

# RAW VEGETABLES WITH VINAIGRETTE

## Ingredients:

- 2 tomatoes, chopped
- 1 can whole kernel corn or kernels cut from 2 ears
- 1 cucumber, thinly sliced
- 2 medium potatoes, steamed or boiled and cut in pieces
- 1 can hearts of palm, cut in strips or slices
- 2 carrots, grated
- 1 can of tuna
- 2 hard-boiled eggs

## Vinaigrette Dressing

- 4 Tbsp. red wine vinegar<sup>1</sup>
- 2 large pinches fleur de sel<sup>2</sup>
- 1/4 tsp. ground pepper
- 1 tsp. Dijon mustard
- 12 Tbsp. olive oil

To make the sauce, mix all the ingredients except the oil. Stirring constantly, add the oil little by little. Pour the sauce over the vegetables that have been arranged on a tray. Garnish the tray with the tuna and quartered hard-boiled eggs. Serves 10.

## ACTIVITIES

1. Imagine 4 different salads with which you can use vinaigrette dressing.
2. What other raw vegetables could be included in this recipe?
3. Give examples of other steamed vegetables that could be substituted for the potatoes.
4. At the supermarket, make a list of all the vinegars and oils that you find.

What countries do they come from?

What fruits are the vinegars made from?

What fruits do the oils come from?

5. What spices could be added to the vinaigrette dressing?

## Notes

<sup>1</sup> The red wine vinegar found in U.S. supermarkets is not as strong as fermented French red wine vinegar, and the mustard serves here to strengthen the taste. It is better to use imported vinegar. Depending on the kind of vinegar used, you can eliminate the mustard. You can also use balsamic vinegar, but in that case, eliminate the mustard.

<sup>2</sup> *Fleur de sel* is a luxury product harvested from salt ponds. Among the most famous brands are *Fleur de sel de Guérande* and that from the Camargue. The first salt crystals which float with the evaporation of the sea water are harvested with a sort of wooden scoop in late afternoon et, according to tradition, by women. Only 3-5 kg of *fleur de sel* are produced per pond, which explains its high cost. *Fleur de sel* has a lighter and more complex flavor than regular salt. If you substitute regular salt, use only half the amount, one large pinch.