



Frico Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



690 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon cooking wine dry white
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup olive oil

- ☐ 2.5 tablespoons olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2.7 cups provolone cheese italian grated
- ☐ 2 cups tightly radicchio leaves packed (from 1 large head)
- ☐ 1 pound potatoes red
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 shallots minced
- ☐ 1 pound mushroom caps stemmed sliced
- ☐ 1 tablespoon butter unsalted
- ☐ 10 cup tightly watercress packed trimmed (4 bunches)
- ☐ 0.3 cup white wine

Equipment

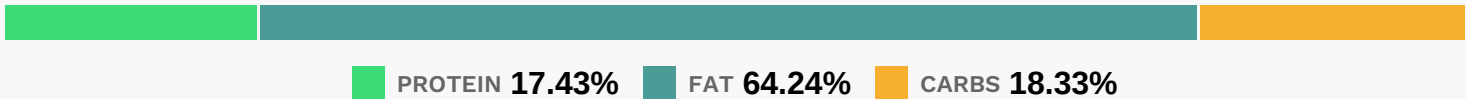
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Prepare the dressing: In a small bowl, blend all the ingredients and set aside.
- ☐ Make the salad: In a medium saucepan, cover the potatoes with cold water and bring to a boil over high heat. Boil until tender, about 15 minutes.
- ☐ Drain and let cool slightly. Peel the potatoes and slice them 1/4 inch thick.
- ☐ In a large nonreactive skillet, warm 1 1/2 tablespoons of the olive oil over high heat. When the oil is hot, add the mushrooms in an even layer and cook undisturbed until browned on the bottom, about 3 minutes. Reduce the heat to moderately high, season with salt and pepper and saut until tender, about 4 minutes.

- ☐ Add the butter, garlic and shallot, reduce the heat to moderately low and cook, stirring, until the shallot is tender, about 4 minutes. Scrape the mushrooms onto a plate.
- ☐ Set the skillet over high heat.
- ☐ Add the remaining 1 tablespoon oil and when it is very hot, add the potatoes in an even layer. Season with salt and pepper and cook undisturbed until brown on the bottom, about 4 minutes. Turn the potatoes and stir in the mushrooms.
- ☐ Add the wine and cook, stirring, until absorbed.
- ☐ Add the lemon juice, thyme, and rosemary and remove from the heat. Season with salt and pepper.
- ☐ Warm a nonstick medium skillet over moderate heat for 1 minute. Measure out 1/3 cup of the grated cheese and sprinkle it into the skillet in a 6-inch round. Cook the cheese until it melts and becomes a lightly browned disk, about 4 minutes. Loosen the frico from the skillet and slide it onto a plate to cool; it will crisp up as it cools. Repeat to make 7 more disks.
- ☐ Set 4 frico disks on a work surface. Reheat the potatoes and mushrooms in the skillet and spoon the mixture evenly onto the disks.
- ☐ Drizzle about 1/2 tablespoon of the dressing over each serving and top with a second frico disk. With a large sharp knife, quarter each filled frico.
- ☐ In a large bowl, toss the watercress and radicchio thoroughly with the remaining dressing. Mound the greens on 4 large plates and arrange a quartered frico on top of each salad.
- ☐ Serve immediately with a knife and fork.
- ☐ Make Ahead: The potato and mushroom filling and the frico disks can stand at room temperature for up to 6 hours.
- ☐ Wine Recommendation: A simple but characterful white is the best choice. Look for a Pinot Blanc from Alsace, such as the 1994 Lucien Albrecht Pinot Blanc d'Alsace, or an Oregon Pinot Gris, such as the 1994 King Estate.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:2.71, Inflammation Score:-10, Nutrition Score:36.579565193342%

Flavonoids

Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 7.75mg, Luteolin: 7.75mg, Luteolin: 7.75mg, Luteolin: 7.75mg Kaempferol: 19.58mg, Kaempferol: 19.58mg, Kaempferol: 19.58mg, Kaempferol: 19.58mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 32.56mg, Quercetin: 32.56mg, Quercetin: 32.56mg, Quercetin: 32.56mg

Nutrients (% of daily need)

Calories: 690.06kcal (34.5%), Fat: 49.6g (76.31%), Saturated Fat: 20.04g (125.23%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 26.09g (9.49%), Sugar: 5.73g (6.36%), Cholesterol: 69.52mg (23.17%), Sodium: 1279.67mg (55.64%), Alcohol: 1.93g (100%), Alcohol %: 0.51% (100%), Protein: 30.28g (60.55%), Vitamin K: 282.93µg (269.45%), Calcium: 798.44mg (79.84%), Vitamin A: 3603.32IU (72.07%), Phosphorus: 708.22mg (70.82%), Vitamin C: 50.04mg (60.65%), Vitamin B2: 0.69mg (40.37%), Potassium: 1380.6mg (39.45%), Vitamin B6: 0.76mg (37.89%), Manganese: 0.75mg (37.65%), Selenium: 22.85µg (32.65%), Vitamin E: 4.87mg (32.45%), Vitamin B3: 6.42mg (32.09%), Zinc: 4.72mg (31.49%), Vitamin B5: 2.82mg (28.16%), Magnesium: 99.33mg (24.83%), Copper: 0.49mg (24.49%), Fiber: 5.77g (23.07%), Vitamin B12: 1.3µg (21.73%), Folate: 67.06µg (16.77%), Vitamin B1: 0.22mg (14.56%), Iron: 2.49mg (13.82%), Vitamin D: 0.97µg (6.48%)