

Nicoise Salad

Serves: 4

Procedure

Tuna

Sear all sides of the Tuna. Brush seared sides with Dijon mustard and roll in fine chopped parsley.

Cut in ¼" slices

Salad

Toss together friséé, shallots, hericot vert, white anchovies, tomatoes and Nicoise olives. Lightly dress with vinaigrette.

Assemble

Take 2 quartered gem lettuce and arrange on plate.

Top with friséé salad.

Arrange sliced tuna over the friséé and add halved quail eggs.

Garnish with artichoke chips.

Ingredients

Tuna

4 3.5oz. portion yellow fin tuna
fine chopped parsley

Salad

3oz Frisee
1 Clove shallot, brunoise
12oz Hericot vert, blanched split in half lengthwise
12 Nicoise olives, small
8 Baby tomatoes, peeled and halved.
6 Marble potatoes, cooked and sliced
4 White anchovies
4 Quail eggs, soft boiled, halved
2 Baby gem lettuce, quartered
artichoke chips, hearts sliced thin and deep fried.

Vinaigrette

1C White wine vinegar
¼ C Dijon mustard
1 ½ C Soy oil