

GRILLED BROCCOLI CAESAR

INGREDIENTS:

- 2 ea Large heads of broccoli
- 1 tbsp Extra virgin olive oil from spray bottle
- 1 tsp Kosher salt
- ¼ tsp Black pepper
- ¼ cup Caesar dressing

Caesar Dressing

- 8 ea Anchovy filets
- 1 cup Asiago cheese, grated
- 2 tbsp Egg whites pasteurized
- 1 tbsp Mustard, Dijon
- 1 tbsp Mayonnaise, non-fat
- 2 tbsp Extra virgin olive oil
- 1 tbsp Red wine vinegar
- 1 lemon Zest and juice
- Pepper to taste

PROCEDURE:

- Prepare Caesar dressing.
- Select fresh broccoli crowns.
- Blanch the broccoli heads whole for 8 to 9 minutes.
- Chill the broccoli in ice water.
- Cut broccoli in ½ and pat dry.
- Season with salt and pepper and olive oil. Reserve for grilling.
- Fire up the grill.
- Grill broccoli flat-side down over medium-hot coals, no flames.
- Baste broccoli lightly with some dressing.
- Once the flat side has some caramelization, flip broccoli over and baste with more dressing.
- Place lemons on grill cut-side down to caramelize.
- When broccoli has a "grilled look" and is well-basted, remove from grill and place on serving platter.
- Serve some Caesar dressing on the side for dipping.
- Garnish with the grilled lemons and a pinch of fresh ground black pepper.
- If desired, you can also add some grated Parmesan cheese.

Serves: 4

Caesar Dressing

- Combine all ingredients in a blender or food processor.
- Blend to a smooth puree.
- Remove and keep refrigerated until needed.
- Option – add a clove of fresh garlic, if desired

