

# Salad Nicoise

The explosive flavors of the French classic, Nicoise Salad, make for a great meal to share with friends and family. The meal is best when allowed to chill, so I've presented it on Sunday when you may have extra time to prepare and chill this dish.

This salad is a perfect warm weather meal that takes advantage of seasonal green beans and new potatoes. You may choose to cook a 12 oz. piece of fresh tuna on the barbecue, but you can also simply use canned light tuna.

**Preparation Time: 1 hour + 1 hour chill time - Servings 4**

## Organize Your Ingredients!

### Notes on Organizing

Organize ingredients on small plates or in bowls so they are ready to add as you need them. Do these items now:

1. Scrub and boil new potatoes in salted water 10-12 minutes or until tender. Remove cooked potatoes from water with a perforated spoon and place in cold water.
2. Add trimmed green beans to water used to cook potatoes. Cook 4 minutes in boiling water. Remove beans from water and add to cold water with potatoes.
3. Grate lemon rind and juice 1 lemon for meal preparation.

### Nicoise Salad

12 small new red potatoes (washed, boiled)  
1-1/2 C. fresh green beans (cooked 4 minutes in boiling water - after potatoes cook)

3 hardboiled eggs  
10 leaves green or red leaf lettuce (keep 2 leaves whole and break up the rest)  
1 whole cucumber (peeled, and coarsely chopped)  
2 slicing tomatoes (coarsely chopped)

8 pitted Calamata olives (halved)  
3 T. capers (drained and rinsed)  
1/4 C. chopped fresh parsley  
2 tart apples (cored and thin-sliced)  
1 baguette or 4 artisan rolls  
1 T. fresh lemon juice

### Tuna or Halibut

12 oz. fresh fillet of tuna or halibut (baked or grilled)  
- or -  
two 6 oz. cans chunk light tuna (drained)

### Dressing

1/2 tsp. grated lemon rind  
1/2 tsp. fresh-ground pepper  
1 tsp. Dijon mustard  
1/4 C. green onions (sliced)  
2 T. extra-virgin olive oil  
2 T. white wine  
1 T. lemon juice  
1/4 C. low-sodium vegetable broth

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Once you've boiled the potatoes and cooked the beans, you will now only need to hard boil eggs, cook the fish and make the dressing. Last of all, assemble and chill the salad.

### Hardboiled Eggs

1. Submerge 3 eggs in lightly-salted boiling water in a small saucepan.
2. Return to a boil, cover and cook 11 minutes at a low boil.
3. Submerge in ice water until ready to peel and serve. Peel and cut lengthwise into quarters before adding to the salad.

### Bake or Grill Tuna or Halibut

If cooking fresh tuna (or halibut), drizzle with a little lemon juice and grill on outdoor grill or stovetop. You can also bake it in a 400° oven for 15 minutes. Set aside.

If using canned tuna, just drain liquid from each can.

### Dressing:

### **Make Dressing, Assemble and Chill Nicoise Salad**

Blend all ingredients in a food processor or measure them into a container with a tight-fitting lid and shake vigorously.

### Assemble Salad:

1. Lay a few whole lettuce leaves on a large platter.
2. Drain ice water from green beans and potatoes. Toss broken lettuce leaves, green beans and potatoes in a large bowl using 1/2 of the dressing and arrange over large leaves.
3. Arrange cucumber, tomatoes and chunks of cooked fish over the items on the platter.
4. Arrange boiled egg wedges over vegetables and sprinkle olives, capers and chopped parsley over the salad. Chill for 1 - 2 hours.
5. Twenty minutes before you wish to dine, wrap bread in foil and warm in a 220° oven. Slice and place in a basket for the table.
6. Just before serving, drizzle salad with remaining dressing.

Serve family style with Nicoise platter in center of table along side sliced apples and bread.

### **What I've Learned from this Recipe**

Traditional Nicoise is made with Tuna. Sometimes fresh tuna is hard to find. The salad is still delicious and refreshing when using canned tuna. Halibut also works as a successful substitute for tuna. I've even used baked cod with poke sauce.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)