

Nicoise

Source : Bonicelli Recipes

Type :

Origin :

Category :

| Quantity | Measure | Item |
|--------------------|-------------|--|
| =====salad===== | | |
| 1/2 | pound | red potatoes (small) |
| 1/4 | pound | haricot verts (or green beans split length-wise) |
| 1 | Large | romaine or bibb lettuce (mixed greens) |
| 2 | teaspoon | parsley (fresh and chopped) |
| 1/2 | teaspoon | tarragon (fresh and chopped) |
| 1/2 | pound | tomatoes (cut into 1 inch pieces) |
| 1/3 | cup | capers (drained) |
| 1 | cup | nicoise olives |
| 1/2 | Cup | red onion (thinly sliced) |
| 4 | | hard boiled eggs (peeled and sliced) |
| | | Imported Italian or Spanish tuna in oil |
| =====Dressing===== | | |
| 1 | | anchovy filet (drained) |
| 1/8 | teaspoon | pepper (freshly ground) |
| 1/2 | teaspoon | garlic (chopped) |
| 1 | large | egg |
| 2 | teaspoon | lemon Juice (fresh) |
| 1/2 | teaspoon | Dijon mustard |
| 8 | tablespoons | olive oil |
| 1 1/2 | tablespoons | shallot (minced) |
| 2 | teaspoon | capers (drained - or whole caper berries) |
| 1/2 | teaspoon | worcestershire |

Instructions :

Step 1:

In a medium bowl, mash the anchovy, salt, pepper, and garlic into a paste with the back of a fork. Add the egg and whisk well to blend. Add the lemon juice and mustard, and whisk well.

Step 2:

Add the oil in a steady stream, whisking constantly to form a thick emulsion. Add the shallots, capers and Worcestershire, whisk well, and adjust the seasoning, to taste. Cover and refrigerate till used.

Step 3:

Assemble your salad ingredients and serve with dressing.

Serves / Time :

Serves 4

Serving Size

Yields

Prep Time

Idle Time

Cooking Time

Total Time