

## SALAD NIÇOISE

### EQUIPMENT

CHEF KNIFE, PARING KNIFE, MIXING BOWLS (LARGE AND SMALL), PEELER, SPOONS,  
ZIP LOCK BAG, ICE, WATER, PAPER TOWEL

### INGREDIENTS

200GM FRESH TUNA, 6 CHAT POTATOES, 2 EGGS, 2 SHALLOTS, ¼ SPANISH ONION, 3-4 RED RADISH, 10-15 GREEN BEANS,  
15-20 BABY TRUSS TOMATOES, 50GM LIGURIAN OLIVES, 1 LEMON, 5 SPRIGS OF THYME, 2 SPRIGS OF DILL, 1  
SPRING ONION, 70GM WHITE VINEGAR, 30GM CASTER SUGAR, OLIVE OIL, SEA SALT, AVRUGA OR LUMPFISH CAVIAR (OPTIONAL)

### METHOD

PRICK THE POTATOES ALL OVER AND PLACE ON A PERFORATED TRAY AND PLACE INTO A PRE-HEATED OVEN STEAM SETTING 100 DEGREES FOR 30 -  
35 MINS

PEEL THE ZEST OF HALF A LEMON AND PLACE INTO A ZIP LOCK BAG WITH 3 SPRIGS OF THYME, SALT AND APPROX 80GM OF OLIVE OIL. SET ASIDE.

DICE THE SHALLOTS AND PLACE INTO A SMALL MIXING BOWL WITH THE VINEGAR, SUGAR AND CHOP THE REMAINING THYME AND ADD IT ALSO

TOP AND TAIL THE BEANS AND SLICE THEM IN HALF LENGTHWAYS AND SET ASIDE

FINELY SLICE THE SPRING ONION, SPANISH ONION, AND PICK THE DILL AND ADD TO A LARGE MIXING BOWL WITH THE OLIVES AND TOMATOES,  
SLICE THE RADISH AND ADD ALSO

STRAIN OFF THE VINEGAR FROM THE SHALLOTS AND DISCARD THE VINEGAR, POUR THE SHALLOTS BACK INTO A MIXING BOWL AND ADD 50GM OF  
OLIVE OIL, STIR AND SET ASIDE

WITH 8 MINS REMAINING ON THE TIMER FOR THE POTATOES REMOVE THEM FROM THE OVEN AND ADD THE EGG AND BEANS TO THE SAME TRAY  
AND RETURN TO THE OVEN

SET UP A SMALL ICED WATER BATH FOR THE BEANS AND EGG

ONCE COOKED REMOVE THE POTATO TRAY FROM THE OVEN AND PLACE THE BEANS AND EGG IN THE ICED WATER, SET ASIDE THE POTATOES TO  
COOL AT ROOM TEMP

PLACE THE TUNA IN THE ZIP LOCK BAG WITH THE LEMON AND THYME OIL, SEAL IT REMOVING AS MUCH AIR AS POSSIBLE PLACE ON A PERFORATED  
TRAY AND INTO THE OVEN SET ON STEAM MODE 55 DEGREES FOR 15 MINS

ONCE COOL REMOVE THE BEANS AND DRAIN WELL ON PAPER TOWEL, ADD TO THE OTHER SALAD INGREDIENTS

PEEL THE EGGS AND SET ASIDE

SLICE THE TOMATOES AND ADD TO THE SALAD. SEASON THE SALAD WITH SALT AND DRESS WITH THE SHALLOT DRESSING, TOSS THE SALAD WELL  
AND SET ASIDE

ONCE COOKED REMOVE THE TUNA AND REMOVE IT FROM THE BAG, PAT DRY ON PAPER TOWEL AND CUT IT INTO CHUNKS

PLACE A MIXTURE OF ALL THE SALAD INGREDIENTS ON A PLATE OR LARGE SERVING BOWL, SCATTER OVER TUNA, CUT THE EGGS IN HALF AND  
PLACE ON TOP OR AROUND THE SALAD, SPRINKLE WITH SALT AND ANOTHER DRIZZLE OF DRESSING AND FINISH WITH SMALL MOUNDS OF CAVIAR  
AND SERVE

### **HINTS & TIPS**

- IF TUNA IS NOT YOUR THING YOU CAN SUBSTITUTE IT FOR SALMON OR EVEN SMOKED TROUT
- WITH THE COOL SALAD, SLIGHTLY WARM POTATOES AND TUNA THIS COMBINATION OF TEMPERATURES ENHANCES THE FLAVOURS OF EVERY COMPONENT OF THE DISH
- THE METHOD USED FOR COOKING THE TUNA IS ESSENTIALLY CONFIT, ALTHOUGH A QUICK AND SHORT CONFIT YOU STILL KEEP THE LOVELY PINK COLOUR BUT CHANGE THE TEXTURE SLIGHTLY SO IT'S NOT RAW