Brief history of Caesar Salad

1. *Where was Caesar Cardini from?*
2. *Where did he open his restaurant?*
3. *When did he create his salad? What holiday was it?*
4. *Why did he make the salad?*
5. *What ingredients did he use?*

Do you think the Caesar Salad was named for ancient Roman emperor Julius Caesar? Nope, that's just a myth! This famous salad was created in Mexico by an Italian immigrant, Caesar Cardini. There, in Tijuana, in 1924 he 1)_____ (open) the restaurant called 'Caesar's Palace'.

It 2)_____ (be) the Independence Day and the restaurant 3)_____ (be) full of guests. Caesar 4)_____(not have) enough food for all the visitors, so he 5)_____(look) into the fridge and 6)_____ (pull) together what he 7) _____ (have): lettuce, eggs, olive oil, croutons, and Worcestershire sauce. He 8) _____ (mix) it all together and surprisingly 9)_____ (get) a perfect salad!

In fact, the salad soon 10)_____ (become) popular all over the world. In the 1940s, Gourmet Magazine 11)_____(call) the dish 'the gastronomic highlight of the current moment'. And in 1953, it was even crowned as the greatest recipe of America.

Caesar's Restaurant in Tijuana is the original home of the legendary salad

Caesar Cardini

Healthy Chicken Caesar Salad by Jamie Oliver

Chicken

Dressing

Croutons

Veggies

Ingredients:

chicken breasts	red onions	Worcestershire sauce
mustard	vinegar	bread
cauliflower	chicory	Parmesan
youghurt	anchovies	olive oil
lettuce	lemon	rosemary

https://www.youtube.com/watch?v=uyB_GZNpCQE