

~ CHICKEN CAESAR SALAD ~

** classic

dressing ingredients :

- 2 garlic cloves
- 5 anchovy fillets
- 1 tsp dijon mustard
- 1 TBS red wine vinegar
- 1 tsp lemon juice
- 1 egg - coddled
- 5 TBS olive oil

chicken ingredients :

- 1 - 1.5 lbs boneless, skinless chicken breasts
- 2 TBS salt
- 2 cups water] for brine (optional but very easy)
- salt & pepper
- red pepper flakes (a dash)
- squeeze of lemon ← optional

1. Brine chicken : dissolve 2 TBS salt in 2 cups water in a medium sized container or big ziploc bag. Submerge chicken breasts, cover or seal, and let sit for at least 30 minutes. You can do this a couple hours ahead. Refrigerate if brining for over 30 minutes. When finished brining, pat dry.

2. Prep chicken: cut into bite sized pieces.
Season with salt, pepper, red pepper flakes

3. COOK! COOK cut up chicken in a skillet.

First, warm up 1-2 TBS olive oil over med heat. Add chicken.

COOK for 5 - 6 minutes making sure to flip the chicken pieces at least once.

Finish with a squeeze of lemon then set aside to cool

4. Dressing / anchovies + garlic: dice up anchovies and garlic then chop and mash together, either in a mortar and pestle or on the cutting board with the edge and blade of your knife.

* note: a mortar and pestle can be used to make dressing in its entirety. You can also mix in a food processor, with a whisk, or hand blender. I use a hand blender

5. dressing / acids: transfer anchovy and garlic to a bowl and add vinegar, dijon, and lemon juice. whisk.

6. Dressing / coddle egg: get some water boiling (just enough to cover an egg). While waiting, with a pin poke a hole in the broad side of the egg. Carefully drop into boiling water and let cook for 30 seconds. Remove from boiling water and run cold water over to cool. Then, crack the egg into bowl with mix. Make sure to scrap out everything - all white bits! Whisk.

7. Dressing / olive oil: slowly add olive oil, either vigorously whisking or blending.

8. Chill dressing for 5 minutes.
(can keep for about 3 days).

9. combine! combine with romaine (or kale!), ~~now~~ plenty of shaved parmesan, chicken, and cracked pepper. croutons too if you like!

Serves 2-4, add more chicken to feed more people!

* needs extra dressing