

Chicken Caesar Wraps

By Young Chefs, 2015

Makes 4 wraps

Poaching chicken breasts is a quick method to cook juicy and flavorful meat.

INGREDIENTS

2 bone-in, skin-on chicken breast halves

Water

1/2 tablespoon coarse salt



DIRECTIONS

Poach the chicken: Place the **chicken breasts** in a pan just large enough to hold it with about 3 inches of room on top. Add cool tap **water** to cover by 1 inch; add the **salt**.

Bring the **water** to a simmer over medium-high heat (bubbles should start forming around the edges of the pan and rise to the surface, but there should be no bubbles in the center of the pan). Reduce the heat to medium-low to keep the temperature constant (it should be between 170° and 180°F). Cook until an instant-read thermometer inserted in the thickest part of the chicken breast registers 160°F, 20 to 25 minutes after the liquid came to a simmer/reached the correct temperature.

Strain and cool: Transfer the **chicken** to a bowl. Strain the **cooking liquid** then pour it over the **poached chicken**. Allow the **chicken** to cool in the **liquid** (this will keep the **chicken** moist and tender). When the **chicken** is cool, separate the **meat** from the bones; discard the **skin** and **bones**. Slice the **chicken** against the grain into bite-sized pieces. The **cooking liquid** can be reserved to use as a base for soup or a sauce.

FOR THE DRESSING:

1/4 cup mayonnaise

2 tablespoons extra-virgin olive oil

1 to 2 tablespoons fresh lemon juice,
depending on how lemony you like it

1/2 teaspoon Worcestershire sauce

2 anchovies, very finely minced

OR 1 teaspoons anchovy paste

1 clove garlic, finely diced and mashed
into a paste with 1/2 teaspoon kosher
salt

1 tablespoon water

Freshly ground black or white pepper, to taste

Make the Caesar salad dressing: Place the **mayonnaise**, **olive oil**, **lemon juice**, **Worcestershire sauce**, **anchovy** (if using), **garlic/salt paste** and **water** in a blender or food processor; process until blended. (Alternately, shake everything up in a tightly-sealed jar). Taste for seasoning, add more **salt** as necessary, and **pepper** to taste. Set aside.

FOR THE SALAD:

2 hearts of romaine lettuce

OR 1 head of romaine lettuce, rinsed and dried

$\frac{1}{4}$ cup freshly-grated Parmesan cheese

Make the Caesar salad: Tear or thinly slice the **romaine lettuce**; place it in a large serving bowl to create about **10 cups lettuce**. Drizzle about two-thirds of the **Caesar salad dressing** on top and toss to combine. Sprinkle the **Parmesan** over the **salad**; toss it again until everything is evenly mixed. Add more **dressing** as needed, but **do not** drown or over-dress the **salad**.

4 large (10-inch) wraps or flour tortillas

Wrap the sandwich: Warm the **tortillas**, tightly wrapped in aluminum foil, in a 300°F oven for 20 minutes.

FOR EACH WRAP:

1 wrap or tortilla

1 cup Caesar salad

$\frac{1}{2}$ cup sliced chicken

1 teaspoon cream cheese, room temperature

Place a **tortilla** on a cutting mat. Spread **Caesar salad** over the wrap, leaving $\frac{1}{4}$ of the **tortilla** bare on the side away from you. Place several **slices of cooked chicken** on top of the **salad**. Spread the empty quarter of the tortilla with **cream cheese**.

Roll the wrap toward the side that had the **cream cheese** on it, so the **cream cheese** can seal the **wrap**. Place the **wraps**, seam side down, on a plate. Garnish as you like; serve immediately.