

MIXED SALAD

Ingredients:

- 1 cup rice
- 1 can of tuna, drained
- 2 tomatoes, chopped
- 1 can of whole kernel corn, drained
- 1 cucumber, thinly sliced
- 2-4 oz. frozen peas
- 6 black olives
- 3 hard-boiled eggs

Vinaigrette Dressing:

- 4 Tbsp. red wine vinegar¹
- 2 large pinches fleur de sel²
- 1/4 tsp. ground pepper
- 1 tsp. Dijon mustard
- 12 Tbsp. olive oil

Cook the rice in double its volume of water to which a pinch of salt has been added. Let it cook 20 min. Combine the cooled rice with the tuna, tomatoes, corn, peas, and cucumber. Prepare the vinaigrette dressing. Pour it over the salad and toss. Decorate the top with the halved eggs and olives. Serves 8.

NIÇOISE SALAD

Ingredients:

- 2 potatoes, steamed or boiled and cut into pieces
- 4 hard-boiled eggs, quartered
- 1/4 lb. green beans, steamed whole
- 1 can of tuna, drained
- 1 can of flat anchovy filets
- 2 tomatoes, quartered
- 1/2 onion, sliced
- 1 head of lettuce, washed and with the leaves separated
- 15 black olives

Vinaigrette Dressing (see above):

This salad can be prepared on individual plates or mixed in a salad bowl. Combine or arrange all the ingredients and pour the vinaigrette dressing over it. Toss, if necessary. Serves 8.

Notes

¹ 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 quality of the vinegar used, you can eliminate the mustard. You can also use balsamic vinegar, but in that case, eliminate the mustard.

² *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 lighter and more complex flavor than regular salt. If you substitute regular salt, use only half the amount, that is one large pinch.