



Allotment Gardening In North Essex -- At Home In The Kitchen

Salad Nicoise

Ingredients:

4 starter portions or

2 main course portion

200g 8oz Cooked French beans
 10g 1/2oz anchovy fillets
 5g 1/4oz capers
 100g 4oz tomatoes
 100g 4oz Cooked diced potatoes
 Salt and pepper to taste

Vinaigrette dressing

3 tbspn olive oil

1 tbspn Vinegar

1 tbspn French mustard or 1 tspn English mustard

Note: After making this dish I added a small tin of Tuna and it made a very nice main meal for 2 people.

As a starter why not omit the tomatoes and place the mixture into a hollowed out blanched tomato, One per portion

Method:

1. Cut cooked beans into small diamond shapes
2. Slice or dice the cooked potatoes.
3. Blanch the tomatoes and cut into neat pieces
4. Mix the beans, tomato and potato neatly into a service dish
5. Season with salt and pepper
6. Make dressing by mixing together the oil, vinegar and mustard
7. Add the vinaigrette dressing to the salad mixture
8. Slice the anchovy fillets thinly
9. Decorate the salad with anchovies and capers.
10. Serve chilled