

RECIPE

Lyonnaise Salad

Yield: 4 servings

*By Chef Frank
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Ingredients

- 3 cups frisée lettuce, chopped into large bite-size pieces
- 4 ounces thick bacon, diced
- 2 tablespoons white vinegar
- 3 tablespoons red wine vinegar
- 4 large cage-free eggs
- 2 medium shallots, finely minced
- 2 teaspoons Dijon mustard
- Sea salt, to taste
- Fresh black pepper, to taste



RECIPE

Lyonnaise Salad (cont.)

Directions

Place the frisée into a large mixing bowl and top with ice-cold water. Allow the frisée to soak for about 5 minutes. Drain the water and pat dry, then place in a dry, large mixing bowl and set aside.

Place a small skillet over medium heat and cook the diced bacon, stirring occasionally, until the bacon is cooked to your desired level of crispiness. Remove the bacon but leave the fat in the pan and remove from heat. Allow the bacon to drain and cool.

To poach the eggs, fill a saucepan with 4 inches of water and add the white vinegar. Bring the mixture to a gentle simmer. Break each egg into a separate small bowl. With a slotted spoon, stir the water to create a whirlpool and slide each egg into the center of the pan, one at a time. As you add each egg to the water, use the back of the slotted spoon to push the whites around the yolk. Simmer the eggs for 2 to 4 minutes, until the desired firmness is reached. Gently remove each egg with the slotted spoon and set on a paper towel-lined plate to dry. Or, in place of the steps listed here, simply use an egg poacher to cook your eggs.

Reheat the bacon fat over medium heat. Add the shallots and cook, stirring, for 30 seconds. Add the red wine vinegar and mustard and stir to combine. Add the bacon pieces and stir. Immediately pour the hot dressing over the frisée and toss well to combine. Season with salt and pepper, to taste.

Distribute the dressed frisée evenly between 4 bowls and top each bowl with a poached egg. Season the eggs with additional salt and pepper, if desired. Serve immediately.



Lyonnaise Salad

ITEMS	CALORIES	FAT g	CHO g	PROTEIN g	NA mg
3 cups frisée lettuce, chopped into large bite-size pieces	26	0.3	5.03	1.88	33
4 ounces thick bacon, diced	80	24	0	12	840
2 tablespoons white vinegar	0	0	0	0	0
3 tablespoons red wine vinegar	8	0	0.12	0.02	4
4 large cage-free eggs	280	20	0	24	280
2 medium shallots, finely minced	40	0	8	0	12
2 teaspoons Dijon mustard	0	0	0	0	230
Sea salt, to taste	-	-	-	-	-
Fresh black pepper, to taste	-	-	-	-	-
Serves 4					
Total	434	44.3	13.15	37.9	1399
Total per serving	108.5	11.08	3.29	9.48	349.75

*Addition of sea salt to food items will alter sodium content.

1 teaspoon sea salt = 1560 - 2000 mg of sodium • 1 teaspoon of table salt = 2325 mg of sodium

Nutrient information from USDA nutrient database.