



Casesar Salad Dressing Revisited

Occasionally I think about anchovies. When I do, I either think of pizza or Caesar salad. I've posted recipes before but think I may have found a better one. Bay Wolf is a great local Oakland restaurant. Their Caesar salad was said to be the best in an article in the San Francisco Chronicle in 2010. Salt packed anchovies were emphasized as key, the recipe uses a raw egg, etc. I wanted to make it easier for the average cook so I modified it. The results tasted really good. This latest version does include egg substitute instead of an egg yolk.

Caesar Salad Dressing

Makes almost one cup. Serving size is 1 Tablespoon

3 anchovies

2 cloves garlic

3 Tablespoons fresh lemon juice

2 1/2 Tablespoons sherry vinegar

1 teaspoon salt

2 Tablespoons egg substitute

1 Tablespoon water

1/2 cup extra virgin olive oil

Freshly ground pepper

Mince and mash the anchovies and garlic until they have a paste like consistency Mix in a small bowl with the lemon juice, vinegar, and salt. Add the egg substitute and water to a small covered jar. Shake. Add the olive oil. Shake well. Add the anchovy mixture. Shake some more. Season to taste with pepper.

I like this with romaine lettuce, croutons, a little grated parmesan and some sliced pan roasted chicken breast..

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