

Salad Nicoise

Perfect with Cheese & Herb
Wheaten Bread



Easy



20 minutes preparation



15 minutes cooking



Serves 2

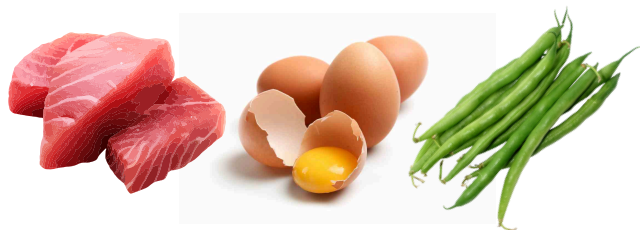


INGREDIENTS

8 new potatoes
50g green beans (or small handful) trimmed and halved
3 eggs
1 little gem lettuces quartered
50g pitted black olives (more if you love them!)
2 medium tomatoes quartered or Cherry tomatoes halved
2x Tuna Steak or a 145g can of tuna drained
Anchovies, fresh or tinned (optional)

DRESSING

1 large garlic clove
1 anchovy fillet (optional)
1 level tablespoon Dijon mustard
2 tablespoons red wine vinegar
4 tablespoons olive oil



DIRECTIONS

- (1) I find the easiest way to make salad dressing is to use an empty jar with a screw lid or something similar. Crush the garlic and anchovy, if using, with a small amount of oil from the anchovies, to do this use the blade of a large knife or in a pestle & mortar, and put into the jar. Next add the mustard, vinegar and oil to the jar then screw the lid on well and give it a really good shake. Set aside.
- (2) Boil or steam the new potatoes until half cooked then add the green beans to the pan and cook for 5 minutes, when both are just cooked (be careful not to over cook) remove the beans and plunge straight into iced water to cool. Leave the potatoes to cool out of the hot pan.
- (3) When you can handle the potatoes $\frac{1}{2}$ or $\frac{1}{4}$ them and toss in a large bowl with 1 tbsp of the dressing. Leave to cool completely.
- (4) Meanwhile, cook the eggs in a second pan of simmering water for 7 $\frac{1}{2}$ minutes, then transfer to a bowl of iced water to cool. Drain the beans and eggs, then peel and halve the eggs.
- (5) If you are using fresh tuna steaks, then season with a little pepper and fry in a hot frying pan.
- (6) Tip the lettuce quarters, cooked beans and olives into the bowl with the potatoes. Add half of the remaining dressing and gently toss. Divide the salad between two bowls and top with the tomatoes and eggs. Top with the tuna steak or flake over the drained tinned tuna.
- (7) Serve with the remaining dressing in a jug and a glass of chilled white or Rosé wine.

Cheese & Herb Wheaten Bread

Perfect with Nicoise Salad



Easy



25 minutes preparation



25-30 minutes baking

This recipe is a combination of Mary Berry's soda bread and The Irish Bakery version of wheaten bread, but I have experimented and added my own twist to make a really delicious savoury loaf.



INGREDIENTS

225g plain flour
1 rounded teaspoon Salt
2 rounded teaspoons bicarbonate of soda
110g plain wholemeal flour
110g porridge oats
2 rounded teaspoons dried mixed herbs
30g butter
110g mature cheddar grated (strong and tasty works best)
300ml buttermilk or
285ml of whole milk at room temperature and 1½
tablespoons of lemon juice

AUDS TIPS

This bread is really tasty to serve with soup or a salad, I have made it a savoury loaf here but you can remove the cheese and herbs for a sweet variety.

You can freeze soda bread successfully for upto 3 months, it needs to be very well wrapped in foil or cling film and also put in a plastic bag otherwise the freezing process will dry it out. You can even pre-slice before freezing so you can pull it out of the freezer slices at a time as you need it.



DIRECTIONS

- (1) Start by making your own buttermilk, if you can locate buttermilk in the supermarket then use that, but it can be hard to find, so to make your own put the milk in a bowl or jug and add the lemon juice, leave this at room temperature for 10 minutes until it thickens, it won't thicken as much as traditional buttermilk, but it is a good alternative and is super for making scones and breads. It may appear a bit lumpy but it will combine well later.
- (2) Preheat oven to 200°C (180° fan oven) and line a baking sheet with wax silicone or baking parchment dusted with flour.
- (3) Sift the plain flour, salt and bicarbonate of soda into a large bowl. Stir in the oats, wholemeal flour and herbs, add the butter and use your fingers to rub through the dry ingredients and finally add grated cheese. Make a well in the centre and pour in the majority of buttermilk or thickened milk, and use your hands to combine and make a soft dough.
- (4) You should have a nice soft dough now, used, well-floured fingers to mop up any extra moisture, but if you think the dough needs a splash more liquid then add the remaining buttermilk.
- (5) Tip out onto the worktop and shape into a 16cm round circular loaf, press a deep cross into the top with a floured wooden spoon. Dust with a little more white flour.
- (6) Bake on the middle shelf on the oven for 25-30 minutes until lightly risen, brown and when you tap underneath the loaf sounds hollow.
- (7) Allow to cool on a wire rack, enjoy on the day of baking if possible.