



Caesar Salad

1 large head Romaine lettuce
1 cup shaved or grated Parmesan cheese
Home made croutons
2 garlic cloves
2 fillets anchovies
1 tablespoon mayonnaise
1 teaspoon Worcestershire sauce
2 tablespoons freshly squeezed lemon juice
1/2 cup olive oil
Salt & Pepper

- Separate the leaves of the Romaine lettuce. Wash and dry well. You can break them up if you would like but it is not necessary to do so.
- Mash the anchovy fillets and set aside. Mash the garlic cloves with 1 teaspoon coarse salt. I find that the easiest way to do this is by passing the garlic through a garlic press. I then mash it with the salt using the back of a spoon. Place the mashed anchovies and garlic in a bowl. Whisk in the mayonnaise (most recipes call for raw egg or yolks but I prefer to use mayonnaise because of the possible perils of eating raw egg), the Worcestershire and the lemon juice. Add the olive oil very slowly into your bowl, whisking constantly, until you have a nicely emulsified salad dressing.
- Place the Romaine leaves into a bowl and coat well with the dressing. Serve the leaves on a plate with shaved Parmesan cheese and homemade croutons.
- You can serve this salad with grilled shrimp or grilled chicken breast.