

Salad Nicoise

A lovely French¹ salad with an intriguing but balanced mixture of flavours.

With a slice or two of home-made bread these quantities make a main course for two people.

Ingredients

Salad:

- 120 g cherry tomatoes
- handful fresh oregano
- 5 g **FAIRTRADE** caster sugar
- 15 ml **FAIRTRADE** olive oil
- 400 g new potatoes
- 3 hen's eggs
- 2 tbsp capers
- 100 g green beans
- 100 g mixed salad leaves
- 10+ Zaytoun Palestinian **FAIRTRADE** pitted black olives
- handful mixed herbs

Sauce:

- 1 small red onion
- 5 g **FAIRTRADE** caster sugar
- 30 ml red wine vinegar
- 1 clove garlic
- 10 ml mustard powder
- 1 **FAIRTRADE** lemon

Method

Prepare ingredients

Pre-heat the oven to gas mark 4.

Cut the tomatoes into halves and lay the cut side up on a baking tray on non-stick paper.

Wash and chop the oregano finely, and sprinkle over the tomatoes.

Sprinkle on a teaspoon of caster sugar and a drizzle of olive oil, plus a dusting of salt and pepper.

Roast in the heated oven for 30 minutes.

Scrub the potatoes and cook in boiling water until soft to a testing knife (20 mins approx.). Allow to cool before use.

Cover the eggs in boiling water and simmer for 12 minutes. Cool the eggs under cold water, remove the shells and cut into quarters.

Top and tail the green beans and cut into 2 cm (approx) pieces.

Cook the beans in boiling water for 4 minutes. Drain and cool in cold water.

Wash the salad leaves.

Soak (10 minutes) / rinse the capers in cold water if briny.

Wash and chop the extra herbs.

Make the sauce:

Slice the lemon into halves and juice one of them. Cut the other half in two for squeezing.

Skin the red onion and chop fine.

Skin the garlic and chop fine.

Mix together the onion, sugar, and vinegar, and marinate for 20 minutes. Add in the chopped garlic, oil, mustard and lemon juice and whisk the dressing in a small mixing bowl.

Assemble the salad

Make a layer of salad leaves on a large plate.

¹<http://www.fairtradecookbook.org.uk/countries/france.htm>

Decoratively arrange the potatoes and beans and add the olives and capers. Artistically add the tomatoes, and a ring of quartered eggs.

Sprinkle on the extra herbs.

To serve:

Drizzle the dressing over the salad and serve cool with slices of home-made bread and butter, and a glass of Fairtrade wine.

For a vegan meal, serve the eggs separately.