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FOOD ~ WINE ~ TRAVEL

Nüsslisalat (Swiss Lamb's Lettuce Salad)

Nüsslisalat appears on almost every Swiss restaurant menu. You may know this small spoon-shaped leaf by its French name mâche. It's also called lamb's lettuce, because the leaves are shaped like lambs' tongues, and cornsalad as it traditionally grew wild among the grain crops. The Swiss name, nüsslisalat, refers to its slightly nutty flavour.

Serves 2 as a starter

INGREDIENTS

- 100g mâche lettuce (3½oz)
- 1 egg, hard boiled
- 1 slice white bread
- Vegetable or olive oil, for shallow-frying

Salad Dressing

- 3 teaspoons agrodolce white wine vinegar (15ml)
- Salt flakes and freshly ground white pepper, to taste
- ½ teaspoon Dijon mustard
- 2 tablespoons extra virgin olive oil (40ml)

METHOD

1. Separate the mâche leaves, discarding any roots; wash and dry well.
2. Make Salad Dressing: Place vinegar, salt, pepper and mustard in a screw-top jar and shake to dissolve salt. Add oil and shake to emulsify. Set aside.
3. Chop egg finely, set aside.
4. Discard crusts from the bread and cut into 1cm (½") cubes.
5. Heat oil in a small saucepan and fry bread until golden and crisp. Drain on paper towel and set aside.
6. When ready to serve, toss leaves with half the Salad Dressing, adding more if needed to coat well.
7. Arrange in a salad bowl, top with egg and croutons and serve.