



## Blender Caesar Dressing

*Makes 1 ¼ cups dressing*

### Ingredients

- 1 whole egg (supposed to be coddled for a minute - I used a pasteurized egg instead but you can read how to do this here: [https://en.wikipedia.org/wiki/Coddled\\_egg](https://en.wikipedia.org/wiki/Coddled_egg))
- ½ cup high quality grated Italian Parmesan/Reggiano cheese-eyeball it or if you have a kitchen scale, simply weigh out a 2-ounce chunk of cheese
- ¼ cup fresh lemon juice (1 large lemon + add unseasoned rice vinegar if you don't have quite enough juice from one large lemon)
- ½ teaspoon anchovy paste (If you don't like anchovy, use 1 tsp Worcestershire sauce)
- 2 whole cloves garlic
- ½ tsp fresh black pepper ground
- ½ tsp sea salt
- ½ cup salad oil (not olive oil - I use canola oil)

### Instructions

To begin with - HAVE EVERYTHING (eggs, lemon, cheese and anchovy paste) AT ROOM TEMPERATURE! If the ingredients aren't at room temp, you'll have to slowly drizzle in the oil at the end.

Add everything including the oil to a Nutribullet or whirl using a blender, run the motor until everything is smooth. This takes me about 20 seconds.

Pour into a glass container and refrigerate at least an hour or up to a week. Let stand at room temp 15 minutes before serving.

To compose the salad, use chopped or whole leaves of Romaine lettuce and fresh croutons too.

### **Cook's notes:**

Be sure to make homemade croutons! Just cube up a denser (usually leftover) baguette bread into  $\frac{3}{4}$  inch pieces (I use a small loaf from Macrina bakery from my beloved neighborhood Metropolitan Market called "Giusseppe Roll"). Coat the cubes with half a tablespoon of olive oil and sprinkle with salt, then bake 325 for ten minutes - or until the cubes are brown. Cool and store at room temperature. I usually make a bunch of these for the week and briefly pop them in the toaster oven at 300 degrees for a few minutes to freshen them up before I toss my salad. I've also made the salad a bit unique by making leftover rye bread into croutons. It's surprisingly great.

It's not traditional, but I often add halved cherry tomatoes and avocado to my Caesar.

And finally, if you aren't into cheese, you can make this eliminating the parmesan -- you'll end up with a creamy, garlicky lemony dressing that is mighty fine.