

FRENCH RAVIOLES *Caesar Salad*



Serves

4



Preparation

25MIN



Cooking time

15MIN



INGREDIENTS

- 10.5 oz of French ravigote
- 1 small romaine lettuce
- 2 chicken breasts
- 1 tbsp flour
- Oil
- Salt, pepper
- 1 oz parmesan shavings

For the Caesar sauce :

- 2 fresh egg yolks
- 1.4 oz grated parmesan
- Juice of half a lemon
- 1 tsp Worcestershire sauce
- 3 fl oz sunflower or canola oil

DIRECTIONS

Salad

- Wash and dry the lettuce.
- Tear into pieces if needed and distribute evenly across the plates.

Chicken

- Lightly coat the chicken pieces with flour to ensure crispiness without drying them out.
- Heat a skillet over medium heat, add 2 tbsp of oil, and place the chicken in the pan. Season with salt and pepper.
- Once the first side is golden brown, flip the chicken to cook the other side. Season again with salt and pepper.
- Note: Cooking time may vary depending on the thickness of the chicken pieces. Rouler légèrement dans la farine les morceaux de poulet : cela permettra d'avoir une viande plus croustillante dans la dessécher.

Sauce

- In a bowl, mix all the ingredients except the oil.
- Gradually drizzle in the oil while whisking continuously to emulsify.

Ravigote

- Pre-cook frozen ravigote in simmering water for 1 minute 30 seconds.
- Drain and deep-fry until they reach a golden-brown color.

Plating

- Distribute the lettuce onto the plates.
- Slice the chicken into 0.5-inch strips and arrange them on the plates.
- Add the fried ravigote.
- Drizzle with Caesar dressing and top with a few parmesan shavings.