

ONCE UPON A *chef*

HOMEMADE CAESAR SALAD DRESSING

By Jennifer Segal, adapted from Gourmet magazine

Servings: Makes 1-1/3 cups (enough for about 10 starter salads)

Total Time: 10 Minutes

INGREDIENTS

2 small garlic cloves, minced
1 teaspoon anchovy paste (found near the tuna fish in the supermarket)
2 tablespoons freshly squeezed lemon juice, from one lemon
1 teaspoon Dijon mustard (I like the brand Maille)
1 teaspoon Worcestershire sauce
1 cup mayonnaise, best quality such as Hellmann's Real
1/2 cup freshly grated Parmigiano-Reggiano
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper



INSTRUCTIONS

In a medium bowl, whisk together the garlic, anchovy paste, lemon juice, Dijon mustard and Worcestershire sauce. Add the mayonnaise, Parmigiano-Reggiano, salt and pepper and whisk until well combined. Taste and adjust to your liking. The dressing will keep well in the fridge for about a week.

NUTRITION INFORMATION

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Per serving (10 servings)

| | |
|----------------|---------------------|
| Serving size: | About 2 tablespoons |
| Calories: | 184 |
| Fat: | 19g |
| Saturated fat: | 1g |
| Carbohydrates: | 1g |
| Sugar: | 0g |
| Fiber: | 0g |
| Protein: | 2g |
| Sodium: | 296mg |
| Cholesterol: | 13mg |

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