Caesar salad with chicken and bacon

Ingredients



Chicken:
♥ 3 chicken breasts (preferably breast fillets with skin)
♥ 2 tbsp olive oil
♥ ground salt and pepper

Bacon:
♥ 200 g sliced bacon

Croutons:
♥ 4 slices of white bread or similar
♥ 4 tbsp olive oil
♥ 2 tsp Maldon salt
♥ 1 tbsp dried herbs
♥ 1 tsp garlic powder

Caesar Dressing (without anchovies):
♥ 2 egg yolks
♥ 1 tsp Dijon mustard
♥ 0.5 lemon, squeezed juice
♥ 1 clove of garlic
♥ 2 dl rapeseed oil (or other neutral oil)
♥ 40 g finely grated parmesan
♥ ground salt and pepper

Salad:
♥ 1 Romaine lettuce

♥ 50 g parmesan flakes

Instructions

Chicken:
Season the chicken breasts well with ground salt and pepper on both sides. Add olive oil to a frying pan and heat the pan well. Place the chicken breasts in the pan with the skin side down. Fry the chicken breasts for a couple of minutes until they have a good crust. Turn the chicken breasts and fry them for a couple of minutes on the other side as well.

Place the browned chicken fillets in an ovenproof dish. Cover with aluminum foil. Place the dish in the oven at 180°C and bake the chicken for about 15 minutes depending on thickness (preferably use a meat thermometer, and the core temperature of the chicken fillets should be around 68°C). Remove the chicken fillets from the oven and let them rest for at least 5 minutes before slicing them.

Bacon:
Cut the bacon slices in half. Place the half slices on a baking sheet lined with parchment paper. Bake the bacon in the middle of the oven at 180°C for about 15 minutes until golden and crispy. Place the cooked bacon pieces on kitchen paper to remove excess fat.

(Alternatively, you can fry the bacon strips in a dry frying pan.)

Croutons (see separate post **HERE**):
Cut the bread into cubes. Try to cut the pieces roughly the same size. Spread the bread pieces out in a roasting pan. Drizzle over olive oil and sprinkle with sea salt, herbs, and garlic powder. Toss the bread pieces so that they are all evenly and well coated with oil, salt, and spices.

Bake in the middle of the oven at 200°C for about 10–15 minutes. Turn them a bit with a spatula during baking. The croutons are ready when they are golden and crispy.

Caesar dressing (without anchovies):
Place egg yolks, Dijon mustard, lemon juice, and crushed garlic clove in a tall, narrow container (intended for an immersion blender). Blend this quickly with the immersion blender.

Then slowly pour in the oil while continuously blending with the immersion blender. Take some pauses with the oil and let the immersion blender run a little extra between each time you pour in the oil. It is important that the oil is incorporated gradually in this way; otherwise, the mixture may separate. Eventually, you will see a thick, light yellow mayonnaise form.

Transfer the mayonnaise to a bowl. Add finely grated Parmesan. Season with a bit more salt, pepper, and lemon juice if needed. Adjust the thickness of the dressing with a little warm water if you find it too thick.

Salad:
Rinse the salad leaves and cut them into large pieces. Toss the salad leaves with about half of the dressing. Add a little warm water to that part of the dressing if you find it too thick (see tips).

Place the salad leaves with the dressing on a large platter or individual plates.

Spread over chicken pieces, bacon, and croutons. Shave Parmesan into flakes (use a cheese slicer or small knife) and arrange over the salad.

Drizzle extra Caesar dressing on top, grind a bit of salt and pepper, and serve the remaining dressing on the side.

Tips

♥ Caesar salad should preferably be made with romaine lettuce, but if you don't have that, you can use hearts of lettuce or iceberg lettuce.

♥ I usually make the Caesar dressing without anchovies. If you want to make the dressing with anchovies, you can mash 2 anchovy fillets with the hand blender together with egg yolks, Dijon mustard, lemon juice, and crushed garlic cloves – before adding the oil.

♥ I use store-bought, grated Parmesan for the dressing, but large flakes of Parmesan as a topping on the salad.

♥ I usually divide the dressing into two parts. I make one part a bit thinner with about 1 tablespoon of warm water, which I toss the salad leaves in. I keep the other part thicker and distribute it on top of the salad.

♥ You can also prepare both the croutons and the Caesar dressing in advance. Then you only need to fry the chicken and bacon on the serving day. Store croutons dry and at room temperature. Store Caesar dressing in the refrigerator. Cover the dressing with foil so a crust doesn’t form on the surface.

♥ The Caesar salad tastes best freshly made!

© 2004 - 2026: Life is sweet. All rights reserved.

Source URL: https://dev.detsoteliv.no/en/recipe/caesar-salad-chicken-and-bacon