

Maine Shrimp and New Potato Salad Nicoise

This delicious potato salad recipe was made famous by Julia Child. Salad Nicoise is traditionally a combination of eggs, potatoes, beans, tomatoes and tuna. In this version, we use Maine shrimp meat and duck eggs.

Potato Salad

6 pounds potatoes
½ cup finely minced shallots, scallions or onions
salt and freshly ground pepper
1 cup chicken stock or potato cooking water
1/3 cup vinegar
½ cup chopped fresh parsley
½ cup olive oil

Scrub the potatoes and either slice them or cut them into small pieces (if very small, leave whole.) Drop the potatoes into a pot of salted, boiling water and cook until just fork tender, being careful not to over cook. Drain the potatoes, reserving the cooking liquid, cover the pot, and set aside for 3 to 4 minutes to firm up. Turn the warm potatoes into a large bowl and toss gently with the scallions or shallots, a sprinkling of salt and pepper, stock or cooking water, vinegar and parsley. Let steep for about 10 minutes, turning gently every so often. Then correct the seasonings and toss with the olive oil. The potatoes are then ready for serving. Makes 25 servings.

139 calories, 2.3 grams protein, 23 grams carbohydrates, 4.6 grams fat (0 grams trans fat), 10 mg. sodium, 2 grams fiber.

Additional Salad Ingredients

5 pounds Maine shrimp meat, cooked in boiling salted water until just done
6 boiled eggs
cooked green beans (optional) (marinate in vinegar and olive oil)
sliced tomatoes
chopped black olives, capers or artichoke hearts (if desired, for garnish)

Cook the shrimp in boiling salted water until just done. Drain and chill. Combine the shrimp with mayonnaise, chopped herbs, chopped celery to make a shrimp salad. Boil the eggs, peel and cut into wedges. Cut the tomatoes into wedges.

To assemble the Salad Nicoise: Line a platter with lettuce leaves. Arrange cooked potatoes and shrimp salad in the center of the platter. Arrange wedges of tomatoes and boiled eggs along the rim of the platter. Garnish with black olives, capers, artichoke hearts, nasturtium blossoms

Makes about 25 servings.