



Chicken Caesar Wraps

Our Young Chefs, 2015
Makes 20 snack-size wraps

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

DIRECTIONS

Poach the chicken: Place the **chicken breasts** in a 6-to 8-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**.

INGREDIENTS

5 bone-in, skin-on chicken breast halves
Water
1 tablespoon coarse 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

$\frac{1}{2}$ cup mayonnaise
 $\frac{1}{4}$ cup extra-virgin olive oil
2 to 4 tablespoons fresh lemon juice,
depending on how lemony you like it
2 teaspoons Worcestershire sauce
4 anchovies, very finely minced
OR 1 tablespoon anchovy paste
2 to 3 garlic cloves, finely diced and mashed into a paste with a generous
 $\frac{1}{2}$ teaspoon Kosher salt using the flat edge of a Chef knife
1 tablespoon 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.

20 small (6-inch) flour or corn 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

4 hearts romaine lettuce

OR 2 head romaine lettuce, rinsed and dried

$\frac{1}{2}$ 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 about *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*)

$\frac{1}{2}$ cup Caesar salad mixture (*prepared earlier*)

$\frac{1}{4}$ 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.
