

## **GRIDDLED LETTUCE WITH ANCHOVY DRESSING**

Any lettuce can be used in this dish but long lettuces look lovelier and bitter leaves like chicory or radicchio work well too. This recipe is particularly good for using up wilting lettuce and you would not even know, once it has been griddled or grilled, that it is past its best.

3 long lettuces sliced lengthways in half  
¼ cup good olive oil  
salt and pepper to season

### **METHOD**

1. Heat a griddle or frying pan so that it becomes very hot. Test by holding your hand close to it. It is sufficiently hot when you are unable to hold your hand comfortably about 4"/10cm from the pan.
2. Pour the olive oil over the lettuce halves so that they are well coated.
3. Place the lettuce halves onto the heated griddle and allow to brown. Press down on them with a wide spatula to help them make good contact with the pan. The leaves will wilt as they cook. Once browned, turn over with a pair of tongs and grill the other side of the lettuce too.
4. Remove from the griddle and place each half lettuce on a plate.
5. Drizzle over the anchovy dressing.
6. Serve straight away.
7. Alternatively, the lettuce can be grilled under an oven grill. In this case, heat a large baking tray under the grill and make sure that the grill unit is very hot before using.
8. Again, ensure that the lettuce is well oiled and then place the lettuce halves onto the heated baking tray. Place under the grill and allow to grill. Then turn over and do the other side. Serve as with the lettuce prepared on a hob griddle/pan.

## **ANCHOVY DRESSING**

100g/4ozs tin of anchovy fillets in olive oil  
juice of 1 regular lemon

1 clove of garlic  
150ml/6ozs extra virgin olive oil

### **METHOD**

1. Place all the ingredients for the dressing in a jug into which a stick blender can fit.
2. Blitz together until the dressing is well blended and smooth. It will also thicken as it emulsifies. Set aside.
3. The remainder of the dressing can be stored in the refrigerator. This dressing will last refrigerated for about a week