

Grilled Romaine Lettuce with Caesar Dressing

Recipe by: Chef Matthew Britt, CEC

Yield: 10 servings

Ingredients

Olive oil, enough to drizzle
5 romaine hearts, partially bruised
Salt, as needed
Black pepper, as needed
1 ½ cups Caesar dressing (see companion recipe)
¾ cup Parmesan cheese, shredded
Toasted croutons, (5 per portion)
Anchovy fillets, (2 per portion)

Method of preparation

1. Preheat outdoor grill.
2. Slice romaine lettuce lengthwise and lightly drizzle with olive oil.
3. Season the romaine hearts with salt and black pepper.
4. Place the seasoned romaine cut-side down on the grill and sear both sides as if it were a steak. The char will occur in as little as 30 seconds per side.
5. Once you have achieved nice grill marks on both sides and lettuce is still somewhat firm, remove the lettuce from the grill
6. Cool the lettuce in the refrigerator, then chop into half-inch pieces.
7. In a bowl, add the chopped lettuce, dressing (see recipe), and half of the cheese and combine gently.
8. Portion the salad into individual bowls and garnish each serving with the remaining parmesan, croutons, and anchovy fillets.



Caesar Dressing

Ingredients

2 egg yolks
5 anchovy fillets, minced
2 teaspoons Dijon mustard
2 teaspoons Worcestershire sauce
3 garlic cloves, minced

¼ teaspoon kosher salt
½ teaspoon black pepper, freshly ground
1 cup olive oil
3 tablespoons red wine vinegar
¼ cup parmesan cheese, shredded

Method of Preparation

1. In a mixing bowl, combine the egg yolks, anchovies, mustard, Worcestershire sauce, garlic, salt, and pepper. Whisk aggressively until combined.
2. Slowly drizzle the oil, whisking continuously. As the dressing begins to thicken, alternate adding the oil and red wine vinegar to achieve the desired consistency.
3. Finish by adding the parmesan cheese and adjust the seasoning if necessary.
4. Unused dressing can be stored in an airtight container for up to a week in the refrigerator.