

SALAD NICOISE RECIPE 2015

Source: A Guide to Modern Cookery by A.Escoffier

Prepared by: Joann Schwarberg, July, 2016

Take equal quantities of French beans, potato dice, and quartered tomatoes. Decorate with capers, small stoned olives, and anchovy fillets.

Season with oil and vinegar.



My process

Ingredients:

3 heads Bibb lettuce, wash and dry, chop mid and small pieces, use large pieces to line platter

1 lb. French beans: tipped and washed, steamed 4 minutes, cold water/ice bath, dry

8 Medium Yukon Gold potatoes: quartered, boiled in salted water for 14 minutes, drained

8 eggs: into pan of cold water, bring to boil, reduce to simmer for 15 minutes, chill and peel, quarter

7 oz. Fresh White Anchovies in oil pack (from Whole Foods) pat dry

6 medium yellow tomatoes, quartered

1 jar Capers, drained

Kalamata or Nicoise Olives

Dressing:

8 T. White wine Vinegar in medium bowl

1 cup Extra Virgin Olive Oil, whisk into vinegar a little at a time to emulsify

2 T. fresh thyme leaves (stripped from stems)

1 C. fresh Italian parsley roughly chopped

¼ small white onion sliced paper thin

2 cloves garlic, chopped very fine

2 t. dijon mustard

Sea Salt and Course ground Pepper to taste

To Plate:

Line bottom of platter with bibb lettuce

Toss Potatoes in dressing, arrange en plate

Toss Green Beans in dressing, arrange en plate

Add eggs, tomatoes, anchovies and olives around the plate evenly

Top with capers and garnish with sprigs of thyme.