

Caesar Salad



Serves: 10

One of the most famous and popular salads is the Caesar Salad. It is on almost every restaurant menu. The dressing makes this salad for me. Most restaurants use commercially produced dressing instead of making it from scratch and it is always disappointing. It is not difficult to make and once you have freshly prepared caesar dressing you will not be satisfied with anything less.

I learned to make this classic salad dressing table side while working as a Captain in a family owned Italian restaurant in Toledo, Ohio in 1974. Over the years I have adapted this classic recipe to suit my tastes. It has become my signature salad and has become the gold standard for those who have tasted it with which to judge against any restaurant caesar salad.

TIME SAVER: The first thing to ask yourself before you begin is "Do I have my "Mis en Place" (Everything in its place). Have all of your tools within reach and all your ingredients measured, prepped and in front of you before you begin.

NOTES: This salad makes a great base for any grilled protein to make it an entree.

Yield: 2 cups
Prep Time: 10 minutes

Ingredients:

DRESSING

3 tablespoons	anchovy paste
1 1/2 teaspoons	Coleman's Dried Mustard
3	coddled egg yolks
4	large cloves garlic, minced and mashed into a paste
1	medium lemon, juiced
4 tablespoons	red wine vinegar
1 tablespoon	Worcestershire sauce
heavy pinch	Herbs de Provence, crushed between palms
1 cup	extra virgin olive oil
2/3 cup	freshly grated Parmigiano-Reggiano
	salt, to taste (if needed)
	freshly ground black pepper, to taste
SALAD	
6 heads	heart of Romaine, washed, dried and cut into pieces
3 cups	herbed sour dough croutons
1/2 cup	shaved Parmigiano-Reggiano, for garnish
CROUTONS	
1	loaf sourdough bread, cut into 1" cubes
	extra virgin olive oil
	grated Parmigiano-Reggiano
	dried Herbs de Provence
	garlic powder
	salt and freshly ground black pepper

Directions:

DRESSING

1. Place the whole eggs into a bowl of boiling water for 1 minute to coddle them. Remove eggs from water and separate yolks from whites.
2. In a large glass bowl place anchovy paste, mustard, egg yolks, garlic, and whisk until well incorporated.
3. Add lemon juice, vinegar, and worcestershire and whisk for 1 minute.
4. Drizzle olive oil down side of bowl while whisking continuously to create a nice creamy emulsion.
5. Add dried herbs and Parmigiano and whisk until well blended.
6. Adjust seasoning if necessary. Ready to lightly dress lettuce.

CROUTONS

1. Slice and cube bread and evenly distribute on a baking sheet.
2. Drizzle with olive oil.
3. Sprinkle with salt, pepper, garlic powder, dried herbs, and parmesan.
4. Bake in 375° until nicely toasted.

SALAD

1. Place lettuce in a large bowl and pour just enough dressing to lightly coat greens and gently toss. It should not be swimming in dressing.
2. When plating place several croutons on plate and sprinkle with parmesan.