



Chicken Caesar Wraps

Our Young Chefs, 2015

Makes 6 to 8 wraps

Poaching chicken breasts is a quick method to cook juicy and flavorful meat for this recipe or chicken salad.

INGREDIENTS

3 bone-in, skin-on chicken breast halves
Water
2 teaspoons coarse salt

DIRECTIONS

Poach the chicken: Place the **chicken breasts** in a 3- to 4-quart pan (a pan just large enough to hold the **chicken** and **water** with about 3 inches of space in the pan above the water level). Add cool tap **water** to cover by 1 inch; add the **salt**.

Gently simmer: 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 and 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 $\frac{1}{4}$ -inch thick slices. The **cooking liquid** can be reserved to use as a base for soup or a sauce in another recipe.

DRESSING

$\frac{1}{4}$ cup mayonnaise
2 tablespoons extra-virgin olive oil
1 to 2 tablespoons fresh lemon juice,
depending on how lemony you like it
1 teaspoon Worcestershire sauce
2 anchovies, very finely minced
OR 2 teaspoons anchovy paste
1 to 2 garlic cloves, finely diced and mashed into a paste with a generous
 $\frac{1}{4}$ teaspoon Kosher salt using the flat edge of a Chef knife
 $1\frac{1}{2}$ teaspoons water
Freshly ground black or white pepper, to taste

Prepare the Caesar salad dressing: Place the **mayonnaise**, **olive oil**, **lemon juice**, **Worcestershire sauce**, **anchovies** (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 probe of an **instant-read thermometer** to be inserted deeply enough to register the temperature **correctly** in a flat piece of meat like a chicken breast, it should be inserted horizontally into the thickest part of the chicken breast, *at least* 2 inches deep. This position for inserting the thermometer is important because the area where the temperature is registered on the thermometer probe is about $1\frac{1}{2}$ inches from the tip. It is difficult to get an accurate reading if the probe is placed vertically, crossing the thickness of the chicken, with only a small amount of the meat on the tip of the probe. Wash and wipe the thermometer clean immediately after each use to check the chicken's internal temperature.

10 large flour tortillas

Prepare the tortillas: Preheat the oven to 350°F. Wrap and tightly seal/enclose the stack of **tortillas** in a sheet of wide heavy-duty aluminum foil; set on a large baking sheet pan. Warm the **tortillas** in a 350°F oven for 15 to 20 minutes.

SALAD

2 hearts romaine lettuce

OR 1 head romaine lettuce, rinsed and dried

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

Prepare the Caesar salad: Tear or thinly slice the **romaine lettuce**; place it in a large serving bowl to create about **5 cups lettuce**. Drizzle *one-third* ($\frac{1}{3}$) to *one-half* ($\frac{1}{2}$) of the amount of **Caesar salad dressing** on top; 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**.

Caesar dressing (*prepared earlier*)

Poached chicken, cooled (*prepared earlier*)

Dress the chicken (*optional*): If desired, after draining and slicing the **chicken**, drizzle a little of the **Caesar dressing** over the **cooled meat**; gently toss to lightly coat and flavor the **chicken**.

WRAP ASSEMBLY

1 warm tortilla (*prepared earlier*)

$\frac{3}{4}$ cup Caesar salad mixture (*prepared earlier*)

$\frac{1}{3}$ cup (generous) sliced chicken

1 teaspoon cream cheese, room temperature (*optional*)

How to assemble a wrap: When the **tortillas** are warm, place a **tortilla** on a platter or cutting board/flexible 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**.

Seal and serve: Roll the wrap toward the side that had the **cream cheese** on it, so the **cream cheese** can act as "glue" to seal the **wrap**. Place the **wraps**, seam side down, on a tray or platter. Repeat to prepare all of the wraps. If desired, cut each wrap crosswise on the diagonal; serve immediately.
