



## Salad Lyonnaise

Naman, [The Hilton Adelaide](#)  
26 June 2011

### Ingredients:

150g sourdough  
Olive oil  
1 shallot, finely chopped  
50g speck  
1tsp Dijon mustard  
1tsp red wine vinegar  
Black pepper  
1 frisee lettuce or curly endive  
1 egg

### Method:

Slice the sourdough into thin slices and brush with olive oil.  
Toast in 180°C oven for 20 minutes or until crispy.  
Sauté shallots and speck in a pan, until just starting to crisp.  
Keep the fat in the pan and add Dijon mustard, red wine vinegar and pepper. Slightly reduce liquid.  
Softly poach the egg.  
Build the salad with lettuce, sourdough croutons and dress. Top with the egg.

### ASFM SHOPPING LIST

#### Ingredients

sourdough  
speck, pork products  
  
olive oil  
  
shallots, lettuce  
  
vinegar  
eggs

#### Stallholders

[Riviera Bakery/Paolo's Artisan Bakery](#) (site 15), [Flour Power Breads](#)(site 27)  
[Bushmin Farmed Rabbits](#) (site 23), [Steiny's Smallgoods](#) (site 28),  
Hahndorf Gourmet (site 39),  
[Woodside Cheese Wrights](#) (site 14); [The Passionate Foodie](#) (site 42);  
[Bald Hills Olive Grove](#) (site 83), [Harding's Fine Foods](#) (site 38),  
[Patlin Gardens](#) (site 71), [Virgara's Garden](#) (site 50), Rodger Fryer (site 52)  
[Patlin Gardens](#) (site 71), [Virgara's Garden](#) (site 50), [N&M Tsimklis](#) (site 56-58),  
B&A Andonopoulos (site 68), Golden BC (site 78-79), [Hart's Vegetables](#) (site 80-81), Alnda Farms (site 84)  
[Mountain Fresh Fruit Juices](#) (site 17), [Woodside Cheese Wrights](#) (site 14)  
[Rosie's Free Range Eggs](#) (site 40), Rohde's Free Range Eggs (site 65)