- Prep Time: 20 Minutes
- Cook Time: 25 Minutes
- Total Time: 45 Minutes
- Yield: 4 Servings
- Intensity Level: Moderate (Requires multitasking and knife skills)

Table of Contents

- Ingredients
  - The Protein & Produce
  - The Dressing (Red Wine Vinaigrette)
- Equipment Needed
- Instructions
  - Phase 1: The High-Intensity Cook (Protein)
  - Phase 2: The Gentle Simmer (Eggs)
  - Phase 3: The Low-Intensity Prep (Vegetables)
  - Phase 4: The Assembly & Dressing
- Nutrition Facts

Ingredients

The Protein & Produce

- 2 boneless, skinless chicken breasts (about 1 lb)
- 6 slices thick-cut bacon
- 4 large eggs
- 1 head Romaine lettuce (or 50/50 mix of Romaine and Watercress), washed and chopped
- 2 ripe Avocados
- 1 pint cherry or grape tomatoes (or 3 large vine-ripened tomatoes)
- 4 oz crumbled Blue Cheese (Roquefort or Gorgonzola)
- 2 tbsp fresh chives, finely chopped

The Dressing (Red Wine Vinaigrette)

- 1/4 cup extra virgin olive oil

- 2 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1/2 tsp honey (optional, to balance acidity)
- 1 small garlic clove, minced
- Salt and black pepper to taste

Equipment Needed

- Large skillet or grill pan
- Medium saucepan (for eggs)
- Chef’s knife and cutting board
- Large salad bowl
- Whisk or jar with a lid (for dressing)

Instructions

Phase 1: The High-Intensity Cook (Protein)

Timing: 0:00 – 0:15 | Intensity: High

1. The Bacon: Heat your skillet over medium-high heat. Lay the bacon strips flat. You want a sizzling sound but not smoking. Cook for about 4-5 minutes per side until crispy and golden brown. Remove from pan and place on a paper towel-lined plate to drain. *Do not discard the bacon fat yet.*

2. The Chicken: Season the chicken breasts generously with salt and pepper. Using the same pan (with the bacon fat still in it), sear the chicken over medium-high heat for 5-6 minutes per side. The internal temperature should reach 165°F (74°C). Once cooked, remove the chicken to a cutting board to rest. Do not slice yet.

Phase 2: The Gentle Simmer (Eggs)

Timing: 0:10 – 0:20 | Intensity: Low

1. The Eggs: While the chicken is cooking, bring a medium pot of water to a rolling boil. Gently lower the eggs into the water. Reduce heat to a gentle simmer and cook for exactly 9 minutes for hard-boiled eggs with creamy (not chalky) yolks.

2. The Ice Bath: Immediately transfer the eggs to a bowl of ice water. This stops the cooking process and makes them easier to peel. Let them sit for 5 minutes, then peel and quarter them.

Phase 3: The Low-Intensity Prep (Vegetables)

Timing: 0:20 – 0:35 | Intensity: Low

1. The Base: Chop your Romaine lettuce into bite-sized pieces. Wash and dry thoroughly (a salad spinner works best here). Place the lettuce in the bottom of your large salad bowl.

2. The Prep: Chop the tomatoes in half, slice the avocado, and crumble the blue cheese. By now, your chicken has rested; slice it into bite-sized strips. Cut the bacon into small pieces.

Phase 4: The Assembly & Dressing

Timing: 0:35 – 0:45 | Intensity: Low

1. The Dressing: In a small bowl or jar, combine olive oil, red wine vinegar, Dijon mustard, honey, garlic, salt, and pepper. Shake or whisk vigorously until emulsified.

2. The Arrangement: This is the signature of a Cobb Salad. Arrange the ingredients in neat rows over the bed of lettuce:

    - Row 1: Chicken

    - Row 2: Bacon

    - Row 3: Avocado

- Row 4: Tomatoes
- Row 5: Blue Cheese
- Row 6: Eggs

3. The Finish: Sprinkle the chopped chives over the top.
4. Serving: Present the salad to your guests to show off the presentation, then toss it tableside with the vinaigrette and serve immediately.

Nutrition Facts

Per serving (1/4 of recipe, including dressing)

- Calories: 580 kcal
- Protein: 38g
- Carbohydrates: 12g
- Dietary Fiber: 6g

- Sugars: 4g
- Fat: 42g
- Saturated Fat: 11g
- Cholesterol: 235mg
- Sodium: 780mg
- Potassium: 900mg