



Grilled Chicken Caesar Salad

READY IN



420 min.

SERVINGS



4

CALORIES



864 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 baguette
- 1 big carrot peeled halved
- 3 rib celery roughly chopped
- 2 bay leaves dried
- 2 tablespoons flat-leaf parsley leaves fresh
- 1 tablespoon garlic minced
- 3 tablespoons garlic minced
- 2 envelopes powdered gelatin
- 4 servings salt and ground pepper black

- 3 hardboiled eggs peeled sliced
- 2 hearts of romaine split
- 1 optional: lemon halved
- 3 tablespoons juice of lemon fresh
- 4 servings olive oil extra-virgin
- 1 onion peeled halved
- 0.3 cup coarsely parmesan grated
- 3 tablespoons parmesan grated
- 3 pinches few pepper flakes red crushed
- 1 meat from a rotisserie chicken whole quartered
- 3 tablespoons worcestershire sauce

Equipment

- bowl
- baking sheet
- sauce pan
- knife
- whisk
- pot
- baking pan
- grill
- tongs
- grill pan
- cutting board
- pizza cutter

Directions

- Put the chicken, celery, bay leaves, carrot and onion in a large stock pot. Cover with water, bring to a boil and then reduce the heat and simmer for 6 hours, skimming off scum. Strain

and reserve the chicken and stock, discarding the veggies and aromatics. Using tongs, pick the meat from the chicken and reserve. (An alternative to making the chicken stock from scratch is to use 1 quart prepared chicken stock and a rotisserie chicken.)

- Measure out 1 cup of the stock and put it in an 8-by-8-by-2-inch baking dish.
- Add the gelatin and allow it to bloom for 5 minutes.
- Measure out 3 more cups of stock and bring to a simmer in a saucepan.
- Add this to the baking dish and whisk gently to dissolve the gelatin.
- Add the pulled chicken meat, Parmesan, garlic, lemon juice, Worcestershire sauce, parsley, red pepper flakes and eggs to the broth and gelatin mixture. Arrange the eggs, parsley and pepper flakes in a pretty fashion.
- Chill at least 8 hours, or overnight. Also chill a rimmed baking sheet slightly larger than the baking dish.
- Turn out the aspic by submerging the baking dish in warm water, placing the chilled baking sheet on top and inverting. Use a pizza cutter to cut the aspic into pretty 2-by-2-inch cubes. Refrigerate until ready to use.
- For the grilled croutons and romaine: Preheat a grill or grill pan over high heat until very hot.
- Slice the baguette thinly on the bias. You will need eight 1/8-inch-thick slices. Reserve the remaining baguette for another use.
- Put the bread slices in a large bowl and toss with a few drizzles of olive oil, a few sprinkles of grated Parmesan and the minced garlic. Set aside.
- Rub the romaine pieces with olive oil and sprinkle with salt and pepper.
- Grill the romaine for about 4 minutes on each side; the outside should be wilted and charred, the inside steamed but crisp. Grill the bread slices until toasted on each side.
- Transfer the romaine and croutons to a large plate or cutting board and re-season with a little olive oil, a squeeze of lemon juice and salt and pepper.
- Using tongs and a knife, slice the romaine. Plate with 2 croutons and 2 cubes of aspic. The aspic will melt as you eat! MMMMMM!
- This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



■ PROTEIN 25.37% ■ FAT 53.59% ■ CARBS 21.04%

Properties

Glycemic Index:95.27, Glycemic Load:22.99, Inflammation Score:-10, Nutrition Score:40.202174269635%

Flavonoids

Eriodictyol: 6.32mg, Eriodictyol: 6.32mg, Eriodictyol: 6.32mg, Eriodictyol: 6.32mg Hesperetin: 9.16mg, Hesperetin: 9.16mg, Hesperetin: 9.16mg, Hesperetin: 9.16mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 864.47kcal (43.22%), Fat: 51.37g (79.03%), Saturated Fat: 13.42g (83.85%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 40.88g (14.86%), Sugar: 8.34g (9.27%), Cholesterol: 289.51mg (96.5%), Sodium: 920.28mg (40.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.71g (109.43%), Vitamin A: 8224.21IU (164.48%), Vitamin K: 107µg (101.91%), Vitamin B3: 16.42mg (82.12%), Selenium: 55.08µg (78.69%), Phosphorus: 531.74mg (53.17%), Vitamin B6: 1.01mg (50.66%), Folate: 191.43µg (47.86%), Vitamin B2: 0.75mg (44.29%), Vitamin C: 33.77mg (40.93%), Vitamin B1: 0.61mg (40.77%), Iron: 6.32mg (35.11%), Manganese: 0.65mg (32.59%), Calcium: 295.78mg (29.58%), Vitamin B5: 2.82mg (28.24%), Zinc: 4.04mg (26.95%), Potassium: 922.1mg (26.35%), Vitamin E: 3.48mg (23.18%), Magnesium: 83.67mg (20.92%), Vitamin B12: 1.13µg (18.78%), Copper: 0.36mg (18.11%), Fiber: 4.49g (17.98%), Vitamin D: 1.26µg (8.37%)