

Idiot's Kitchen Recipe – Caesar Salad

Recipe from www.idiotskitchen.com – Adapted from Wes Huisinga



Ingredients:

- 1 clove garlic – minced
- ½ tin flat anchovy fillets – about 4-5
- 2 teaspoons Dijon mustard
- Freshly ground black pepper
- 1 teaspoon Worcestershire Sauce
- Juice of ½ a lemon
- 1 coddled egg - optional
- 4 Tablespoons extra virgin olive oil (¼ cup)
- 1 head romaine lettuce – wash, dried and torn
- 2-4 Tablespoons freshly grated Parmesan or Pecorino Romano cheese
- Croutons - homemade or Pepperidge Farm Olive Oil & Garlic

Mince and smash the garlic into a thick paste. Chop 4-5 anchovy fillets, add them to the garlic in a large mixing bowl and smash together with a fork.

Add 2 teaspoons Dijon mustard and pepper and mash. Add 1 teaspoon Worcestershire Sauce and the juice from ½ a lemon. Switch to a whisk and incorporate into the dressing.

If you are using an egg, coddle the egg by dropping it into a small pot of boiling water for 45-60 seconds. Crack the egg into the dressing and whisk to combine.

Slowly incorporate olive oil while whisking continuously.

Add romaine lettuce, 2-4 Tablespoons finely grated cheese, croutons and toss.

To make homemade croutons, cube leftover bread, drizzle with butter or olive oil, season with salt, pepper, paprika and/or other spices like garlic and Italian seasoning. Bake at 350 12-15 minutes until crunchy.

For a heartier dinner salad, top with sliced grilled chicken breast, cooked shrimp, or salmon.

Makes 4-6 side portions or 3-4 dinner sized portions.