



Classic Caesar Salad

Serves: 2

Ingredients

1 head romaine lettuce • 180ml extra virgin olive oil • 45ml red wine vinegar
5 ml Worcestershire sauce • 3g salt • 2g ground mustard • 1 clove crushed garlic
2 Size 7 eggs (1 for dressing/1 x to serve) • 1 lemon, juiced • freshly ground black pepper
20g grated Parmesan cheese • 170g garlic croutons • 45g anchovy filets • 2 small tomatoes (optional)

Method

Clean lettuce thoroughly and wrap in paper towels to absorb moisture. Refrigerate until crisp, at least 1 hour or more. In a bowl or jar combine oil, vinegar, Worcestershire sauce, salt, mustard, garlic and lemon juice. Whisk until well blended.

Coddle egg by heating 3 cups of water to boiling. Drop in egg (still in shell) and let stand for 1 minute. Remove egg from water and let cool. Once cooled crack open and whisk egg into dressing until thoroughly blended. Mash desired amount of anchovies and whisk them into the dressing. If desired set aside a few for serving garnish.

To assemble, place torn lettuce leaves into a large bowl. Pour dressing over the top and toss lightly. Add the grated cheese, croutons, tomatoes, and freshly ground pepper. Toss lightly.

Optional: You can also add a freshly poached runny egg on top - for extra taste and visual appearance. Serve immediately

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