Caesar Salad

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Cooking time	10 Mins
Portions	4

Caesar salad with marinated chicken, crispy panko coating and creamy dressing. A delicious combination of fresh and creamy flavours.

Marinated chicken

150 ml buttermilk

1 tsp Worcestershire sauce

1 lemon, zest only

2 sprigs of parsley, leaves finely chopped

½ tsp salt

a little pepper

4 chicken thigh steaks, boneless

Caesar Dressing

1 tsp Dijon mustard

50 ml white wine vinegar

15 ml white balsamic vinegar

2 egg yolks

2 anchovy fillets, drained

1 clove of garlic

250 ml sunflower oil

100 g Parmesan cheese, finely grated

a little salt

a little pepper

Breading

80 g panko breadcrumbs

some clarified butter, for frying

a little fleur de sel

Caesar salad

4 baby-gem lettuce, halved

1 tsp olive oil

a little salt

2 baby-gem lettuce, leaves roughly torn

50 g Parmesan cheese, finely grated

Marinated chicken

Mix buttermilk, Worcestershire sauce, lemon zest, and parsley and season with salt and pepper. Place the chicken in a vacuum bag, add the marinade, and vacuum seal. Marinate the chicken in the refrigerator for at least 8 hours.

Caesar dressing

Place mustard and all ingredients up to and including garlic into a tall container, and blend finely with a hand blender. Slowly pour in sunflower oil while blending continuously until a smooth, homogeneous mixture forms. Stir in Parmesan and season with salt and pepper.

Breading

Remove the chicken from the bag and pat off a little of the marinade. Place panko breadcrumbs in a deep plate. Coat the chicken pieces one-by-one, pressing firmly. Fill a frying pan with clarified butter to a depth of approximately 3 cm and heat over medium to high heat (level 7-8). Fry chicken steaks in batches for approximately 3 minutes on each side until golden brown. Reduce the heat slightly (level 6), and fry for a further minute until cooked through. Drain the chicken on a plate lined with kitchen paper and keep warm.

Caesar Salad

Heat a grill pan over medium to high heat (level 7-8). Brush the halved baby gem lettuce with oil and lightly season with salt. Place the lettuce cut side down in the grill pan and sear for about 2 minutes, then turn and cook for about 1 minute more. Arrange the grilled lettuce and fresh lettuce leaves with the dressing. Slice the chicken, place it on top of the salad, then sprinkle with Parmesan.

Accessories

Pan (approx. 20 cm ø)

Grill pan

Additional information

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