

ALI'S KITCHEN

Author's Version of Niçoise Salad Is Delish!

A few rules were broken in the making of this dish, but it still qualifies as scrumptious

Column and photos by Ali Carter, Wisconsin Potato Growers Auxiliary

I'm not a fan of rules.

Well, wait, I should clarify that. I am not a fan of rules that I consider nonsense. And, cooking rules are ones that I tend to break often and with abandon.

Take the Niçoise salad for instance. Originating from the South of France, a "true" Niçoise salad typically requires tomatoes, anchovies, hard-boiled eggs, olives (Niçoise olives) and basil.

I have found, however, that not everyone adheres to those ingredients and some people feel quite passionately about their version of this salad being the correct one.

The changing rules, and differing

opinions, can make things a bit tricky when you attempt to narrow down what exactly is allowed in a Niçoise salad.

I say we just toss any rules right out the window.

EVER-CHANGING RECIPE

Our version of this salad is ever changing, but since my own rules make sense to me, you will typically find a few consistencies each time I serve you, my dear guest, this colorful dish.

My version includes small boiled potatoes, lots of green veggies, olives and some type of herbal vinaigrette, and is usually topped with a boiled egg or two.

Sometimes we whip up a colorful Niçoise salad using leftovers from the week (this horrifies my French friend—sorry, Aleesia), and other times, it is a well thought out process.

The only other requirement I have of my salad is that it is never tossed, but rather each individual ingredient is carefully placed on a pretty platter like a work of art.

Not only is this a beautiful way to present the salad, but it also allows each person the ability to serve themselves what they'd like from the salad and avoid any ingredient that they may have an aversion to.

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Ingredients: Niçoise Salad

- 1 lb. small yellow potatoes
- 2 Tbsp. olive oil
- 2 Tbsp. Italian seasoning
- 1 lb. green beans, lightly steamed
- 1 lb. asparagus spears, woody stems removed, lightly steamed
- ½ cup olives, sliced in half
- 2 eggs, hard boiled and sliced
- ¼ cup capers
- 3 Tbsp. fresh parsley, finely chopped
- 3 Tbsp. fresh dill, finely chopped
- salt and pepper for seasoning the salad



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Enjoy this month's recipe, let loose and ignore the rules (well, most of them), find inspiration here and create your own work of edible art!

Oh, and if you really want to impress your guests, I'll share a little tip I learned a few years ago thanks to Google: The proper way to pronounce Niçoise is "nee-SWAHZ" (translates to "in the style of the French city of Nice").

DIRECTIONS

For the vinaigrette: Add the dressing ingredients (vinegar, honey, mustard, garlic, olive oil, salt and pepper) into a quart-size mason jar.

Place a lid on the jar and tighten well, then give everything a good shake to mix the ingredients. Place in fridge until ready to assemble your salad. This dressing stays great in the sealed mason jar, in the fridge, for a week or so.

For the potatoes: Boil the potatoes in water until fork tender. Drain well.

Place boiled potatoes into a bowl, drizzle with olive oil and sprinkle with Italian seasoning. Gently stir to coat the potatoes with the seasoning. Set aside.

To assemble the salad: Add the baby spinach to a medium-size mixing bowl, drizzle with about a 1/4 cup of the vinaigrette and toss to coat the spinach with the dressing.

Place the dressed spinach in the middle of your serving plate. Next, place the green beans and asparagus



Ingredients: Vinaigrette Dressing

- 3 Tbsp. apple cider vinegar
- 1 Tbsp. honey
- 2 Tbsp. Dijon mustard
- 2 garlic cloves, finely minced
- 1/2 cup olive oil
- 1/4 tsp. salt
- 1/4 tsp. pepper

on the plate, add the potatoes and olives, then sprinkle on the capers.

Drizzle the entire salad with a bit more dressing and a generous sprinkle of the chopped dill, chopped parsley and a bit of salt and pepper.

This salad is best if served right after assembling, while the veggies are still warm.

Enjoy! **BCT**

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