Be Inspired BY Roberta!
FOOD ~ WINE ~ TRAVEL



Classic Caesar Salad



It's hard to find a classic Caesar salad on a menu today, which is a shame as it's one of the table's simple pleasures and makes a great starter or light lunch. Of course it's your salad, and you can add whatever you want – but then it may not be a classic Caesar salad.

Serves 4 as a starter or 2 as a light lunch

INGREDIENTS

- 2 baby cos lettuces
- Extra virgin olive oil, for shallow frying
- 2 cloves garlic, bruised
- 8 thin slices sourdough baguette
- 20g parmesan cheese, shaved (¾oz)
- 6 anchovy fillets, halved lengthways

Caesar Salad Dressing

- 1 egg
- 3 teaspoons strained lemon juice (15ml)
- 1 teaspoon Dijon mustard
- ½ teaspoon salt flakes
- ¼ cup extra virgin olive oil (60ml)

METHOD

1. Discard any discoloured and large leaves from the lettuce. Soak remaining ones well in cold water, then spin dry thoroughly.
2. Tear larger leaves into 2 or 3 pieces, leaving smallest ones whole, and place in a large mixing bowl.
3. Make Caesar Salad Dressing: Bring a saucepan of water to a rolling boil, add egg and cook for 2 minutes then drain. Place lemon juice, mustard and salt in a screw top jar and shake to dissolve salt. Carefully cut the top off the egg and scoop the contents into the jar. Add olive oil and shake just enough to emulsify. Set aside.
4. Cover the base of a small frying pan well with oil, add a garlic clove and place over low heat for a few minutes until garlic is golden.
5. Discard garlic, increase heat to medium-high and fry bread for 1–2 minutes, until well-coloured. Drain on paper towel-lined rack.
6. Add dressing to the lettuce leaves and use your hands to toss well.
7. Rub a serving bowl with the remaining garlic, discarding the debris.
8. Transfer lettuce to the serving bowl, layering in half the anchovies, parmesan and croutons and arranging the rest on top. Leave any excess dressing behind in the mixing bowl, but add as much of the coddled egg as you can. Serve immediately.

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