

Caesar Salad

This recipe will make a large Caesar Salad for a group. If you are cooking for two, make the dressing and save it in a container for subsequent meals to toss with fresh lettuce leaves. This authentic Caesar dressing is the real deal. Using a small food processor or blender makes it super creamy along with cooking a jammy or cooked egg. Once you learn the technique for creating an emulsion, you will want to make this salad again and again.

1 large	head romaine lettuce, cut crosswise into ½-inch strips	Dressing		
½ cup	Parmesan cheese grated	1 large	egg	
Croutons		1 large	clove garlic	
2 cups	leftover bread, cubed	2--5	anchovies, packed in oil	
1 small	clove garlic, minced	½	large lemon, juiced	
1 Tablespoon	fresh herbs, chopped (parsley, oregano, basil)	½ Tablespoon	Worcestershire sauce	
2 Tablespoons	olive oil	1 Tablespoon	balsamic vinegar	
		2 teaspoons	Dijon mustard	
		½ cup	olive oil	
		1 pinch	freshly ground black pepper (to taste)	

- 1 Before you begin, place an egg in about 3 cups of water in a small saucepan. Turn heat on high. Cook for 8 minutes and then immediately submerge the egg in an ice water bath to stop the cooking. Hopefully, this will yield a jammy egg, but don't worry if it is cooked more or less.
- 2 While the egg is cooking, get everything else ready. To make the croutons, place the cubed bread, minced garlic and herbs on a tray. Drizzle with olive oil, mix and place in a 350° toaster oven for 5 minutes or so. Flip over the croutons half way through.
- 3 Cut the romaine lettuce leaves with a sharp Chef's knife. Take the leaves off the head and slice 1" pieces crosswise at the bottom of the head. As the leaves become wider, cut along the rib and slice or tear into pieces. Submerge the lettuce leaves in cold water to clean them and soak for a minute, then drain or spin in a salad spinner. Refrigerate until serving.
- 4 In a small food processor or blender, process the peeled clove of garlic first, then add the anchovies and process. Add lemon juice, Worcestershire sauce, Balsamic vinegar and Dijon mustard.
- 5 Then add the jammy egg. Spoon it from it's shell and add to the processor bowl. Now the magic really begins.
- 6 1. Process the egg with the previous ingredients. 2. Drizzle in (or pour in) more than a Tablespoon of olive oil. (just eyeball, don't measure.) Then process for a few seconds. Repeat until all the olive oil is used. I added the olive oil 5 times in total. Why didn't I add all the olive oil at once? Because you want the egg yolk to emulsify a little each time. If you add the olive oil too quickly to the liquid, it may break (or separate, like an oil and vinegar dressing). This method is foolproof and it goes really fast. Once you get the hang of it, it takes only a minute total.
- 7 Toss the lettuce with dressing, parmesan cheese and fresh ground pepper. Here is where you can make a big difference in the results. DON'T OVERTOSS! Toss 3 times and serve in individual bowls. Top with croutons.

Servings: 8

Preparation Time: 12 minutes

Cooking Time: 8 minutes

Total Time: 12 minutes

Nutrition Facts

Nutrition (per serving): 426 calories, 191 calories from fat, 21.6g total fat, 33.4mg cholesterol, 1112.5mg sodium, 381.7mg potassium, 47.6g carbohydrates, 3.6g fiber, 6.3g sugar, 10.8g protein.

Source

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