

Salade Lyonnaise

Serves 1 | Active Time: 30 minutes | Total Time: 50 minutes

Swick

Chef's Notes

Salade Lyonnaise makes a nice appetizer or light lunch.

Making Croûtons

To begin, preheat the oven to 375°F or 190°C.

Note: For the croûtons, it is best to use day old bread, as it is much easier to cut. Remove the crust from the bread and then slice into even cubes. Pour the melted butter over the croûtons and mix.

Bake the croûtons for about 10 minutes or until golden brown. Stir the croûtons once or twice to ensure even browning. Once done, season the croûtons with a bit more salt.

Step 1: Making Croûtons

- 1/4 cup unsalted butter
- 1/4 tsp kosher salt
- 1/2 loaf white bread (square)

Preparing the Bacon

Slice the bacon into lardons.

Heat a fry pan over medium heat. Fry the bacon until it is done to your liking. Once done, drain the bacon, reserving a tablespoon or so of the fat. This will be used to make the vinaigrette.

Step 2: Preparing the Bacon

- 6 pieces thick-cut bacon

Mixing the Vinaigrette

To make the vinaigrette, mix together the mustard and white wine vinegar. Add remaining ingredients and whisk together. Check the seasoning, keeping in mind that the bacon fat may be quite salty.

Step 3: Mixing the Vinaigrette

- 2 tbsp Dijon mustard
- 2 tbsp white or red wine vinegar
- 1 tbsp reserved bacon fat
- 2 tbsp extra-virgin olive oil
- 2 tbsp grape seed oil
- 1/8 tsp freshly ground black pepper
- 1/8 tsp kosher salt
- 1/8 tsp sugar

Preparing the Lettuce

Clean the lettuce. Be sure to spin and/or dry the lettuce very well before dressing. Tear or cut the lettuce into bite-sized pieces. Place into a large bowl.

Step 4: Preparing the Lettuce

- 4 to 5 cups baby frisée lettuce (1 1/2 cups per person)

Poaching Eggs

To poach the eggs, it is best to use a pan that is at least 3 inches deep. Fill about three-quarters full with water and add the salt and vinegar.

Once the water comes to a gentle boil, reduce the heat to just below a simmer. Gently add the eggs one at a time. Cook the eggs to your desired doneness. For soft poached eggs this should take about 2 to 4 minutes.

Step 5: Poaching Eggs

- 6 to 8 cups water
- 1 tsp table salt
- 1/8 cup vinegar
- 5 large eggs

Assembling the Salad

To assemble the salad, mix the lettuce with half of the croûtons and bacon. Then add about half of the dressing and gently toss to combine.

If needed, add the remaining dressing and toss again. Portion the salad onto each plate and garnish with some of the remaining croûtons and bacon. Top with one of the warm, poached eggs. Season with a bit of freshly-ground pepper and serve immediately.

Step 6: Assembling the Salad