

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Recipes for Salade Nicoise, Vinaigrette, French Potato Salad

Greatly inspired by and adapted from Julia Child's recipe in *Mastering the Art of French Cooking, Volume 1*. Salade Nicoise is known as a "composed salad." Composed means to "artfully arrange" the ingredients versus tossing them all together. Salade Nicoise can be composed on a single large platter or on individual plates.

Makes 6-8 servings

Active time: 65 minutes + 30 minutes for preparing the salmon

Total time: 25 hours for the salmon to cure

2 pounds wild salmon for [Lemon-Cured Salmon](#)

1 recipe French Potato Salad (recipe below)

1 large head soft lettuce such as Butter Lettuce, washed and dried

1 ½ cups Salade Nicoise Vinaigrette dressing (recipe below)

1 ½ pounds green (and yellow) beans

3-4 hard-boiled eggs

1 ½-2 pounds tomatoes

½ cup Nicoise olives or salt-cured olives

2 tablespoons capers, drained

Prepare the salmon 25 hours in advance. Then sauté it when you're ready to assemble the salad. Prepare the French Potato Salad a couple of hours in advance. For the best flavor serve it at room temperature. Prepare the vinaigrette dressing in advance. Though add the herbs just before using it.

Cook the green beans in lightly salted boiling water 4-5 minutes till just tender. Immediately [refresh](#) them in ice water to stop the cooking and set their color.

Hard-boil the eggs

Place the eggs in a pot. Cover them with lightly salted water. Bring the water to a boil over high heat. Cover the pan and turn off the heat. Let the eggs sit 11 minutes. Drain the water and replace with ice water to quickly cool the eggs. Peel the eggs and quarter them lengthwise.

Cut large tomatoes into wedges, cherry tomatoes in half.

Assemble the salad

This can be done on individual plates or on one large platter.

- Just before serving, separately toss the beans and the tomatoes each in about ¼ cup of the herbed vinaigrette dressing.
- Sauté the salmon filets.
- Cut the lettuce into large pieces and toss with a couple of tablespoons of the dressing.
- Line the bottom of the platter with the dressed lettuce.

- Leave the very center of the lettuce free. Arrange two sections of the beans, tomatoes, potato salad and egg wedges on top of the lettuce.
- Place the salmon filets in the center.
- Intersperse the olives; sprinkle with capers.
- Spoon additional dressing over the salmon and serve.

Salade Nicoise Vinaigrette Dressing with Fresh Herbs

2 tablespoons white wine vinegar
 1 tablespoon seasoned, lite rice vinegar (or use all wine vinegar)
 3 tablespoons fresh lemon juice
 1 ½ tablespoons coarse mustard
 Scant ½ teaspoon coarse salt
 Dozen twists freshly ground black pepper
 1 cup plus 2 tablespoons Extra-virgin Olive Oil
 ½ cup mixed, finely chopped fresh parsley, chives, basil

Combine the vinegar and lemon juice in a small bowl. Whisk in the mustard, salt and pepper. Gradually whisk in the olive oil. Continue whisking till the dressing has emulsified and thickened. Just before using, stir in the fresh herbs.

French Potato Salad

2 pounds Yukon gold potatoes
 ¼ cup vegetable stock
 2 tablespoons thinly sliced shallot or green onions
 ½ cup Salade Nicoise Vinaigrette dressing
 1 tablespoon chopped fresh parsley

Wash the potatoes and cook them whole in simmering, lightly salted water. When you can just pierce them with a fork, drain the potatoes.

Put the vegetable stock and the shallots in a mixing bowl. When the potatoes are cool enough to handle, remove their skins. Slice the potatoes about ¼-inch thick and stir them into the stock.

Gently stir in the dressing. If you are using green onions, stir them along with the chopped parsley into the potato salad once the potatoes are cool.