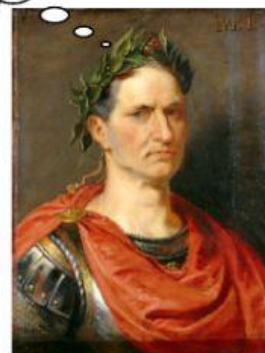


Brief history of Caesar Salad

What?

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

Jamie Oliver



Chicken
Dressing
Croutons
Veggies

Ingredients:

chicken breasts
mustard
cauliflower
yoghurt
lettuce

red onions
vinegar
chicory
anchovies
lemon

Worcestershire sauce
bread
Parmesan
olive oil
rosemary



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