

Kale Caesar Chicken Salad

For the dressing:

3 large egg yolks
1 2-oz can of anchovies
2 tbsp crushed garlic
Juice of 1 lemon
1 tbsp mustard
¼ cup shredded Parmigiano
1 tsp onion powder
2 tbsp Sriracha
½ tsp ground white pepper
½ tsp garlic powder
1 tbsp apple cider vinegar
½ cup corn or canola oil
2 tbsp olive oil

For the salad:

3 cups baby kale
3 cups shredded curly or lacinato kale
1 cooked and cold chicken breast
1 cup breadcrumbs
½ cup shredded parmesan



ANCHOVIES. Alright, now that I have your attention, yeah, there are a lot of anchovies in this dressing. It's a punchy dressing, full of acidity, salted fish, cheese, and all the tasty things. It's intense, and that's for a reason. Kale can take it. Kale is tough, a little bitter, and intense on its own. It needs a big, bold dressing that can stand up to kale's own flavor.

That being said, if you don't like anchovies, you've got three choices. Use a bottled dressing that you like, try this dressing anyway, or make something else. All three are perfectly acceptable.

To make the dressing, put everything but the two kinds of oils in the carafe of a blender. Pulse until everything is combined. Then, with the blender running, drizzle in the oils slowly, stopping to scrape down the sides of the blender as necessary. Once all the oil is in, taste and adjust for seasoning. Taste it with a piece of kale and not a spoon. You might want more pepper or salt or cheese.

For the salad, slice the chicken breast (I take the skin off when I do this. I find it makes it easier to slice.) into thin pieces, and coat with some of the dressing. Chicken breast can be a little dry, so we're going to help it get a little juiciness back.

Combine the kales in a large bowl and pour on about a cup of dressing. It's easier to pour the dressing around the sides of the bowl and not on the lettuce. Sprinkle on about $\frac{3}{4}$ of the breadcrumbs and cheese and toss the salad. Honestly, I prefer to use my hands for this, but a set of tongs will work.

Toss until evenly coated and plate on two plates. Garnish with the chicken and remaining breadcrumbs and cheese. Enjoy!

For breadcrumbs, I used some I made from a leftover loaf of garlic sourdough. Italian seasoned panko would make a lovely substitute. I recommend either 1) toasting them in a little butter in a pan on the stove or 2) spraying with a little oil and baking in the oven for a few minutes, until toasty. Or buy more traditional croutons. Personally, I like the breadcrumbs because then you get a little crunch in every bite. And I always seem to split the croutons when I try to stab them with a fork.