

Nicoise Salad Recipe

Salad Niçoise pronounced nee-suaz is a French composed salad, with tuna, green beans, and potatoes. Salad Niçoise hails from Nice, on the Mediterranean Sea, though like so many foods we enjoy here of French origin.

Nicoise Salad Recipe

Vinaigrette

- 1 1/2 cup lemon juice
- 2 3/4 cup extra-virgin olive oil
- 3 1 medium shallot, minced
- 4 1 Tbsp minced fresh thyme leaves
- 5 2 Tbsp minced fresh basil leaves
- 6 2 teaspoons minced fresh oregano leaves
- 7 1 teaspoon Dijon mustard
- 8 Salt and freshly ground black pepper

Salad

- 1 2 grilled or otherwise cooked tuna steaks* (8 oz each) or 2-3 cans of tuna
- 2 6 hard boiled eggs, peeled and either halved or quartered
- 3 10 small new red potatoes (each about 2 inches in diameter, about 1 1/4 pounds total), each potato scrubbed and

quartered

4 Salt and freshly ground black pepper

5 2 medium heads Boston lettuce or butter lettuce,
leaves washed, dried, and torn into bite-sized pieces

6 3 small ripe tomatoes, cored and cut into eighths

7 1 small red onion, sliced very thin

8 8 ounces green beans, stem ends trimmed and each bean
halved crosswise

9 1/4 cup niçoise olives

10 2 Tbsp capers, rinsed and/or several anchovies
(optional)

METHOD

*Marinate tuna steaks in a little olive oil for an hour. Heat a large skillet on medium high heat, or place on a hot grill. Cook the steaks 2 to 3 minutes on each side until cooked through.

1 Whisk lemon juice, oil, shallot, thyme, basil, oregano, and mustard in medium bowl; season to taste with salt and pepper and set aside.

2 Bring potatoes and 4 quarts cold water to boil in a large pot. Add 1 tablespoon salt and cook until potatoes are tender, 5 to 8 minutes. Transfer potatoes to a medium bowl with a slotted spoon (do not discard boiling water). Toss warm potatoes with 1/4 cup vinaigrette; set aside.

3 While potatoes are cooking, toss lettuce with 1/4 cup vinaigrette in large bowl until coated. Arrange bed of lettuce on a serving platter (I used two serving platters, shown in the photos). Cut tuna into 1/2-inch thick slices, coat with vinaigrette. Mound tuna in center of lettuce. Toss tomatoes,

red onion, 3 tablespoons vinaigrette, and salt and pepper to taste in bowl; arrange tomato-onion mixture on the lettuce bed. Arrange reserved potatoes in a mound at edge of lettuce bed.

4 Return water to boil; add 1 tablespoon salt and green beans. Cook until tender but crisp, 3 to 5 minutes. Drain beans, transfer to reserved ice water, and let stand until just cool, about 30 seconds; dry beans well. Toss beans, 3 tablespoons vinaigrette, and salt and pepper to taste; arrange in a mound at edge of lettuce bed.

5 Arrange hard boiled eggs, olives, and anchovies (if using) in mounds on the lettuce bed. Drizzle eggs with remaining 2 tablespoons dressing, sprinkle entire salad with capers (if using), and serve immediately.