

## Caesar Salad

Serves 8

3 heads organic romaine lettuce  
1 free range egg  
1 tin anchovies (optional)  
½ cup extra virgin olive oil  
2 or more cloves of garlic  
¼ cup white (or red) wine vinegar  
1 tsp lemon juice  
1 tsp Worcestershire Sauce  
¼-½ cup Parmesan Cheese  
freshly ground pepper

To make dressing:

(Coddle egg 1 minute in boiling water, cool). Put egg in blender, (drain anchovies), then add anchovies, garlic, vinegar, lemon juice. Blend until smooth, 15 - 30 seconds. Slowly add olive oil as blender runs at high speed. (May be stored in fridge up to 5 days).

Wash & spin lettuce. Cut up into small pieces, toss with pepper, and cheese. Add in sauce to taste.