

Gluten Free Chicken Caesar Salad

SERVES: 6

Depending on preferences, you can add more or less of both garlic and anchovies... but 4 fresh garlic cloves and two anchovies make a nice, even, garlicky base. Do yourself a favor; don't skip the anchovies. I detest fish but LOVE this salad with these two little anchovies! For a table-side, restaurant style experience, prep all ingredients beforehand - including fully baking croutons and chicken - and put ingredients in separate ramekins or bowls. Wrap lemon half in cheesecloth to hold seeds when squeezing. Shave off a few large curls of parmesan cheese before grating to use as garnish.

ingredients

croutons

- 3 cups 1" cubes gluten-free bread (or rolls)
- 1/4 cup safflower oil
- 2 cloves fresh garlic, halved
- 2 TBSP Italian Seasoning - or basil, oregano & thyme (*I use McCormick Gourmet*)
- 3 TBSP Gluten Free Parmesan, finely grated

dressing

- 2 flat anchovy fillets packed in oil, drained (*I use Cento brand*)
- 4 garlic cloves, medium, fresh
- 1 large egg yolk
- 1/2 lemon fresh lemon juice (about 2 tsp)
- 1 teaspoon Worcestershire sauce (*Lea and Perrins is GF in USA*)
- 1/2 teaspoon Dry mustard
- to taste Freshly ground black pepper
- to taste Kosher or freshly ground sea salt
- 1/2 cup Extra Virgin Olive Oil (cold pressed organic is best. *I use Newman's Own*)
- 1/3 cup GF Parmesan, finely grated

chicken

- 4 boneless chicken breasts, trimmed
- as needed GF Italian marinade (*Drew's Italian Marinade is GIG Certified*)

salad

- 3 heads romaine lettuce (about 10-12 cups)
- as needed Extra Parmesan, for serving

preparation

- In an airtight container, marinate chicken breasts in refrigerator (for at least 30 minutes).
- Rough tear or cut gluten free bread into 1-inch cubes. (A lot of GF bread will crumble if torn, so I prefer to cut it.)
- Rinse lettuce, spin dry. Cut or tear into bit sized pieces.

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preparation (continued)

croutons

Croutons may be made 1 day in advance and kept in an airtight container.

- Preheat oven to 350°F.
- In large frying pan, heat safflower oil over medium-low heat. Add garlic halves & bread cubes.
- Turn heat up to Medium and stir fry bread until it just begins to turn light brown.
- Add Italian seasoning. Stirring constantly, lightly brown bread on all sides.
- Spread bread mixture onto baking sheet. Remove chunks of garlic.
- Sprinkle 3 TBSP grated Parmesan cheese over croutons
- Bake croutons in the middle of the oven, for 10 minutes, or until golden. Set aside.

chicken

- Over a medium fire (approx. 375°), grill chicken for 5-6 minutes per side until internal temperature reaches 160°
- Remove and loosely cover with foil. Set aside (internal temperature should raise to 165 upon resting)

dressing

- In a large bowl, mash garlic cloves. Add anchovies to make a paste. *(Hint: use two crisscrossed forks to mash for a smooth paste with few chunks. This is one of the most time consuming steps, but for some reason it MAKES the taste!)*
- Add egg yolk, juice from half a lemon, Worcestershire sauce, mustard and a pinch of sea salt and pepper. Mix until smooth.
- Slowly add olive oil in a thin stream, whisking continuously until dressing is thick and glossy.
- Whisk in Parmesan until combined.

assembly

- Slice chicken breast into strips.
- Gently stir croutons into dressing. Briefly toss to coat.
- Add half of romaine, toss to coat. Add remaining lettuce and combine well.
- Garnish with parmesan curls (or extra cheese)
- Serve with grilled chicken
- Enjoy!