

SALAD NICOISE

Serving Size: 6

INGREDIENTS:

- nugget potato 12
- green beans $\frac{1}{2}$ lbs
- lettuce 1 head
 (red or green)
- eggs 6
- tomato 3
- salmon filets 1.5 lbs
- flax seeds 2 tsp

EQUIPMENT:

- paring knife
- chef knife
- chef knife
- chopping board
- bowl
- serving utensils
- large pot
- medium pot
- measuring spoons

METHOD:

1. Boil potatoes until soft. Cool, and slice into quarters.
2. Wash and cook green beans, slightly undercooking so they stay crisp. Blanche them in ice water so they stay green. Set aside.
4. Hard boil the eggs by placing them in a large pot of cold water. Bring to a boil. Once boiling, reduce to a simmer for 11 minutes. Then cool off by running under cold water for 1 minute. Then peel, and slice into wedges. Set aside.
5. Wash and cut tomatoes into wedges or in half (for cherry tomatoes). Set aside.

6. Filet the salmon, and remove the bones if necessary. Poach in a court bouillon. Once cooked set aside in fridge.

* Court bouillon: Wash and cut all vegetables and cut into large chunks. (1-2 inches). In a stock pot combine cold water, vegetables, and spices. Simmer approximately 30 minutes. Let cool. Strain.

7. Make vinaigrette (see next recipe) and keep in fridge.

8. Wash lettuce, and tear into bite sized pieces.

9. In a large mixing bowl or platter, add the lettuce, potatoes, eggs, beans, salmon and any other desired ingredients. Garnish with flax seeds, salt and pepper and fresh herbs.

10. Pour on vinaigrette and serve.

ENJOY ☺

