

# Chicken Caesar Salad

By Martha Rose Shulman

**Total Time** 15 minutes

**Rating** ★★★★★ (193)



Andrew Scrivani for The New York Times

When you order this dish in a restaurant, you usually get a Caesar salad topped with dry slices of chicken breast. Here, the moist shreds are bathed in the dressing with the lettuce — another story altogether.

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## INGREDIENTS

**Yield:** Serves four to six

### FOR THE SALAD

- 1 head of romaine lettuce
- 1 large boneless, skinless chicken breast, poached and shredded about 2 cups shredded chicken
- 1 cup garlic croutons (see below)
- $\frac{1}{3}$  cup freshly grated Parmesan or shaved Parmesan
- Chopped fresh herbs, such as parsley, chives, marjoram

### FOR THE DRESSING

- 1 small garlic clove
- Salt
- freshly ground pepper
- 1 anchovy, soaked for five minutes in cold water, then rinsed and drained on a paper towel
- 1 tablespoon fresh lemon juice
- 1 tablespoon wine or sherry vinegar
- 1 teaspoon Dijon mustard

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## PREPARATION

### FOR THE SALAD

#### Step 1

Remove the tough outer leaves of romaine and discard. Wash and dry the remaining leaves. Tear into medium pieces, and place in a salad bowl with the chicken, croutons and  $\frac{1}{4}$  cup of the Parmesan.

#### Step 2

Place the garlic in a mortar and pestle with a little salt, and mash to a paste. Add the anchovy, and mash together with the garlic. Stir in the lemon juice. Add the vinegar, mustard, coddled egg yolk, salt and pepper. Whisk in the olive oil. Shortly before serving, toss with the salad. Sprinkle on the herbs and remaining Parmesan, and serve.

### TIPS

: To make garlic croutons, lightly toast slices of French or country bread. Remove them from the toaster, and immediately rub with a cut clove of garlic. Cut into small squares, or break into pieces. To coddle the egg yolk, bring a small pot of water to a boil, slowly add the egg in its shell, and cook for three minutes. Transfer to a bowl of ice water, then carefully crack the egg and remove the yolk.

*Advance preparation:* The poached chicken breasts will keep for three days in the refrigerator. The dressing can be made several hours ahead. Martha Rose Shulman can be reached at [martha-rose-shulman.com](http://martha-rose-shulman.com).

1 coddled egg yolk (optional; see below)

6 tablespoons extra-virgin olive oil