

Salade Niçoise

(A very popular salad served in Nice, France)

The true salade niçoise is made of all fresh vegetables, boiled eggs, and sometimes a few anchovies.

Recipe (4 people)

- 6 tomatoes
- 8 anchovies filets
- 6 small artichokes
- 60g black olives
- 1 cucumber
- 1 sprig basil
- 1 green pepper
- 1 clove garlic
- 4 small fresh onions
- 6 Tbsp olive oil
- 3 boiled eggs
- salt, pepper, vinegar

You may replace the anchovies with salmon.

Make a sauce with the olive oil, chopped basil, salt, pepper and a few drops of vinegar, and put into the fridge to get good and cold. Quarter the tomatoes (optionally, salt them lightly before putting them in). Quarter or slice the eggs. Peel the cucumber and cut it into thin slices. Slice the green pepper, the onions and the artichokes (or fèves) into thin rings. Chop the garlic in half and rub the two pieces liberally on the inside of a large salad bowl. Put the ingredients into the bowl, with the tomatoes going in last, and a few anchovy strips on top. Add the cold olive-oil sauce and serve.