



## **SALADE NIÇOISE**

### **MISE EN PLACE**

- Make sure you have enough ice for refreshing green beans, and cooling the cooked eggs.
  - Bring two pots of water to a boil: one for the eggs; and another for the green beans.
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### **SALADE NIÇOISE** *(serves 4 as a main course, or 8 as a starter)*

*400 g baby potatoes*

*200 g fine green beans, trimmed*

*8 to 16 quail's eggs, or 4 chicken's eggs*

*3 tbsp extra-virgin olive oil*

*100g cherry tomatoes, halved*

*Handful niçoise olives, or use kalamata*

*400g fresh tuna steaks, portioned*

*2 tbsp pink peppercorns, crushed*

*zest of 1 lemon*

*juice 1/2 lemon, or to taste*

*pinch of sumac (optional)*

*extra virgin olive oil*

*salt to taste (we use maldon sea salt)*

*large handful arugula*

*Radishes, thinly sliced (optional) to finish*

*Fresh herbs (chervil or basil leaves), or microgreens, to garnish (optional)*

### *Dressing*

*4 green onions, or 1/2 bunch chives*

*Handful basil leaves*

*2 anchovy fillets*

*1 clove garlic*

*30 ml champagne vinegar, or use red wine vinegar*

*90 ml mild extra virgin olive oil, or to taste*

- Bring a pot of water to a rapid boil.
- Place the eggs in the pot. Set a timer for:
  - 8 minutes for a “medium” Chicken egg yolk; or
  - 1 minute for Quail’s eggs: remove the pot from the heat and allow the eggs to sit in the hot water for an additional 30 seconds.
- Once the eggs are cooked, use a slotted spoon to transfer them to a bowl of ice water, and set aside to cool.
- Once cooled, peel the eggs.
- Meanwhile, cook the potatoes until just al dente, about 15 minutes, then drain and halve or cut into wedges.
- Cook the beans in rapidly boiling well salted water, until just al dente then refresh in ice water. Drain and dry.
- Make the dressing by combining everything in your blender, then blitz to a purée adding enough olive oil to make a thick vinaigrette, then adjust the seasoning with lemon juice and salt.
- In a bowl, combine the green beans, potatoes, cherry tomatoes and olives, and toss with the dressing.
- In a small bowl, combine the crushed pink peppercorns with lemon zest, the juice of a half a lemon, and olive oil to make a marinade for the tuna.
- Season the tuna portions with salt then turn them in the pink peppercorn rub.
- Heat your grill then sear the tuna portions (they should be rare). Rest for a few minutes before slicing thinly.
- Meanwhile toss the arugula with the salad, reserving a handful for garnish.
- Arrange the potato and bean salad on plates. Arrange the eggs, sprinkled with (optional) sumac, and the sliced tuna on the salad.
- Finish with sliced radishes and fresh herbs (both optional).
- Serve immediately.

## **EQUIPMENT**

Cutting board and knives

Bowls

Measuring spoons and cups

Pots for eggs, potatoes and green beans

BBQ or grill pan for searing tuna