

SALADE NICOISE

Serves 6

10 to 12 baby red or gold potatoes

1 pound fresh green beans, stem ends snapped off

15 or so cherry tomatoes, halved OR 8 ripe (good luck) Romas, quartered

1 medium red onion, peeled, halved and thinly sliced

(OR 4 or 5 spring onions, peeled and thinly sliced)

1/2 cup Kalamata olives, pitted and halved

(Obviously, Nicoise olives are the way to go here but hard to find in these parts.)

3 Tablespoons chopped fresh parsley

5 fresh eggs, hard boiled, peeled and either cut into wedges or diced

2 ounces anchovy filets

12 ounces or more of tuna

When Albacore is available off the boat, your planets have aligned. Season it with salt and pepper, sear it on both sides, let it cool and slice it. If it's not available fresh and local, use a comparable amount of locally canned, solid pack Albacore, well drained and chunked into bite-sized pieces.

Salad greens if you like

Preheat oven to 400. Place potatoes on a sheet pan, drizzle with a bit of olive oil, sprinkle with salt & pepper and roast until fork tender. Meanwhile bring a pot of water to a boil and blanch the green beans for 2 to 3 minutes, then transfer them to a bowl of ice water to cool and set the bright green color.

Make the vinaigrette and toss the warm spuds in it, followed by all the other veggies. I usually chop the anchovies and toss them in with the vegetables. You could also leave them whole and use them for a garnish along with the egg.

If you are using salad greens, toss them in a tiny bit of the dressing. Then plate them topped with the dressed vegetables and the fish. Drizzle a little of the vinaigrette over the fish. Not too much. Top with egg.

Without the greens, this salad is a great leftover. Everything gets all marinatey and perfect overnight. You can then tuck it into a nice roll and have a lunch that's just ducky.

Dijon Vinaigrette

2 to 4 cloves of garlic, minced

1/3 cup white wine or white balsamic vinegar

1 1/2 Tablespoons Dijon mustard

1 Tablespoon minced fresh herbs - parsley, thyme, sage

1 cup olive oil

Salt and pepper

Mix everything but the oil, then add oil slowly while whisking OR put the whole shebang in a jar and shake it.



Recipe courtesy of Merianne Myers/North Coast Food Web

North Coast Food Web

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