Salmon Caesar Salad

Yummy~issimo!®
Personal Chef Service

Everything can be prepped hours ahead and assembled in just 5 minutes for a quick dinner

Serves 4

4 ~ 6oz salmon filets, skinned

1~2 bunches romaine lettuce (depends upon how large the bunches are)

1/2c parmesan cheese, shaved or grated

2c croutons

3 garlic cloves, pressed, finely minced

4 anchovy filets in oil

1t black pepper

1 pinch cayenne

2t Worcestershire Sauce

2t Dijon mustard

1 large egg yolk

1/3c olive oil

2T fresh lemon juice

Preheat oven to 400. Place a sheet of foil on cookie sheet and spray with non~stick cooking spray. Bake salmon filets 10~15 minutes, depending upon thickness (cook 10 minutes for each 1" of thickness). Cool completely, wrap in plastic wrap and refrigerate for up to 24 hours.

Rinse romaine with cold water, pat dry with paper towels and tear into 1" pieces. Wrap lettuce in slightly damp paper towel, place in plastic grocery bag and refrigerate for up to 8 hours.

Shave or grate parmesan cheese, wrap in plastic wrap and place in refrigerator for up to 8 hours.

When ready to assemble salad, remove salmon, lettuce and parmesan from refrigerator. Place garlic and anchovy filets on cutting board and keep chopping until it turns into a thick brownish paste with no pieces or chunks. Place garlic~anchovy paste in large bowl. Add pepper, cayenne, Worcestershire Sauce, Dijon and egg yolk. Whisk well. Very slowly whisk in olive oil until you have a thick emulsion and it's the consistency and taste you like. Finally, whisk in the lemon juice and adjust all seasonings to taste.

Add romaine to bowl and toss well. Place salad on 4 plates, top with roasted salmon filet, parmesan cheese and croutons.

Listen for my weekly recipes, Fridays at 7:45 a.m.on WGRR presented by meijer

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