



Menu du Jour

01 Jan 06

Not-So-Classic Caesar Salad
(Serves four)

Not-So-Classic Caesar Salad

Originally created in 1924 by Italian chef Caesar Cardini at his Tijuana, Mexico, restaurant Caesar salad is classically prepared tableside. An interesting side note, the original recipe didn't include anchovies (and neither does this adaptation) and this salad was banned in California in the late 1990's when the state outlawed the sale of any product containing raw eggs (that law has since been revised). This recipe includes slices of Caesar chicken to compliment the salad.

2 (10-ounce) bone-in chicken breasts
3/4 cup prepared (or homemade) Caesar dressing, divided (recipe below)
1/2 cup freshly grated Parmesan cheese, divided
10 large leafs Romaine lettuce, washed and dried
3 cups baby spinach, washed and dried
1/2 cup prepared (or homemade) Parmesan garlic croutons
Shaved Parmesan cheese
Sliced Roma tomatoes (optional)
Chopped red onion (optional)

For the dressing:

4 cloves garlic, peeled and chopped
1 teaspoon Dijon mustard
1/2 teaspoon Louisiana-style hot sauce
2 teaspoons Worcestershire sauce
1 tablespoon red wine vinegar
1 tablespoon fresh lemon juice
1 pasteurized egg (Egg Beaters® or similar) *see note
1 teaspoon freshly ground black pepper
2 tablespoons grated Parmesan cheese
1/2 cup extra virgin olive oil

** Chef's note: Pasteurized in-shell eggs are available in some specialty markets. If an in-shell egg is used, coddle it in simmering water for 45 seconds. Otherwise, liquid eggs may be used.*

Prepare the dressing:

In a blender add the garlic, mustard, hot sauce, Worcestershire sauce, vinegar, lemon juice, egg, black pepper, and Parmesan cheese. Pulse to combine. With the blender on a high speed, slowly drizzle in the olive oil to form a smooth emulsion.



Preheat the oven to 375 degrees F.

Place the chicken breasts in a baking dish. Ladle 1/3 cup of the dressing into a small bowl and brush onto the chicken breasts. (If the dressing is taken from a single container, it may become contaminated from the raw chicken.) Sprinkle 1/4 cup of the Parmesan cheese on top of the chicken breasts and bake for about 1 to 1 1/4 hours or to an internal temperature of 165 degrees F. Remove the breasts from the oven and allow to cool. When cool enough to handle, debone the chicken and cut into cubes.

(Chef's note: Both the dressing and the chicken may be prepared 1 day ahead and refrigerated until the salad is made.)

To make the salad:

Tear the Romaine into bite-size pieces and remove any large stems from the spinach. Place the lettuce and spinach in a large mixing bowl and ladle 1/4 cup of dressing into the bowl. Using chef's tongs, mix the greens well, coating them with the dressing. Sprinkle with the remaining grated Parmesan cheese.

Equally divide the lettuce and spinach onto 2 chilled serving plates. Add the croutons. (And sliced tomatoes and diced onion, if desired.) Arrange cubed chicken atop the greens and add a few shavings of Parmesan cheese. Serve with Parmesan garlic bread.



Cooking & Presentation



Oven-Roasted Caesar Chicken Breasts



Not-So-Classic Caesar Salad