



PROPER CHICKEN CAESAR SALAD

serves 6

- 1 loaf of ciabatta bread (about 250g)
- 3 sprigs of fresh rosemary
- 4 chicken legs, preferably higher welfare, skin removed
- olive oil
- sea salt and freshly ground black pepper
- 6 thin slices of pancetta or smoked streaky bacon
- ¼ of a clove of garlic
- 4 anchovy fillets in olive oil
- 30g fresh Parmesan cheese, plus a few extra shavings to serve
- 1 tablespoon low-fat Greek yoghurt
- juice of 1 lemon
- extra virgin olive oil
- 2 or 3 cos or romaine lettuces, outer leaves discarded
- a couple of handfuls of mixed leaves (like radicchio, rocket and red chicory)

To make your salad

Preheat the oven to 200°C/400°F/gas 6 • Tear the ciabatta into thumb-sized pieces • Pick and roughly chop the rosemary leaves • Place the chicken legs and the pieces of torn-up bread into a snug-fitting flat baking tray • Sprinkle with the chopped rosemary, drizzle with olive oil and season with salt and pepper • Mix with your hands to make sure everything is well coated, then lift the chicken legs up to the top, so they sit above the bread (this way the bread will soak up all the lovely juices) • Pop the tray into your preheated oven for 45 minutes, or until the chicken is nicely cooked (you can make your dressing while you wait) • Take the tray out of the oven and drape the pancetta or bacon over the chicken and croutons • Put the tray back in the oven for another 15 to 20 minutes for everything to crisp up • Your chicken legs are ready when you can pinch the meat off the bone easily • When they're cooked, remove the tray from the oven and put it to one side for the chicken to cool down slightly

To make your salad dressing

Peel the garlic • Finely grate the Parmesan • Drain the anchovies • Pound the garlic and anchovy fillets in a pestle and mortar until you have a pulp • Add the Parmesan, Greek yoghurt, lemon juice and three times as much extra virgin olive oil as lemon juice • Whisk well and season your dressing to taste

To dress your salad

Pull the chicken meat off the leg bones – you can use two forks to do this, or your hands if you're tough like me – and tear it up roughly with the croutons and the bacon • Wash, spin dry and separate all your salad leaves • Tear them up and toss them with the chicken, croutons, bacon and creamy dressing • Use a speed peeler to shave off a few pieces of Parmesan, if using, and scatter these over the salad • Serve hot or cold



