

Salade Lyonnaise

Alliance Française de DuPage Cooking Demonstration

Saturday, June 12, 2021 at 11:00 am

Presented by Chef Chris Thielman & Karen Thielman

Servings: 3 medium-sized or 2 very large-sized salads

Special cooking equipment: Slotted spoon

Salad, Lardons & Mustard Vinaigrette Ingredients:

1 head Frisée lettuce (9 ounces by weight) washed, dried very well and torn into bite-size pieces

8 ounce chunk uncut bacon OR thick-cut bacon, cut into lardon strips (1 inch by ½ inch by ½ inch thick) Note: We found uncut bacon at Wheaton Meat Company on special order

1/2 cup water for cooking the bacon

3 Tablespoons bacon fat, reserved from the rendering of the lardons

1 small (1 ounce) shallot, finely minced

2 Tablespoons Dijon mustard (Edmond Fallot brand recommended)

3 Tablespoons high quality red wine vinegar

2 Tablespoons extra virgin olive oil

Salt and freshly ground black pepper, to taste

Poached Eggs Ingredients:

4-6 cups water in a medium saucepan

1 Tablespoon white vinegar for the poaching water (helps the egg white to cook closer to the yolk)

3 whole eggs

Croutons Ingredients:

3 slices French or Italian bread, crusts removed, cut into 1 inch by 1 inch pieces

1 Tablespoon melted butter

Method for making the croutons:

Place the bread cubes in a bowl with the melted butter. Lightly toss to coat the bread. On a baking sheet, cook the bread cubes for 10 minutes at 400°. Set aside.

Method for preparing the lardons, vinaigrette and poached eggs:

Place the lardon strips and ½ cup water in a 12-inch size skillet and cook over high heat. When the water reaches a boil, lower the heat to medium-high. Once all the water has simmered away, turn down the heat to medium-low and continue cooking until the lardons are crisp and well browned. (The water allows the meat to plump up as it cooks instead of shriveling, leaving the bacon pleasantly crisp, not tough or brittle.)

Using a slotted spoon, transfer lardons to paper towels to drain. Transfer 3 Tablespoons of the bacon fat to a small mixing bowl. Discard the rest of the bacon fat, leaving behind a small amount in the skillet to sauté the shallots. Add the minced shallots to the pan and cook on high heat for 30 seconds to quickly wilt the shallots. Add the shallots to the mixing bowl. While continually whisking, add the mustard, red wine vinegar, olive oil, salt, and pepper.

Using a medium size saucepan, add 4 to 6 cups of water and 1 Tablespoon white vinegar, reduce heat to medium so that the water is barely simmering (about 190°- 195°). Crack eggs, one at a time, into a small bowl, and then slide them gently into water. Cook until whites are set, and the yolks are still runny, about 3-4 minutes. Use the eggs immediately or hold in ice water in the fridge for later use using a slotted spoon.

Place the Frisée lettuce on a large plate(s). Add the croutons and lardons, then drizzle the mustard vinaigrette on top. Add the poached egg (served warm). Garnish with fresh ground black pepper.

Chef's Notes:

Prepare the lettuce first, then the croutons, then the lardons, then the dressing and finally the egg so it is still warm when you serve the salad. You are trying to achieve a warm dressing, warm lardons, and a warm egg when the salad is eaten.

If cooking the eggs ahead of time, refresh in hot water for one minute and then serve.