

Salade Lyonnaise Garni

For the Salad

1 head frisée
1 bunch dandelion greens (optional)
⅓ pound chunk bacon
½ cup walnuts
½ cup Roquefort cheese
2 cups country or baguette bread cubes
2 eggs
2 duck confit legs

For the Dressing

2 tablespoons red wine vinegar
2 teaspoons lemon juice
1 teaspoon Dijon mustard
½ teaspoon salt
4 tablespoons olive oil
4 tablespoons walnut or vegetable oil
Black pepper to taste
1 shallot
¼ cup apple cider vinegar
1½ teaspoons sugar

Preparing the Salad Ingredients

Cut slices of white country bread or baguette into small cubes, including the crusts. Place the cubes on a baking sheet, and toast in a 350° oven until lightly browned, stirring occasionally. Set aside.

Bring the duck confit to room temperature.

Toast the walnuts in a 350° oven until lightly browned. Set aside.

Wash the greens in a sink filled with water to remove any sand. Scoop them off the top of the water, leaving any residue behind. Dry the greens and snip them into bite-sized pieces with a scissors into a bowl. Refrigerate until needed.

Cut the bacon into *lardons*, which are about ¾-inch long and ¼-inch thick. In a large skillet, cook the *lardons* over moderately low heat until they have rendered as much fat as possible and are lightly browned, but not crispy. Remove with a slotted spoon and set aside. If your bacon is very lean and doesn't render much fat, you may need to use a tablespoon or two of oil.

Lightly pat off a bit of (not all) the fat from the confit with a paper towel. Place them skin-side down in a baking pan. Lightly place a piece of foil over them so they do not dry out. Heat them in a 350° oven for 12-15 minutes. Remove the foil, and very carefully turn them skin-side up, without tearing the skin in the process. Broil for a minute or two, or turn the oven heat up to 425°, just to crisp the skin. Be careful not to burn the skin. Remove and set aside.

While the duck is cooking, prepare the dressing. Mince the shallot, and crumble the Roquefort cheese. Set both aside.

Preparing the Dressing

In a bowl, whisk together the red wine vinegar, lemon juice, Dijon mustard, and salt until well blended. Gradually beat in both the olive oil and the walnut or vegetable oil until homogenized. Add black pepper to taste. Remove the greens from the refrigerator and toss them with the vinaigrette dressing.

In the bacon fat that remains in the skillet, gently cook the minced shallot over low heat just until tender for a minute or two. Turn up the heat and add the apple cider vinegar and the sugar, scraping the bottom of the pan to deglaze it and reducing the vinegar by half. Immediately pour the hot, deglazed pan juices over the greens and mix thoroughly.

While deglazing the pan, poach the eggs in an egg poacher or in a skillet with 2-inches of simmering water and 1 tablespoon of vinegar. If you use the egg poacher, butter or lightly oil the cups so the eggs will remove more easily, and poach for about 3 minutes. If using the simmering water method, place the eggs in a fine sieve first to allow the loose white of egg to drain away, then gently slide them directly into the water or first in a small ramekin that you can gently tip into the water.

Assembling the Salad

Add the browned bacon *lardons*, the roasted walnuts, and the crumbled Roquefort to the greens and toss thoroughly to coat everything in the dressing.

Place a mound of the salad on serving plates. Turn one poached egg on one side of the salad, and the confit, skin-side up, on the opposite side. Then sprinkle the croutons over the top.

Serves 2.