

CLASSIC CAESAR SALAD

Sarah Roberts

Makes: 4 side dish salads

Why I Make This: There's just nothing like a home-made Caesar salad! It not only tastes sooo much better, store-bought dressings are full of saturated fat, sugar, salt and a ton of chemicals. I like using croutons as a treat, but often omit them if I don't want to bother. I like the use of prosciutto over bacon in this recipe, but use what you prefer, and often I just omit it, too. As long as you've got the lettuce and the dressing, that's really what's important! I sometimes use sliced mushrooms and sliced red onion (in lieu of crotons and prosciutto), for a change. No matter how you do it, I hope you make it and enjoy as a starter or a main event, perhaps with grilled chicken, steak, or sliced hard boiled eggs on top.

SALAD INGREDIENTS

- 1 head romaine lettuce or 2 romaine hearts
- 2 slices good quality bread, optional (I like an organic sourdough from a local bakery, but use what you like best)
- ½ Tablespoon grass-fed butter or Extra Virgin Olive Oil
- 1 clove garlic, optional, crushed
- 4 slices prosciutto, optional
- 4 lemon wedges, optional

DRESSING INGREDIENTS

- 1 pasteurized egg yolk (see note below)
- 4 anchovy fillets (preferably oil-packed) or a one-inch squeeze of anchovy paste
- 1-2 cloves fresh garlic, crushed
- 1 Tablespoon freshly squeezed lemon juice
- ½ teaspoon Dijon mustard
- 2-4 drops of Worcestershire sauce, optional
- 2-4 drops hot sauce, optional
- Freshly ground black pepper
- 2 Tablespoons Extra Virgin Olive Oil
- ¼ cup vegetable oil (I prefer avocado oil)
- Freshly grated Parmigiano-Reggiano cheese

INSTRUCTIONS

1. Wash lettuce thoroughly and wrap in paper towels to absorb moisture. Refrigerate until crisp, at least 1 hour.
2. Preheat oven to 375°F. Prepare a baking sheet with parchment paper.
3. Using a serrated blade, slice bread into cubes to make croutons.

4. In a medium-sized pot over medium heat, melt the butter (or heat the oil) and add the crushed garlic, stirring until fragrant. Add in the cubed bread and toss in butter/oil to coat.
5. Pour cubes onto parchment-lined baking sheet and bake for 10 minutes. Once done, remove croutons from the oven and pour onto a plate. Set aside.
6. Using the same parchment-lined baking sheet, remove any residue from the croutons and arrange the prosciutto in little “rosettes” or mounds. Bake at 375°F for 10 minutes. Once done, remove and set aside.
7. Coddle egg (See note)
8. Finely chop the anchovies using a sharp knife, if using.
9. In a mug or bowl, combine egg yolk, anchovies (or paste), Dijon mustard, garlic, lemon juice, Worcestershire sauce, hot sauce and black pepper.
10. Slowly drizzle in the olive oil, whisking vigorously with your fork, stopping the drizzle to combine, then starting again, as necessary, until the oil is fully combined. Continue the same way with the avocado oil until the consistency is thick and creamy.
11. Into a large bowl, tear the lettuce into bite-sized pieces. Pour the dressing over top and toss with large spoons until all leaves are dressed but not soggy (you may want to pour only half the dressing at first, and keep adding until it’s dressed the way you like it). Store remaining dressing in an airtight container for no more than 4 days. Add in the croutons and some grated parmesan cheese and toss again.
13. To Plate: Portion out the salad onto 4 plates. Top each one with a prosciutto rosette and some more grated parmesan. I also like adding a few more cracks of fresh pepper and a lemon wedge. Enjoy!

NOTES:

1. The egg yolk is what makes this recipe creamy and delicious, but I understand you may be concerned about food-borne illnesses. You may be able to find “pasteurized” eggs at your grocery store, but they aren’t always available and they are expensive. To pasteurize your own eggs (especially important for pregnant and nursing mothers as well as the elderly) you can coddle your egg by doing the following:
STEP 1: In a small pot, carefully place egg (in its shell) into boiling water (just enough to cover it, about 3 cups).
STEP 2: Turn off heat and let sit for exactly 1 minute.
STEP 3: Immediately remove egg from hot water and let cool in an ice bath (water and ice).
STEP 4: Once cool, use in the recipe.
2. **Anchovies MAKE this recipe!** Please, please give them a chance, even if you think you hate them. It’s what adds the earthy, rich, “meaty” flavor to this salad. Every good Caesar you’ve ever

had at a restaurant used anchovies. Use the paste if you don't want to "see" them. Please try it!