

Sleep. Love. Eat.

Caesarlicious

a delicious homemade Caesar salad dressing

Ingredients:

- 1 large Egg (farm-fresh if you can get one!)
- 1 Teaspoon Worcestershire sauce
- 3 Tablespoons fresh Lemon juice
- 1 medium Garlic clove, crushed
- 1 pinch Sea Salt
- ½ Teaspoon Fresh Ground Black Pepper
- 1 Teaspoon Capers
- 1 Teaspoon Dijon Mustard
- 1/3 Cup Olive Oil
- 1/3 Cup grated Parmesan Cheese
- 2 medium heads of romaine lettuce hearts

If you desire, also include

- 1.5 teaspoons anchovy paste or 4 flat anchovies*

Instructions:

- Bring a pot of boiling water to a boil, add the egg and cook for ONLY 45 SECONDS (coddling the egg). Remove from heat and let it cool off.
- Combine the Worcestershire sauce, Lemon juice, crushed Garlic, Sea Salt, Fresh Ground Black Pepper, Dijon Mustard, Capers and Anchovies (if you wish) in a bowl. Crack the coddled egg and add to these ingredients.
- Whisk until smooth.
- SLOWLY add the olive oil to the bowl in a steady stream while constantly whisking again until smooth. If you add the oil too quickly, the dressing will be separate and will not emulsify.
- Tear the Romaine hearts into 1-2 inch pieces and place in your salad bowl. Add dressing, toss, and top with the grated parmesan.
- Serve. Eat. Enjoy.

*We made the recipe without the anchovy paste, and it tasted great – the Worcestershire is zesty enough for us!