

CAESAR DRESSING

Time: 10 minutes

Serves: 8

Ingredients:

1 egg yolk
1 anchovy filet
15g Worcestershire sauce
10g fresh lemon juice
5g Louisiana style hot sauce
1 clove garlic - minced or grated
1 pinch fresh ground black pepper
1 pinch kosher salt
150g grapeseed or other neutral-flavoured oil

Preparation:

Place all ingredients except the oil in a tall, narrow jar. Slowly pour the oil on top so it remains in a separate layer.

Place a stick blender straight into the container while it is turned off, trapping some air in its base. Holding the blender against the bottom, turn it on. Move the blender up and down to mix the now emulsified dressing.

Serve immediately or cover and refrigerate for up to one week.

Nutritional Information Per Serving:

Calories: 180
Fat: 20g
Carbs: 1g
Fibre: 0g
Protein: 0.5g