

My Italian Version of Niçoise -

Makes one Salad,

(Simply Triple to feed a crowd)

Cooks Note: *I did this as a free form recipe, so be sure to do the same when you make it. Anything goes here. I usually like to use leftover veg from the last dinner we had, or mix and match on lettuce. You can pair it way down and make it for one. Or plump everything up and make for a crowd. I've also included notes along the way.*

INGREDIENTS:

for the salad:

1 bunch dark green leaf lettuce, or mix of romaine, handful of arugula, and mixed greens

6 min boiled eggs (as many as you like)

green olives (one tin or jar)

1 jar of capers

pre boiled, drained and cooled boiled potatoes halved (I like baby potatoes best here)

leftover roast veg if you have (like peppers, cauliflower, zucchini, or green beans which is in the french version)

fresh vine tomatoes, or grapes tomatoes, from the garden even better - sliced

(be sure to wash, and de seed, deeeding means no one has indigestion)

1 bunch radish, cleaned and thinly sliced

optional cucumber thinly sliced

for the tuna if using:

cooks note:

I like to use tuna from the can, marinated sardines work well here, or the ones packed in olive oil. Which you would just leave on the side for folks to add in or not.

I also like to make tuna with mayo, traditional, just mayo, maybe add in a little onion for crunch, with salt and pepper to taste. Honestly, I usually just eyeball depending on what type of tinned fish I use. I tend to use more may, about a tablespoon to start, if the fish was packed in water, if in oil I start the same but mix, and add more if needed.

If you decide to use the fish, in anyform, just leave it on the side for people to add in or not. I've tended to notice, people either LOVE fish or DESPISE it. If you come to my house we will all convert you in one way or another.

For the dressing:

EVOO finish oil, the good stuff (bottle on hand)

Salt , I use both Kosher and Finishing Salt like Maldon's
Fresh Ground Pepper

optional:

dried thyme, dried oregano, garlic powder (unsalted),
1 lemon cut in half,

Jam Jar for mixing your dressing , or whatever you have on hand works to mix the dressing.

METHOD:

1. Prep all of the ingredients, except the lettuce (save that for last). If you're making for one use as many olives as desired, roughly chop them. Same with the capers. If making for a crowd, I'd eyeball use about 6-10. I'd say for the capers, no more than a tablespoon. Prep all the rest of the veggies you're using, cut them up or leave them whole. Cut the eggs in halves. Then rinse and dry the lettuce, roughly chop or tear the big pieces. While it's draining, make your dressing.

2. Dressing:

In a jam jar or big bowl with a whisk, add 1 part White wine Vinegar
2 parts EVOO, shake it up (lid on) or whisk to combine. Taste to see if you need more vinegar or more oil. Double if making for a crowd, possibly triple. It's okay to have leftovers. I then add the following; pinch of salt, fresh ground pepper, pinch of oregano crushed up, a pinch of crushed red pepper, sprinkle of garlic powder, and pinch of dried thyme. I shake the jar vigorously until combined. Or you can whisk.
You can simply leave any of the herbs out if that's not your thing.

3. In a large bowl put all the lettuce, then add the veg, start to dress the salad with the dressing, toss it all together, taste to see if you need more salt, acid, or more EVOO. Be sure not overdress, then when about to serve add in the egg on top, and sardines if using. Serve immediately.