

## Caesar Salad (Serves Unit of 4-5)

### Ingredients:

25 mL olive oil

25 mL red wine vinegar

25 mL mayonnaise

1 clove garlic, crushed

15 mL lemon juice

5 mL anchovy paste

1 mL pepper pinch of dry mustard

Romaine lettuce ( $\frac{1}{2}$  head or whole heart)

15 mL Parmesan cheese

Croutons (see recipe below)

### Directions:

1. Prepare for the lab: apron on, hair tied, hands washed, recipe out.
2. Wash lettuce in cold water. Drain well.
3. Meanwhile, in a large bowl, blend oil, vinegar, mayonnaise, crushed garlic, lemon juice, anchovy paste, pepper, dry mustard.
4. Tear lettuce into bite-sized pieces.
5. Toss dressing with lettuce in a large bowl.
6. Add Parmesan and croutons just before serving.



## Garlic Croutons

### Ingredients:

25 mL Olive oil, 2 mL minced garlic, 1 mL each salt and Italian seasoning

2 thick slices of French bread, cut into 2.5 cm (1 inch) squares

### Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl mix olive oil, garlic, salt and Italian seasoning. Add bread cubes, stir to coat, and spread onto a cookie sheet.
3. Bake for 8-10 minutes or until crisp and dry. Check frequently to prevent burning. Cool before adding to salad.

## Cream of Tomato Soup (Serves 4 -5)

### Ingredients:

1/4 onion, minced  
500 mL canned tomatoes  
with their juice  
pinch celery seed  
4 mL sugar  
1 bay leaf  
2 whole cloves  
10 mL butter or margarine  
10 mL flour  
2 mL salt  
dash pepper  
375 mL milk



### Directions:

1. Put about 5 ml oil in small saucepan and gently fry the minced onions until clear. Add canned tomatoes, celery seed, sugar, bay leaf, and whole clove, and simmer, covered, for 10 minutes.
2. Make white sauce: melt butter or margarine in larger saucepan. Add flour, salt, pepper. Gradually add milk, whisking in with each addition. Stir constantly for 3 minutes until thickened.
3. Remove bay leaf and cloves from tomato mixture. Carefully pour mixture into blender. Carefully return lid to blender and hold it in place with steady pressure. Blend to make tomato purée.
4. Stir purée slowly into white sauce, and heat for 1 minute. Serve.

### Game Plan for Salad, Croutons and Soup:

Dish washer - prep lettuce and make dressing.

- All ingredients are on the demo table.

Dish dryer - Make croutons.

- All ingredients are on the cart.

Housekeeper- Make tomato purée.

- All ingredients are on the middle table.

Special Duties 1 - Make white sauce. '

- All ingredients are on the middle table.

Special Duties 2 - Clean as you go. Begin dishwashing, drying and housekeeping.