

Caesar Salad Dressings

*Egg-free, vegetarian
& Raw vegan*

Standard caesar dressing recipes call for raw eggs, but these may not always be welcome in your dish; picnics and pregnancies are 2 examples of when raw eggs are not advised.

Egg-free:

I recently found an appropriate recipe in the book [Veganomicon](#), but found it did not have quite the 'bite' that my family likes in a good caesar. After much tweaking I found the following listed additions to create the full flavour experience for which we were seeking.

Original recipe:

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|----------------------------|------------------------|
| 1/3 cup ground almonds | 4 tsp caper brine |
| 3-4 cloves garlic, crushed | 1/2 tsp mustard powder |
| 3 Tbsp fresh lemon juice | Salt |
| 1 heaping Tbsp capers | 1/4 cup olive oil |

I added the following:

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|------------------------------------|--------------------------|
| 1-2 shakes of Tabasco sauce | ~1 Tbsp red wine vinegar |
| 1-2 shakes of Worcestershire sauce | ~1 Tbsp Dijon mustard |
| 6 inches anchovy paste | |

Combine all but olive oil in blender. With blades still moving, slowly pour in oil to create a creamy texture. Pour over a large bowl of chopped romaine lettuce and arugula leaves. Season with cracked pepper and shavings of fresh parmesan cheese (optional, of course.)

Raw vegan:

I found this recipe on a [blog](#) by Lori Painter. *As of publishing date, I haven't actually tried it yet!*

1 cup raw cashews
4 lemons, juiced
4 Tbsp honey or agave nectar
2 tsp cumin
2 tsp Celtic sea salt
4 cloves garlic, crushed

Optional:

1 Tbsp non-GMO soy lecithin; this will prevent the oil & water components from separating

Combine all ingredients in blender.

Transfer to glass jar with lid. Store in refrigerator for up to 1 week.

Bon appétit!