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Published April 27th, 2011 Caesar "Asparagustus" Salad



Photo Susie Iventosch

approximately 4-5 inches long)

1/2 cup freshly grated Parmesan for garnish

1 recipe Caesar Dressing:

- 1 clove garlic, minced (can use more ... I seem to get garlic overload easily, so I prefer less)

- Juice of about a 1/4 of a regular (not sweet) lemon

- 8 tablespoons extra-virgin olive oil
- 5 tablespoons white or redwine vinegar
- 1 tablespoon of Dijon mustard
- 2-3 dashes of Worcestershire
- Dash of Tabasco Sauce (or Crystal Louisiana Hot Sauce)
- 1/2 teaspoon anchovy paste, optional
- Liberal shake or grind of black pepper
- Dash of sea salt, optional
- 1/4 cup finely grated Parmesan

Mix all dressing ingredients (except Parmesan) and shake well. Then whisk in the Parmesan until well-integrated. The creamy texture of this dressing comes from whisking in the Parmesan- notice there are no eggs.

To assemble salad, place lettuce in large salad bowl along with tomatoes, cooled asparagus, hearts of palm and tomatoes. Toss with dressing and grated Parmesan.

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(Serves 4)

INGREDIENTS

1 head Romaine lettuce, torn into

bite-sized pieces

3-4 small tomatoes, quartered or cut

into eighths

12-16 spears asparagus, roasted and cut

into 11/2-inch pieces (toss with olive

oil, S&P, and roast for 6-8 minutes

at 375⁻. Make sure it is still al dente.)

4 spears of hearts of palm, cut into 1/4-inch

rings (each spear should be