET THIS SALAD. YOU COULD HAVE A 'HIGH BALL' AS WELL IN MEXICO. I WORKED A GREAT DEAL WITH SAMMY AND "CANDY MAN" WAS THE FIRST GOLD RECORD FOR BOTH MR. DAVIS AND ME.**

**SAMMY KNEW I LOVED TO COOK FOR MY FAMILY. SAMMY PRESENTED ME A COPY OF THE HAND-WRITTEN RECIPE GIVEN TO HIM BY CESARE CARDINI HIMSELF AS A SURPRISE GIFT. ONE OF THE BEST GIFTS I HAVE EVER RECEIVED! IT TOOK A LITTLE MODIFICATION AND EXPERIMENTING, DUE TO WHAT INGREDIENTS ARE AVAILABLE TODAY, BUT I AM THANKFUL AND PLEASED WITH THE RESULT.**

### **HOMEMADE ITALIAN CROUTONS OR NOT?**

**PLEASE FOLLOW THE INSTRUCTIONS LISTED BELOW TO MAKE HOMEMADE CROUTONS. IF YOU FEEL THAT IS JUST TOO OVERWHELMING, BUY FRESH GOURMET® BRAND CLASSIC CAESAR PREMIUM CROUTONS AT MOST STORES. NOT BAD AT ALL!**

### **HOMEMADE ITALIAN CROUTONS INSTRUCTIONS:**

**PREHEAT OVEN TO 375 DEGREES. SLICE UP A STALE LOAF OF LEIDENHEIMER FRENCH BREAD INTO 1/2 TO 3/4-INCH CUBES. TOSS BREAD IN MIXTURE OF 6 TABLESPOONS MELTED KERRYGOLD PURE IRISH BUTTER (UNSALTED), 4-6 FINELY DICED GARLIC CLOVES (MAYBE MORE), 4 TABLESPOONS OF DRIED BASIL, 4 TABLESPOONS OF FRESH PARSLEY, AND 2 TABLESPOONS OF DRIED THYME. SPREAD EVENLY ON BAKING SHEETS. BAKE IN A PREHEATED OVEN AT 400 DEGREES (F) FOR ABOUT 15 TO 20 MINUTES, FLIPPING THE BREAD NOW AND THEN UNTIL BROWNEED, BUT NOT OVER CRUSTED. PLEASE STAY VIGIL DURING THE BAKING OF THESE LEIDENHEIMER FRENCH BREAD CROUTONS.**

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### **DRESSING INGREDIENTS:**

- **1 TIN (2 oz.) OF FLAT ANCHOVY FILLETS**     ***(AN ABSOLUTE REQUIREMENT)***

***NOTE:*** I USE REESE'S ® BRAND; THEY ARE GREAT, AND THEY COME IN A TIN PACKED IN EVOO. EVEN IF YOU THINK YOU DON'T LIKE OR HAVE NEVER TRIED ANCHOVIES, YOU WILL NOT NOTICE THE EXTRA FLAVOR THESE FISH BRING TO THE DRESSING, PLEASE TRUST ME, THIS DRESSING IS NOT THE SAME WITHOUT THEM. BEFORE I STARTED EXPERIMENTING WITH MAKING THIS DRESSING, I HAD NEVER TRIED ANCHOVIES AND THE THOUGHT OF EATING THEM WAS UNTHINKABLE. BOY WAS I WRONG! I HAVE STARTED USING THEM IN MANY OF MY RECIPES.



- **6 FRESH GARLIC CLOVES (OR TO TASTE). I MIGHT USE MORE**  
**(MUST BE FRESH MINCED GARLIC. NO POWDER OR STORE-BOUGHT CANNED GARLIC!)**
- **2 CUPS BLUE PLATE MAYONNAISE**     **(I PREFER HOMEMADE. I HAVE THE RECIPE IN MY FIRST BOOK, IF NOT, PLEASE TRY AND USE NEW ORLEANS' FAMOUS "BLUE PLATE MAYONNAISE". IF NOT BLEU PLATE, DUKES MAYONNAISE FROM MAULDIN, SOUTH CAROLINA AIN'T BAD MY FRIENDS.**
- **1/2 CUP HEAVY WHIPPING CREAM**

***TO ADD RICHNESS AND FLAVOR. PLEASE ONLY ADD ENOUGH CREAM FOR FLAVOR OR IF NEEDED TO THIN THE DRESSING. (CREAM SHOULD NOT BE NEEDED FOR THINNING). BUT PLEASE, DO NOT PUT TOO MUCH AND MAKE THE DRESSING THIN, IT NEEDS TO STICK TO THE BACK OF A SPOON. I FEEL IT SHOULD BE RICHER AND STATELIER THAN POPULAR STORE-BOUGHT DRESSINGS. A LOT RICHER.***

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THESE SUN DRIED TOMATOES COME ALREADY CUT INTO JULIENNE PIECES, MAYBE A BIT TO LARGE. MAKE SURE TO CUT AT LEAST 10 PIECES NO LARGER THAN APPROXIMATELY 1" X 1/3". 10 SHOULD BE ENOUGH BUT ADD MORE IF YOU LIKE. THESE ARE PACKED DRY, NOT IN OIL, BUT IT IS FINE TO USE THE VERSION IN EVOO. THE FOOD PROCESSOR WILL CUT THEM UP TO MELT INTO THE DRESSING.

- **10 (OR MORE) JULIENNE-CUT PIECES OF BELLA SUN LUCI SUN-DRIED TOMATOES**
- **2/3 CUP FRESH GRADED (FROM A BLOCK) PARMIGIANO-REGGIANO CHEESE**  
(THE REAL CERTIFIED ITALIAN PRODUCT. IT IS EXPENSIVE, BUT A MUST)
- **4 TABLESPOONS FRESHLY SQUEEZED LEMON JUICE**
- **3 TABLESPOONS ZATARAIN'S CREOLE MUSTARD**
- **FLAKED SEA SALT AND FRESH GROUND PEPPER ~ TO TASTE**
- **4 TABLESPOONS LEA & PERRINS WORCESTERSHIRE SAUCE**
- **1 TEASPOON OF WHITE GRANULATED SUGAR (MAYBE MORE. THAT IS UP TO YOU)**
- **AS MANY HOMEMADE OR STORE-BOUGHT CROUTONS AS NEEDED**

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**PLACE ALL THE INGREDIENTS IN A FOOD PROCESSOR (A HEAVY-DUTY BLENDER OR 2-SPEED ERGONOMIC IMMERSION BLENDER WILL ALSO WORK). BLEND WELL TO MIX EVERYTHING, ESPECIALLY THE GARLIC, SUN DRIED TOMATOES, AND ANCHOVY FILLETS. COVER AND CHILL FOR AT LEAST FOUR HOURS TO ALLOW THE INGREDIENTS AND FLAVORS TO MELT TOGETHER. MAKE SURE YOU CHILL AND STIR THE DRESSING WELL BEFORE SERVING.**

### **THE REST:**

**BABY SPINACH AND/OR BOSTON LETTUCE HEARTS. ROMAINE LETTUCE HAS BEEN THE STANDARD IN CAESAR SALADS FROM THE BEGINNING, BUT I PREFER THE SPINACH OR BOSTON LETTUCE HEARTS (MY FAVORITE IS A COMBINATION OF BABY SPINACH & BOSTON LETTUCE). PLEASE HAVE IT YOUR WAY! MY VISION IS TO LET EACH FRIEND CREATE THEIR OWN SALAD. LET EVERYONE APPLY AS MUCH LETTUCE OR SPINACH TO THEIR BOWL, AS MUCH DRESSING AS THEY PREFER ON TOP OF THE SPINACH OR LETTUCE, ADD CROUTONS TO THEIR SATISFACTION, AND LET EACH ONE TOSS IT AND GARNISH THEIR VERSION AS THEY WISH INCLUDING ADDITIONAL SEA SALT AND FRESH GROUND PEPPER.**

### **A REVIEW OF THE DRESSING INGREDIENTS AND A VERY SAD PICTURE:**

- **1 TIN (2 OUNCES) OF REAL FLAT ANCHOVY FILLETS**  
**NOTE: I USE REESE'S BRAND, THEY ARE GREAT, AND THEY COME IN A TIN PACKED IN OLIVE OIL.**
- **6 FRESH MINCED GARLIC CLOVES (OR TO TASTE)**
- **2 CUPS OF BLUE PLATE MAYONNAISE**
- **1/2 CUP OF HEAVY WHIPPING CREAM**

**TO ADD RICHNESS AND FLAVOR. PLEASE ONLY ADD ENOUGH FOR FLAVOR OR IF NEEDED, TO THIN THE DRESSING. THE CREAM SHOULD NOT BE NEEDED FOR THAT PURPOSE). BUT PLEASE DO NOT PUT TOO MUCH AND MAKE THE DRESSING THIN, IT NEEDS TO STICK TO THE BACK OF A SPOON. I FEEL IT SHOULD BE RICHER (AND STATELIER) THAN POPULAR STORE-BOUGHT CAESAR DRESSINGS. PLEASE REMEMBER, THIS IS AN INCREDIBLY SPECIAL HOMEMADE ROBUST DRESSING.**

- **10 JULIENNE-CUT PIECES OF BELLA SUN LUCI SUN-DRIED TOMATOES**

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**I AM IN THIS SAD PICTURE AT SAMMY'S FUNERAL IN 1990. I AM BY THE TREE IN THE CENTER, BEHIND SAMMY'S WIFE'S HAT, UNRECOGNIZABLE.**