



# Caesar Salad

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Cooking time	10 Mins
Portions	4

Caesar salad with marinated chicken, crispy panko coating and creamy dressing. A delicious combination of fresh and creamy flavours.

## Marinated chicken

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150 ml buttermilk  
1 tsp Worcestershire sauce  
1 lemon, zest only  
2 sprigs of parsley, leaves finely chopped  
½ tsp salt  
a little pepper  
4 chicken thigh steaks, boneless

## Caesar Dressing

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1 tsp Dijon mustard  
50 ml white wine vinegar  
15 ml white balsamic vinegar  
2 egg yolks  
2 anchovy fillets, drained  
1 clove of garlic  
250 ml sunflower oil  
100 g Parmesan cheese, finely grated  
a little salt





a little pepper

## Breading

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80 g panko breadcrumbs

some clarified butter, for frying

a little fleur de sel

## Caesar salad

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4 baby-gem lettuce, halved

1 tsp olive oil

a little salt

2 baby-gem lettuce, leaves roughly torn

50 g Parmesan cheese, finely grated

## Marinated chicken

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Mix buttermilk, Worcestershire sauce, lemon zest, and parsley and season with salt and pepper. Place the chicken in a vacuum bag, add the marinade, and vacuum seal. Marinate the chicken in the refrigerator for at least 8 hours.

## Caesar dressing

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Place mustard and all ingredients up to and including garlic into a tall container, and blend finely with a hand blender. Slowly pour in sunflower oil while blending continuously until a smooth, homogeneous mixture forms. Stir in Parmesan and season with salt and pepper.

## Breading

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Remove the chicken from the bag and pat off a little of the marinade. Place panko breadcrumbs in a deep plate. Coat the chicken pieces one-by-one, pressing firmly. Fill a frying pan with clarified butter to a depth of approximately 3 cm and heat over medium to high heat (level 7-8). Fry chicken steaks in batches for approximately 3 minutes on each side until golden brown. Reduce the heat slightly (level 6), and fry for a further minute until cooked through. Drain the chicken on a plate lined with kitchen paper and keep warm.

## Caesar Salad

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Heat a grill pan over medium to high heat (level 7-8). Brush the halved baby gem lettuce with oil and lightly season with salt. Place the lettuce cut side down in the grill pan and sear for about 2 minutes, then turn and cook for about 1 minute more. Arrange the grilled lettuce and fresh lettuce leaves with the dressing. Slice the chicken, place it on top of the salad, then sprinkle with Parmesan.





## Accessories

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Pan (approx. 20 cm ø)

Grill pan

## Additional information

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