

Caesar Salad Recipe w/ Grilled Chicken

Serves 3 to 4. The dressing can be kept refrigerated up to 3 days (a week if using commercial mayonnaise).

Anchovy Mixture

1/2 cup (50g) Parmigiano Reggiano, grated
2 Tbsp (50g) anchovy in olive oil, drained
2 ea. garlic cloves, germ removed
2 Tbsp (30g) water

Mayonnaise (or 1 cup / 250ml commercial mayonnaise).

1 ea. (20g) egg yolk, at room temp
1 tsp (5g) Dijon mustard, at room temp
3/4 cup (200ml) vegetable oil, at room temp
1/2 lemon, juiced

Caesar Salad Dressing, Yield: 1 3/4 cup (400ml)

Combine anchovy mixture and mayonnaise and add:

1 Tbsp (15ml) balsamic vinegar
1/2 Tbsp (15g) Dijon mustard
1 tsp (5ml) Worcestershire sauce
Ground black pepper & salt to taste

Readjust consistency with more water if needed.

6 ea. fresh romaine hearts salad, washed and chopped
Parmesan shavings.

1/4 lemon confit, peel only, rinsed and thinly diced (optional).

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Parmesan Tuile

For one large tuile:

1/3 cup (30g) Parmigiano Reggiano, freshly grated

Method:

Place a 11-inch non-stick pan over medium-high heat. Sprinkle the Parmesan on the bottom of the pan, cook or bake in a 375°F (190°C) preheated oven for about 6 minutes.

When the cheese begins to bubble and turn golden brown remove melted cheese from pan. Cut immediately the center using a large cookie cutter or brake into pieces.

Grilled Chicken

3 ea. small boneless butterfly chicken breast, preferably organic
Salt and ground black pepper
Grape seed, peanut or canola oil.

Method:

Season meat with salt and pepper, oil breasts lightly and grill for about 4 minutes on each side. Let rest 10 minutes before slicing.