

## STEAMED CHICKEN CAESAR SALAD

### EQUIPMENT

SMALL AND LARGE MIXING BOWLS, WHISK, CHEF KNIFE, CLINGFILM, ROLLING PIN, SPOONS,  
BREAD KNIFE, MICROPLANE, ZIP LOCK BAG, ICE

### INGREDIENTS

1 BABY COS LETTUCE, 1 SKIN ON CHICKEN BREAST, 5 ANCHOVIES, ¼ BAGUETTE, 20GM CREAM, 2 EGG YOLKS, WHITE PEPPER, SALT,  
2GM SMOKED PAPRIKA, 2 CLOVES GARLIC, 50GM PARMESAN CHEESE, 10GM DIJON MUSTARD, 2 SPRIGS OF THYME,  
5GM RED WINE VINEGAR, 100GM VEGETABLE OIL, CANOLA OIL SPRAY

### METHOD

SLICE 5-6 PIECES OF THE BAGUETTE AND PLACE ON A TRAY AND SPRAY BOTH SIDES WITH OIL AND GRATE OVER A LITTLE PARMESAN

REMOVE THE SKIN FROM THE CHICKEN BREAST AND STRETCH IT OUT FLAT SEASON WITH SALT AND PLACE ON THE TRAY WITH THE BREAD

PLACE THE BREAD AND SKIN IN A PRE-HEATED OVEN 190 DEGREES FOR 5-6 MINS UNTIL THE BREAD IS CRISP AND GOLDEN, REMOVE THE BREAD  
AND RETURN THE SKIN FOR A FURTHER 8-10 MINS UNTIL GOLDEN AND CRISP, ONCE COOKED REMOVE AND PLACE ON A SHEET OF PAPER TOWEL

REMOVE THE TENDERLOIN AND SET ASIDE FOR ANOTHER USE. BUTTERFLY THE CHICKEN BREAST AND PLACE A SHEET OF CLING FILM OVER THE  
CHICKEN AND TAP IT OUT TO AN EVEN THICKNESS WITH A ROLLING PIN OR MEAT TENDERISER

SPRINKLE OVER A FEW SPRIGS OF THYME SOME GRATED PARMESAN AND LAY OUT 3 ANCHOVY FILLETS DOWN THE MIDDLE OF THE CHICKEN, ROLL  
THE CHICKEN UP INTO A SAUSAGE. WRAP TIGHTLY IN CLING FILM AND PLACE IN A ZIP LOCK BAG.

PLACE THE CHICKEN INTO THE OVEN STEAM SETTING 60 DEGREES FOR 40 MINS

WHILE THE CHICKEN COOKS MAKE THE DRESSING BY MIXING EGG YOLKS, GRATED GARLIC, MORE GRATED PARMESAN, SMOKED PAPRIKA, SALT  
AND PEPPER AND VINEGAR TOGETHER, WHISK THIS MIX UNTIL WELL COMBINED AND SLOWLY ADD THE OIL WHISKING CONSTANTLY LIKE MAKING  
A MAYONNAISE. ONCE COMBINED ADD THE CREAM WHISK THROUGH UNTIL COMBINED

ONCE THE CHICKEN IS COOKED PLACE IT IN A BOWL OF ICED WATER TO COOL

TO ASSEMBLE THE SALAD CUT THE BABY COS IN ¼ AND PLACE IN THE BOWL, SCATTER SOME EXTRA ANCHOVY FILLETS, CHOP THE CROUTONS AND  
THE CHICKEN SKIN AND SCATTER OVER THE COS, ONCE COOL SLICE THE CHICKEN AND PLACE INTO THE BOWL WITH THE SALAD, FINISH WITH A  
DRIZZLE OF THE DRESSING AND SERVE

### HINTS & TIPS

- AGAIN LIKE MANY OF OUR RECIPES THIS IS NOT TRADITIONAL WE HAVE REPLACED THE BACON WITH THE CHICKEN SKIN AND HAVE LEFT OUT THE  
POACHED EGG. PLEASE DON'T LET THIS PHASE YOU ADD BACON OR CRISP PROSCIUTTO OR ANYTHING ELSE TO SUIT YOUR TASTE
- GIVEN THE NAME OF THE CAESAR SALAD YOU MIGHT THINK IT WAS INVENTED IN ITALY BUT IT WAS ACTUALLY CREATED BY AN ITALIAN  
RESTAURATEUR CAESAR CARDINI IN OF ALL PLACES MEXICO