



Caesar Salad

Tip: To make an authentic Caesar salad, you start by making your own garlic-infused olive oil. It's easy to do, but the process takes at least 2 days.

- 5 cloves garlic, unpeeled
- $\frac{3}{4}$ cup extra-virgin olive oil
- $2\frac{1}{2}$ cups cubed ($\frac{1}{2}$ -inch) peasant bread, preferably day-old
- 2 large heads romaine lettuce
- 2 large eggs
- $\frac{1}{3}$ cup lemon juice
- 12 to 15 drops Worcestershire sauce
- $\frac{1}{2}$ tsp. salt
- $\frac{3}{4}$ tsp. pepper
- $\frac{3}{4}$ cup freshly grated Parmesan cheese



1. In a small saucepan of boiling water, blanch the garlic for 1 minute. Peel, smash with the side of a knife, and place in a small jar. Pour in the olive oil and let stand at room temperature for at least 2 days and up to 5 days. Strain out the garlic and discard.
2. Preheat the oven to 275°F. Toss the bread cubes with 3 tablespoons of the garlic oil and spread on a baking sheet. Bake for 45 minutes, tossing occasionally, or until golden brown.
3. Separate the lettuce into leaves and wash well. Pat dry. Cut into 2-inch lengths (16 to 18 cups). Wrap the lettuce in a towel and refrigerate until you're ready to put the salad together.
4. In a small heavy-bottomed saucepan, whisk together the eggs and lemon juice. Cook over very low heat, whisking constantly (so the egg doesn't curdle), until the mixture has thickened, about 3 minutes. Whisk vigorously off the heat until the mixture cools slightly.
5. Place the lettuce in a large bowl. Add 6 tablespoons of the garlic oil and toss twice to evenly coat. Add 3 more tablespoons garlic oil. Sprinkle with the Worcestershire sauce, salt and pepper, and toss once.
6. Add the egg mixture and toss twice. Add the Parmesan and toss once. Add the croutons and give the salad a final toss.

Makes 6 servings
Per serving: 382 calories, 33 g fat, 16 g carbohydrates (4 g fiber),
9 g protein, 520 mg sodium





Tasty Twists

Orange-Tarragon Caesar

Add ½ teaspoon grated orange zest to the garlic oil. Use 3 tablespoons each lemon juice and orange juice when you cook the egg mixture. Use only 6 drops Worcestershire. Add 2 tablespoons chopped fresh tarragon with the salt and pepper. Increase the Parmesan to 1 cup.

Middle-European Caesar

Use pumpernickel bread for the croutons. Whisk 2 teaspoons honey mustard into the cooked eggs off the heat. Omit the Worcestershire. Add ¼ cup minced dill.

Tricolor Caesar

Omit one of the heads of romaine. Use a total of 8 cups sliced radicchio and baby arugula leaves instead. Increase the Parmesan to 1 cup.

Easy Caesar

Reduce the oil to 6 tablespoons and the garlic to 2 large cloves. Blanch the garlic, then mince and add to the oil (let sit while you prep everything else). Use store-bought Caesar-seasoned croutons and reduce to 2 cups. Omit the eggs. Reduce the lemon juice to ¼ cup and whisk it into ½ cup mayonnaise along with the salt and pepper. To assemble the salad, toss the lettuce with the garlic oil. Then add the Worcestershire sauce and mayonnaise mixture and toss again. Finish with the Parmesan and croutons.

