
BLT Salad with Grilled Corn and Buttermilk Parm Dressing

Cooking class, Phillis Carey, 2018



CROUTONS:

- 2 1/2 cups French bread, cubed
- 3 tablespoons melted butter
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

DRESSING:

- 1 tablespoon shallot, minced
- 1/4 cup apple cider vinegar
- 1/2 cup buttermilk
- 3/4 cup mayonnaise
- 1/2 cup Parmigiano-Reggiano cheese, grated
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon sugar

SALAD:

- 3 ears corn, husked
- 2 tablespoons vegetable oil
- 12 ounces Romaine lettuce, chopped (use hearts for best appearance)
- 1 1/2 pounds tomatoes, assorted types, chopped
- 6 slices thick-sliced bacon, cut in small strips
- 1/2 cup fresh basil, chopped

Per Serving (excluding unknown items): 712 Calories; 44g Fat (53.8% calories from fat); 17g Protein; 68g Carbohydrate; 6g Dietary Fiber; 37mg Cholesterol; 1531mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. Preheat oven to 375°F. For croutons, toss bread with melted butter, salt and pepper. Place on foil lined baking sheet and bake for 7-8 minutes, until golden brown. Remove and set aside to cool.
2. DRESSING: Combine shallot and vinegar in a medium bowl and allow to sit for 5 minutes. Whisk in buttermilk, mayo, Parm, salt, pepper and sugar. Cover and chill until ready to use, up to 2 days ahead. If you want to make this further ahead, don't add the shallot and vinegar - wait until half an hour before using to add that, then use it within 2 days.
3. CORN: Brush corn with oil, season with salt and pepper and grill until nicely brown on all sides. Cool and cut corn from the cobs.
4. SALAD: Ideally serve this on a large platter (presentation is best this way). Arrange lettuce on the platter. Top with tomatoes, all over, then corn, then sprinkle on the cooked bacon. Drizzle with about 3 T. of the dressing, then sprinkle with croutons, parsley and the just chopped fresh basil. Serve with more dressing on the side.