



Roast chook caesar salad serves 4

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INGREDIENTS

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| 1/4 of a roast chook | 8 caper berries |
| 1 head of Cos lettuce,
washed | 100gm ciabatta bread |
| 1 clove garlic, peeled and
smashed lightly | 8 slices of streaky bacon |
| 1 free-range egg, cracked
into a cup | 50gm parmesan grated |
| 1 teaspoon mild mustard | 1/4 bunch Italian parsley,
picked and roughly chopped |
| 80ml olive oil | 1/2 cup clarified butter for
frying croutons |
| 1 lemon, juiced | dash of vinegar |
| pinch of salt flakes | |

EQUIPMENT

- bowls, various sizes
- knife
- chopping board
- grater
- large and small frying
pan
- paper towels
- slotted spoon
- baking tray
- oven mitts
- fork

METHOD - THIS RECIPE REQUIRES ADULT SUPERVISION

1. Preheat oven to 180°C.
2. Using your hands strip the meat from the chicken into a medium-size bowl.
3. Rip bread into walnut-size chunks.
4. Heat clarified butter in a large frying pan and shallow fry the bread until golden. Remove from pan with a slotted spoon and drain on paper towels. Set croutons aside in a small bowl.
5. Place bacon on a baking tray and roast in preheated oven until crisp, approximately 10 minutes. Using oven mitts remove tray from oven carefully. Place bacon on paper towels to remove excess fat.
6. Fill a small frying pan with water 2cm deep and add a dash of vinegar. Bring to a gentle simmer. Carefully pour in the egg and poach for 1-2 minutes until the white is set and the yolk still runny. Remove with a slotted spoon and place on paper towel.
7. Put garlic on fork and smear around a large salad bowl, discard.
8. Place mustard, lemon juice and olive oil in bowl. Add the poached egg and combine but don't emulsify. Add salt flakes and parsley.
9. Discard outer lettuce leaves and rip up the remainder. Place in the salad bowl with the dressing.
10. Add the caper berries, grated parmesan, croutons, roast chook pieces, crisp bacon and toss all ingredients together roughly.....eat!

FROM THE MARKET

- Garlic & Olive Oil – Virgara's Garden, Patlin Gardens
- Cos Lettuce & Parsley – Salad Greens & Kitchen Herbs, Aay's Fresh Herbs
- Bacon – Bushmin's, Minniribbie Berkshire Pig Farm
- Eggs – Rosie's Free Range Eggs, Rohde's Free Range Eggs
- Caper Berries – Australian Caper Company
- Parmesan – Alexandrina Cheese Company
- Chicken – Inman Valley Poultry