

Authentic Niçoise Salad Anchovy or Tuna

**AF DuPage Cooking Demonstration
June 11, 2022 11:00 am
Presented by Chef Chris Thielman & Karen Thielman**

Servings: Serves 2 per 12 inch wooden bowl

Special Equipment needed: 12 inch wooden bowl, microplane grater, salad spinner (optional)

Ingredients:

½ clove garlic (peeled)

1 small head of lettuce - Bibb (butterhead) or other soft lettuce recommended

1 ripe medium tomato (cut into wedges)

2 stalks of spring or green onions (sliced thin - white part only)

1 seedless cucumber (peeled and sliced thin)

1/2 green pepper (sliced into thin strips)

2 radishes (sliced thin)

4 small artichokes OR 1 large artichoke (using only the hearts, sliced thin)

2 large hard-boiled eggs (cut into quarters)

1/2 cup French Niçoise small black olives

8 anchovy fillets (Callol Serrats brand used) OR 1 small tin white tuna in olive oil

4 basil leaves (ripped into small pieces)

3 Tablespoons extra virgin olive oil

Sea salt and fresh ground black pepper to taste

A few drops of red wine vinegar or champagne vinegar are optional

1 lemon for the artichokes to prevent oxidation

Method:

Cook the eggs: place eggs in a saucepan and cover with water, adding a little salt. After the water reaches a boil, cook 13 minutes at a very slow simmer. Cool the eggs in fresh water and then peel. Cut into quarters and reserve on the side.

Wash all the vegetables, dry the lettuce in a salad spinner after washing it.

Cut the tomato in 10 wedges. Reserve on the side.

Cut the spring or green onions in thin slices, using only the white part of the stalk. Reserve on the side.

Peel the cucumber and cut into thin slices. Reserve on the side.

Cut the green pepper into thin strips. Reserve on the side.

Slice the radishes in thin slices. Reserve on the side.

Take off the tough bottom layer of outer artichoke leaves. Slice off the top 2/3 of the artichoke, revealing the artichoke heart and part of the choke. Remove the choke (fibers) with a small spoon. Then remove the rest of the leaves to expose the heart. Remove the heart, cutting it into thin slices, rubbing with lemon as you work to prevent oxidation.

Take the peeled clove of garlic and use the microplane to grate half of it into the bottom of the wooden bowl. Use the back of a spoon to spread the garlic into the inside of the bowl.

Arrange the salad leaves in the bowl, just to cover the bottom, then place the tomato wedges on the lettuce leaves. Sprinkle the onion slices all over. Lightly salt the tomatoes and onions. Wait 5 minutes, then add another pinch of salt to the tomatoes and onions.

Continue adding the rest of the ingredients to the bowl in an artistic fashion.

When finished composing your salad, roughly rip the basil leaves with your fingers and distribute the pieces on top of the other ingredients. Add some salt, pepper and the olive oil and optional vinegar.

Chef Notes

*****Warning – This salad uses olives with pits. Please use caution when eating!**

* The Callol Serrats brand anchovies (Beaune Imports) come very highly recommended and many online reviews agree that they are some of the best tasting anchovies on the market. You may also try using wild white anchovies packed in olive oil.

- * Tuna packed in olive oil tastes superior to the tuna packed in water.
- * This salad is all about the flavor of the ingredients. Please use the best ingredients you can find.
- * The salting of the tomatoes and onions helps them release liquid which will help contribute to the dressing.
- * This recipe deviates a bit from the “original” Niçoise salad, since it includes lettuce, and the option of adding vinegar and tuna. Variations of Niçoise salad sometimes include green beans and diced potatoes, although these additions can cause debate among purists who insist that the only cooked ingredient in an authentic Niçoise salad is the hard-boiled egg.