

Salads

RED & WHITE CHICORY CAESAR SALAD



2 Large slices close-textured white bread, 1 cm thick, crusts removed
225 g Small Belgian chicory heads
Cos Lettuce leaves
225 g Trevisse (red chicory) *
3 Avocados
50 g Freshly grated Parmesan

DRESSING

2 Medium organic eggs
½ Garlic clove, peeled and chopped
2 Tablespoons lemon juice
2 Teaspoons Worcestershire sauce
75 ml Groundnut oil
50 ml Extra virgin olive oil
¼ Teaspoon caster sugar
Sea salt, freshly ground black pepper

Preheat the oven to 180°C

PREPARE THE DRESSING

Bring a small pan of water to the boil, cook the eggs for 1 minute, remove and cool them under cold running water, then shell them into a liquidizer, scooping out the cooked white that lines the inside of the shell. Add the remaining ingredients for the dressing and whizz to a pale and creamy emulsion.

PREPARE THE SALAD

Cut the bread into 1cm cubes. Lay them out on a baking tray and toast in the oven for 15 minutes until golden, tossing every 5 minutes. Remove and leave to cool. Slice bottoms of chicory heads, remove any damaged outer leaves and separate the remainder. Arrange these on a large serving plate. Quarter the avocados and remove from the stone, then peel off the skin and cut into long thin slices. Mix these in with the chicory, and half the croutons. Pour the dressing over the salad and lightly mix in the parmesan. Scatter over the remaining croutons and serve straightaway.