

Caesar Salad Dressing

July 4th, 2022

This recipe serves: 12

Prep Time: 00:30

Cook Time: 00:00

Contrary to popular opinion, the Caesar Salad was not named for Julius Caesar. Instead, it is named after the Chef from Mexico City who first concocted this savory lemon-flavored egg yolk emulsion. A Caesar Salad is traditionally made with romaine lettuce, croutons, shredded Parmesan cheese, and occasionally diced tomatoes, all coated with a serving the famous dressing. Caesar Salad is a great companion to any meal.

Ingredients:

- 4 Anchovies packed in oil, drained
- 5 Large Eggs, raw, but pasteurized
- 3/4 Cup Avocado Oil
- 1.5 Tablespoon Lemon Juice, freshly squeezed
- 1 Garlic Clove, minced or 1/4 Teaspoon Garlic Powder
- 2 Teaspoons Worcestershire Sauce
- 2 Teaspoons Mustard Powder
- Freshly Ground Black Pepper
- 1 Pinch Kosher Salt

Directions:

Pasteurize the Eggs.

Soak the Anchovies in a bowl of water for 5 minutes. Drain and pat the anchovies dry.

Mince the anchovies and mash to form a paste. Set aside.

Crack the eggs into a glass bowl and remove any whites clinging to the shells. Use a handheld mixer to whip the Egg Yolks. While mixing, add about 1/4 teaspoon of Avocado Oil.

When the Oil is fully emulsified with the Egg Yolks, add another 1/2 Teaspoon of Oil.

Continue to Whisk the Egg Yolks and add small amounts of Oil until the Oil is fully integrated.

Mix in the Lemon Juice, Garlic, Anchovy Paste, Worcestershire Sauce, Mustard Powder, Salt and Black Pepper.

Store up to 4 weeks refrigerated, in an airtight container.