

Salads

CAESAR SALAD



4 - 6 French stick / Bread - 1 day old
1 Large Avocado
1 Cup diced fried bacon
4 Tablespoons shallots, finely chopped
4 Tablespoons finely sliced sun-dried tomatoes
4 Tablespoons freshly grated Parmesan cheese
Olive Oil
Small Cos lettuce leaves

DRESSING

1 Egg
1 Teaspoon Dijon mustard
1 Clove garlic, chopped
3 Anchovies, drained
3 Tablespoons lemon juice or cider vinegar
70 ml Light virgin olive oil
70 ml Sunflower or mild vegetable oil

MAKE THE DRESSING

Put the egg in a pan of cold water, bring to the boil and cook for 1 minutes. Cool under running water for 1 minute. Shell the egg and put the white and yolk in a blender. Add the mustard, garlic, anchovies and lemon juice/vinegar and blend until smooth. Gradually add the oils, with the blender running, until mixture thickens like mayonnaise.

SALAD

Slice the bread and brush each slice with oil on both sides. Cut into small cubes and place on a baking tray. Bake at 180oC for 10 - 15 minutes, or until bread is hard. (Croutons can be stored in an airtight container for up to a week if necessary, so you could prepare a whole loaf of French bread at one time). Use the lettuce leaves to line a large serving bowl or small individual bowls. Put the avocado, bacon, shallots, tomatoes and cheese in a mixing bowl. Add Caesar Dressing, toss well and then spoon over the lettuce.