



Canlis Salad



Jim – Four Guys and a Tomato

Event: Pandemic Zoom Cooking Demonstrations – January 12, 2021

Inspired by: Canlis Community College

Seattle's [Canlis Restaurant](#) pivoted several times during the 2020 pandemic to keep their staff employed. One unique venture was [Canlis Community College](#) where they produced dozens of online lectures ranging from cooking, spirits, travel, Seattle history, aerobics with the Pacific Northwest Ballet, and more. Students enrolled for \$25, and they could purchase class ingredient boxes. All proceeds above expenses went to support of [FareStart](#). Close to 2000 students enrolled, and about 50 [videos](#) were created.

Chris and Alice Canlis shared what is perhaps the most iconic menu item served at Canlis since the opening of the restaurant in 1950 – [The Canlis Salad](#) (served tableside).

Ingredients: (serves 2)

Salad

- 12 Cherry Tomatoes (halved)
- 1 Large Head Romaine Lettuce
- ½ C Chopped Green Onions
- 1 C Freshly Grated Pecorino Romano Cheese
- 1 C Rendered Chopped Bacon
- 1 T Chopped Fresh Oregano
- ¾ C Chopped Fresh Mint
- 1 C Croutons

Dressing

- 1 Coddled Egg
- ½ t Fresh Ground Pepper
- ¼ C Fresh Lemon Juice
- ½ C Olive Oil



Directions:

1. Place tomatoes into serving bowl; slice romaine into one-inch cubes and add to the bowl; add green onions, cheese, bacon, oregano, and mint. Note: hold back some cheese and mint for garnish.
2. To make the dressing: coddle the egg by pouring boiling water over a room temperature egg in a cup or small bowl; remove it after one minute. Crack the egg into a bowl and add the pepper and lemon juice, whisking vigorously. Slowly add the olive oil while whisking constantly.
3. Pour some of the dressing over your salad and toss. Add croutons and toss again. Add salt and pepper to taste. Top with a sprinkle of cheese and mint after plating.

Notes:

- Use standard expression extra virgin olive oil (such as Napoleon); the dressing will not taste as good with premium oils (who knew)
- Taste the dressing while adding the olive oil; it should not taste too lemony, but err on side of heavier lemon than oil
- According to the owners of Canlis Restaurant, one cannot add too much mint, but one can add too little (the mint and lemon makes the salad)
- Dried oregano also works well; crush it by rubbing between the palms of hands before adding
- If using a wooden salad bowl, season it by rubbing a clove of crushed garlic and a little olive oil around the sides and bottom of the bowl (showmanship! But it also builds aroma over time)
- To render bacon: use the [Cooks Illustrated method](#) – dice the bacon into half inch pieces and place into a pan with enough water to barely cover, boil until dry, and then brown to the desired tenderness/crispiness
- To make croutons: cube bread (such as country white or baguette), coat in melted butter or olive oil, season with favorite dried herbs such as thyme and oregano, Italian Seasoning, or Herbs de Provence, and bake in a 325° oven for 15 minutes; pull the croutons before they are perfectly cooked because of carryover cooking as they cool
- Extra dressing will last a week in the refrigerator
- Optional additions include avocado and Dungeness crab