

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.

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Vinaigrette

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

Salad

- 2 grilled or otherwise cooked tuna steaks* (8 oz each) or 2-3 cans of tuna
- 6 hard boiled eggs, peeled and either halved or quartered
- 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.