

Betty's Classic Cobb Salad



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In this video, Betty demonstrates how to make a Classic Cobb Salad. This salad originated in the 1920's at the Brown Derby Restaurant in Los Angeles, California. Cobb was the last name of the chef who invented the salad, and it became known as Cobb's Salad, or, more simply, Cobb Salad.

Ingredients:

- 1 head romaine lettuce, washed and dried with paper towel, then torn into bite-sized pieces
- 2 to 4 cups spinach leaves, washed and dried with paper towel
- 2 large tomatoes, finely chopped (Drain juice and discard.)
- 2 avocados, pitted, peeled, and finely chopped (Store in lemon juice until needed.)
- 8 strips crisp bacon, crumbled
- 4 ounces blue cheese, crumbled (You may use Roquefort cheese.)
- 4 cups cooked chicken, chopped into ½-inch cubes
- 3 hard-boiled eggs, chopped into ½-inch cubes
- Blue Cheese Vinaigrette (from bettyskitchen, or use a bottled oil and vinegar dressing)
- Buttery Croutons (from bettyskitchen or used pre-packaged croutons or omit)

In a large, deep bowl place the head of prepared romaine lettuce. Start a pattern of rows of ingredients over the top of the romaine lettuce, beginning and ending with spinach leaves. Build each row, using only part of the ingredient available, so that the rows do not fall over. You may need to leave the crumbled bacon, blue cheese, and chopped eggs out of the first few rows, so that they will make a strong display at the top. After the spinach leaves, place a row of each of the following: chopped tomatoes, chopped avocados, crumbled crisp bacon, crumbled blue cheese, cubed chicken, cubed hard-boiled eggs, ending with spinach leaves. Continue to add to height of the rows, using the available ingredients in the exact same order and amount until you reach the top of the salad, where you should have a gorgeous display of neat rows of all ingredients, topping the romaine lettuce. I like to serve Cobb salad in this form and just remove individual servings to serving plates, remembering to dig down to the bottom to include the romaine lettuce in each serving and then tossing the salad on the salad plate. Alternatively, you may place the entire salad in a large bowl and toss it before serving to individual serving plates. Once served to a serving plate, drizzle Blue Cheese Vinaigrette over the top. If desired, you may place Buttery Croutons on top of the salad. (Blue Cheese Vinaigrette and Buttery Croutons are both available in bettyskitchen.) There are many versions of this salad, so I suggest that you take the idea and make your Cobb salad, including the ingredients you like and omitting anything you don't like; I think it's all pretty special, and I hope you love it! --Betty ♥♥♥♥♥