



SWISS CHARD CAESAR SALAD

Serves 4 (medium size salads)

INGREDIENTS:

Dressing

- 1 large lemon
- 1 large egg
- 1/2 cup of olive or sunflower oil
- 1 really small garlic clove, crushed
- 1/3 cup of freshly grated Parmesan cheese
- Salt and pepper

Salad

- 1 bunch of rainbow chard (preferably, tender and young leaves)
- 1 bunch fresh asparagus (about 16 asparagus), hard bottoms trimmed
- 2 handfuls of snap peas, strings removed
- 2 thick slices of sourdough bread
- Fresh Parmesan shaves for serving



PHOTOGRAPHY AND STYLING BY IGLIKA PETROVA

DIRECTIONS:

1. Grate the rind of the lemon and set aside.
2. Break the egg in the food processor and whizz once or twice. Add the garlic. With the motor running on low start adding the oil slowly so it drips through the top of the food processor. When all the oil is incorporated add the lemon zest, the juice of 1/2 lemon and the Parmesan cheese. Whizz until incorporated and add salt and pepper to taste. Taste again and add more lemon juice if you like it lemony (like me). If the dressing runs thin add 2-4 tablespoons of oil and whizz until it thickens. Be careful not to make it thick (like mayo) and if it gets too thick add a 1-2 tablespoons of water or lemon juice. Place the dressing in a jar and refrigerate.
3. Meanwhile, bring a large pot of salted water to a boil. Turn off the heat and add the asparagus. Remove the asparagus after 2-3 minutes and drop them immediately in a large bowl of ice cold water to stop the cooking process and to preserve their bright green color. Remove from the water after 2-3 minutes, pat dry, cut in half and set aside in a large bowl.
4. Clean the Swiss chard, wash and dry really well (this will ensure a nice coating of the dressing). Remove the stem and the central vein, tear the leaves into 2-inch chunks and add to the asparagus. Add the snap peas, the croutons and half of the dressing. Toss well with your hands, taste and add more dressing if desired (I like my salad smothered with dressing). Divide into 4 plates and top with the shaved Parmesan.

Enjoy!