



Over the years, I have read several versions of the where and why Italian immigrant Chef Cesar Cardini created the Caesar Salad. Some of his family say it originated in his Tijuana restaurant, and others claim he was at his San Diego race track kitchen on July 4th, 1924, in honor of his brother Alex, a chef working abroad in London.

The original recipe has evolved, but the hallmark not-so-plant-friendly ingredients of anchovies, eggs, Parmigiano-Reggiano, and Worcestershire sauce remain consistent. Our dressing recipe aims to replicate these egg-umami and cheesy flavors by adding black salt, capers, and nutritional yeast to add a similar and distinct punch of flavor. Make this your go-to salad dressing, which is ideal for drizzling over grilled vegetables or crudité dip.

CAESAR SALAD DRESSING

INGREDIENTS

½ cup/125 ml cashews, add enough water to cover to soak
½ cup/125 ml water to blend
1 clove garlic, minced
1-2 tbsp/15-30 ml extra virgin olive oil
1 tbsp/15 ml nutritional yeast
1 tsp/5 ml Dijon mustard
2 tsp/30 ml chopped capers, to taste
Juice of 1 lemon
Indian Black salt (Kala Namak), to taste
Rainbow peppercorns, cracked, to taste

METHOD

Place the cashews in a bowl, add enough water to cover and soak for at least an hour. Drain and rinse cashews and place in a blender bowl. Add the remaining ingredients to the blender bowl. Blend until smooth and creamy. Adjust seasoning and add water if necessary for desired consistency.

