



# Famous recipes

## 1 TRADITIONS

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Salad plays a different part in each nation's food traditions. Well-known salads originate from different parts of the globe. Below is the background on three favourites, frequently found on menus around the world:

## 2 CAESAR SALAD

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The origins of the Caesar Salad are somewhat controversial. Some historians believe that Giacomo Junia, a native Italian who worked in a restaurant in Chicago, invented the salad in 1903 and named it after Julius Caesar. The majority, however, believe that Caesar Cardini invented the mix in Tijuana, Mexico, in 1924.

Cardini was running low on supplies in his restaurant and had to create a salad for his guests from kitchen left overs. His original recipe used Romaine, garlic, croutons, Parmesan, boiled eggs, olive oil and Worcester sauce.

The original salad was prepared at the table. The Romaine leaves were coated with the dressing and placed stem side out, served on a flat plate in a circle so that the salad could be eaten with fingers. In the 1930s it was voted 'the greatest recipe to originate from the Americas in fifty years' by the International Society of Epicures.

Over the years, it became increasingly popular for Californians to drive to Tijuana for a Caesar Salad. Famous movie stars Clark Gable, Jean Harlow and W. C. Fields all visited the restaurant. Caesar Salad then appeared on restaurant menus across the USA and in 1948 Cardini secured a patent on the dressing that is still recognised.

## 3 SALAD NIÇOISE

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The translation of 'Niçoise' is 'of Nice.' Chefs use the term across the south of France for dishes using local ingredients. The salad can include tomatoes, new potatoes, black olives, tuna, French beans and hard-boiled egg.

There is no agreement which kind of salad leaves are used in this mix. One thing all the chefs agree on is that this salad should be served with plenty of extra virgin olive oil and a good mustard to create the ultimate vinaigrette. And it should always be served at room temperature to ensure all the flavours can be enjoyed.

## 4 WALDORF SALAD

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A true classic, the original Waldorf was made with tart apples, celery and mayonnaise served on lettuce leaves. It was created in 1893 by Oscar Michel Tschirky for a private party on the pre-opening of New York's Waldorf Hotel. Walnuts had been added to the dish by the time it appeared in the Rector Cookbook in 1928.