

Broiled Salmon Caesar Salad

It's the heat of the summer and nothing is better than a nice salad with a bit of protein. The Caesar dressing is made with mayonnaise instead of raw eggs so it is safe to consume for everyone. The recipe says 3-4 anchovies, which gives it a great flavor, but it is not for everyone. If you don't like the strong anchovy flavor, substitute another tablespoon of Worcestershire sauce for additional depth and flavor. The salmon can be done under the broiler or on the grill if you don't want to heat up your kitchen. I prefer my salmon cooked medium rare to medium. It will be more tender and juicy. If you like yours more well done, just cook it a bit longer on each side. I like tossing the croutons with the dressing so they get that great Caesar flavor infused into each one. This salad goes great with our Martin Uisse Rose, which is a great summer time choice for red and white wine drinkers alike!

For the Salmon:

2 4-6 ounce salmon filets
1 tablespoon powdered mustard
Pinch of salt and pepper
Sprinkle of EVOO

Sprinkle the mustard powder, salt, and pepper over the salmon on both sides.

Drizzle with olive oil.

Broil for 3-4 minutes, skin side up.

Turn over and broil 3-4 minutes for medium rare, or a bit longer if you like your salmon more well done.

For the dressing:

4 cloves of garlic
Pinch of Kosher salt
3-4 anchovy filets
Juice of 1 lemon
1 tablespoon Dijon mustard
1 tablespoon Worcestershire sauce
2 cups mayonnaise
1 cup grated parmesan cheese
1 teaspoon cracked black pepper

Make a puree of the garlic by mashing with a pinch of salt and the flat side of a knife.

Add remaining ingredients and mix well.

For the Salad

Toss chopped hearts of romaine, a handful of croutons and as much dressing as you like in a bowl.

Place the salad on a plate, top with the salmon, and mangia, mangia!