

Little Gem CAESAR SALAD

INGREDIENTS

DRESSING

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

SALAD

3 heads Little Gem lettuce or
 1 large head romaine, tough stems removed
 Salt and pepper, season to taste
 Optional Garnish: Plant-based parmesan and micro-greens

CROUTONS

4 pieces thick white bread
 1 tbsp/15 ml non-dairy butter, melted
 Salt and pepper, to taste

METHOD DRESSING

Place 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.

CROUTON:

Use a round glass or cookie cutter the same size as the bread slice to punch a circle crouton. Use a smaller glass or cookie cutter to punch out the center. If you prefer small bite-sized croutons, cut bread into equal-sized squares. Melt the plant-based butter and season with salt and pepper to taste. Brush or toss croutons with seasoned butter. Toast in a preheated 350°F/176°C oven until golden brown, about 15 minutes.

MAKE THE SALAD:

Wash and air-dry romaine spears. Reserve 12 baby spears intact and cut the balance into bite-sized pieces. In a large bowl, combine the romaine lettuce pieces, add about a quarter of the dressing, and gently toss the greens to ensure they are well coated. Taste and adjust seasoning with salt and pepper if needed. Add more dressing a little at a time, mixing as you go. Add spears and gently toss until coated. Divide the chopped greens among four plates and top with a toasted crouton(s). Gently insert coated spears into the inner circle of each crouton. Option: garnish with plant-based parmesan and micro-greens.



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 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.