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Nicoise Salad

Serves 4

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

1 12 ounce can tuna packed in oil, drained

4 ounces fresh green beans

½ small red onion, peeled and sliced

12 red fingerling potatoes, boiled, cooled

1 cup cherry tomatoes

1 cup frozen petite peas, thawed

½ cup Niçoise olives,(oil cured black olives)or pitted kalamata olives

¼ cup capers, rinsed

4 eggs boiled, peeled, and halved

4 cups mixed baby lettuces

1 cup olive oil

1/3 cup sherry vinegar

2 teaspoons Dijon mustard

1 medium sized shallot (or ¼ small red onion)

2 Tbs fresh tarragon, chopped or 2 teaspoons dried

Kosher salt and freshly ground pepper to taste

Equipment for class

4-cup saucepan

Strainer

Cutting board

Chef's knife

Large mixing bowl

Tongs

Serving plates

Niçoise Salad

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1 12 ounce can tuna packed in oil, drained

4 ounces fresh green beans

½ small red onion, peeled and sliced

12 red fingerling potatoes, boiled, cooled

1 cup cherry tomatoes cut into halves

1 cup frozen petite peas, thawed

½ cup Niçoise olives,(oil cured black olives)or pitted kalamata olives

¼ cup capers, rinsed

4 eggs boiled, peeled, and halved

4 cups mixed baby lettuces

Nicoise Salad Dressing, recipe follows

1. Trim the green beans, and then blanch (cook) in boiling water for 3 minutes. Immediately strain the green beans and run under cold water to stop the cooking.
2. In a large bowl, combine the green beans, red onion, potatoes, tomatoes, peas, and capers. Toss lightly with ¼ cup of the Niçoise dressing and season with salt and pepper.
3. Divide the lettuce between the plates. Place equal amounts of dressed vegetables on top of the greens. Divide the drained tuna and eggs between the plates. Drizzle some dressing on top. Serve immediately.

Dressing

Make 1 ½ cups

1 cup olive oil

1/3 cup sherry vinegar

2 teaspoons Dijon mustard

2 tablespoons minced shallots

2 Tbs fresh tarragon, chopped or 2 teaspoons dried

Kosher salt and freshly ground pepper to taste

Combine the ingredients in a bottle and shake well. Taste and add more vinegar (a teaspoon or two at a time) to taste. Your vinaigrette can be kept on the counter.