

CHICKEN CAESAR SALAD

Mayonnaise and Caesar dressing

To make the mayonnaise, whisk together egg yolk and mustard. Add vinegar and lemon juice, and whisk until smooth. Slowly whisk in oil until thick and creamy. Season to taste.

To make the Caesar dressing, combine mayonnaise and grated Parmesan, and mix well to incorporate them. Emulsify slowly with anchovy oil and stir in parsley.

1 egg yolk
5 ml Dijon mustard
10 ml white wine vinegar
10 ml fresh lemon juice
250 ml canola oil
salt to taste
100 g mayonnaise
80 g Parmesan, grated
20 ml marinating oil from white anchovies
20 g parsley, finely chopped

Ciabatta croutons

To make the croutons, remove the crust from the ciabatta and slice the bread into cubes. Heat a pan and add oil and butter. Once the butter begins to foam, add ciabatta cubes and slowly move them around the pan. After 5 minutes, strip the thyme leaves from the stalks and add to the croutons. Continue to toast until crispy all over and season to taste.

1 loaf stale ciabatta
30 ml olive oil
15 g butter
2 thyme sprigs
salt and pepper

To assemble the salad

Assemble the salad in a large mixing bowl just before serving. Roughly tear the lettuce and place in the bowl. Add a little Caesar dressing and toss to coat. Add croutons and chicken, and toss with the rest of the dressing. Shell boiled eggs, cut into quarters and place on top of the salad. Garnish with Parmesan shavings.

2 heads cos lettuce, washed
Caesar dressing
100 g ciabatta croutons
500 g Chicken breast, cooked and sliced
4 eggs, boiled until just set, with a runny yolk
50 g marinated white anchovies
Parmesan, shaved, to garnish

Serves 6

