

BACON CAESAR

Time: 20 minutes

Serves: 4

Ingredients:

- 6 thick slices bacon – cut into matchsticks
- 1 egg yolk
- 3 canned anchovy filets – finely chopped
- 1 tablespoon fresh lemon juice
- 1 clove garlic – finely chopped or grated
- 1 teaspoon Worcestershire sauce
- ½ teaspoon hot sauce
- 1 pinch fresh ground black pepper
- ¼ cup reserved warm bacon fat
- 1 head romaine lettuce leaves – washed and torn
- ¼ cup freshly grated parmesan cheese

Preparation:

Place a frying pan on medium heat. Add the bacon and cook, stirring occasionally until crisp. Remove from heat. Remove the bacon with a slotted spoon and set aside.

While the bacon is cooking, whisk together the egg yolk, anchovies, lemon juice, garlic, Worcestershire sauce, hot sauce and black pepper. Slowly whisk in the reserved bacon fat.

Pour the dressing into the bottom of a large salad bowl. Add the romaine to the bowl and toss to coat evenly.

Plate the romaine sprinkled with the bacon and parmesan.

Nutritional Information Per Serving:

- Calories: 256
- Fat: 22g
- Carbs: 6g
- Fibre: 3g
- Protein: 10g