AMERICAN · SAUCE

Classic Caesar Dressing with Anchovies and Egg Yolk

10 min · Makes 6 × 2 tbsp · 177 kcal a portion · Video 9:54 · Everyday Food

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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Made with extra-virgin olive oil, so most of its fat is unsaturated (under 3 g saturated a portion), with under 1 g of carbohydrate and no added sugar.

Diet notes: Keto (0.7 g net carbs a serve).

Ingredients 8 · MAKES 6 × 2 TBSP

- [ ] 2 **garlic** cloves, peeled
- [ ] 4 **oil-packed anchovy fillets**
- [ ] ½ tsp **coarse salt**
- [ ] 1 tbsp **lemon juice** (about ½ lemon)
- [ ] 1 tsp **Dijon mustard**
- [ ] 1 **egg yolk**
- [ ] ¼–½ tsp **black pepper**
- [ ] ½ cup **extra-virgin olive oil**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Egg, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the garlic, anchovy fillets and coarse salt in the bottom of a wide salad bowl and mash them with two forks for a minute or two into a fine paste; the salt helps grind them down. Rinse salt-packed anchovies first if that is what you have. 0:38
2. Add the lemon juice and Dijon and whisk, then whisk in the egg yolk and the black pepper until smooth. 2:28
3. Whisking all the time, pour in the olive oil in a slow, thin stream so it emulsifies into a thick, pale, creamy dressing. 4:26
4. If it splits and looks curdled, scrape it into a jug, put 1–2 tbsp water in the bowl and slowly whisk the broken dressing back in until creamy again. 5:09
5. Toss with well-dried, chopped romaine right in the bowl and serve straight away. 6:16

> **Tip** Raw yolk: the cook warms it to 160 °F in a bowl over simmering water (whisk it with the lemon juice so it doesn't set) or uses about 1 tbsp mayonnaise; pasteurised eggs work too. He adds parmesan and croutons.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
177 kcal 740 kJ	1.3 g 3% of a day	0.8 g 0.7 g net · 0.1 g sugars 0% of a day	0.1 g 0% of a day	19 g 2.8 g saturated 24% of a day	270 mg 12% of a day

Energy from net carbs 2% · protein 3% · fat 95% — fits keto: 0.7 g net carbs, 95% of the energy from fat

Source of (10–19%) Vitamin E 18% · Omega-3 11%

Recipe and video: Everyday Food (@everydayfood) on YouTube — youtube.com/watch?v=5e1DjTSWiEw, published 1 May 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/classic-caesar-dressing-anchovy