



Modern Salade Lyonnaise with Leeks, Lardons, and Oeuf Mollet

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 inch bacon
- ☐ 1 bay leaf
- ☐ 1 pound carrots peeled
- ☐ 8 ounces chicken livers trimmed (12)
- ☐ 0.5 bunch chives cut into 1-inch batons
- ☐ 0.3 cup dijon mustard
- ☐ 6 eggs

- ☐ 6 small leeks
- ☐ 2 cups milk
- ☐ 5 tablespoons olive oil
- ☐ 6 servings salt
- ☐ 2 tablespoons sherry vinegar
- ☐ 2 sprigs thyme leaves
- ☐ 6 servings pepper white freshly ground

Equipment

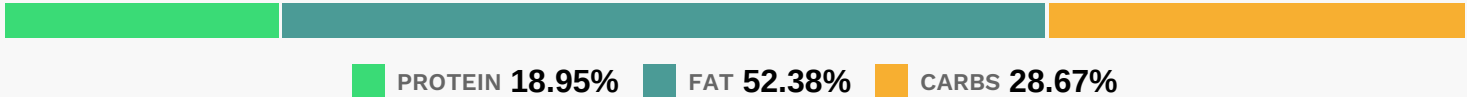
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Submerge the chicken livers in the milk and soak overnight in the refrigerator. Strain and pat dry with a paper towel.
- ☐ Bring a large pot of salted water to a boil. Submerge the eggs and boil for 6 minutes. Strain and peel the eggs under cold running water.
- ☐ Thinly slice 1 carrot and cut the slices into thin julienne.
- ☐ Peel the tough outer leaves from the leeks and halve them lengthwise, starting 1/2 inch from their base to keep them intact. Rinse them with cold water to wash any sand from their layers. Bunch the leeks and tie together with butcher's twine.
- ☐ Place in a large pot with the remaining carrots, the bay leaf, and thyme and cover with cold salted water. Bring to a simmer and cook for 20 minutes, or until the carrots are tender. Strain, and discard the thyme and bay leaf.
- ☐ Transfer the carrots to a blender with 5 tablespoons water, the mustard, and vinegar. Puree until smooth, then stream in the olive oil until emulsified. Season with salt and pepper.

- ☐
- Untie the leeks, pat dry with paper towels, and brush them with carrot dressing; sprinkle with salt and pepper.
- ☐
- In a large sauté pan over medium heat, sear the bacon on both sides until crispy, about 6 minutes total. Strain off all but 1 tablespoon fat, transfer the bacon to a cutting board, and cut the strips crosswise into 1/2-inch pieces. Season the chicken livers on all sides with salt and pepper. Return the sauté pan with the bacon fat to high heat and add the livers in a single layer. Sear the livers on both sides until cooked through but still light pink in the center, about 5 minutes total. Scoop onto a cutting board and slice the livers in half.
- ☐
- Spoon the carrot vinaigrette into the center of 6 salad plates and top each with a fanned-out seasoned leek and 1 egg. Divide the bacon, chicken livers, julienned carrot, and chives on top.

Nutrition Facts



Properties

Glycemic Index:39.81, Glycemic Load:7.43, Inflammation Score:-10, Nutrition Score:37.716087133988%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 361.46kcal (18.07%), Fat: 21.38g (32.9%), Saturated Fat: 5.28g (32.98%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 21.58g (7.85%), Sugar: 11.28g (12.54%), Cholesterol: 304.27mg (101.42%), Sodium: 503.08mg (21.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.41g (34.81%), Vitamin A: 18708.91IU (374.18%), Vitamin B12: 7.1µg (118.35%), Folate: 315.72µg (78.93%), Vitamin B2: 1.07mg (62.81%), Selenium: 40.38µg (57.68%), Vitamin K: 60.07µg (57.21%), Manganese: 0.79mg (39.43%), Vitamin B6: 0.77mg (38.56%), Iron: 6.88mg (38.21%), Vitamin B5: 3.7mg (37.02%), Phosphorus: 355.75mg (35.57%), Vitamin C: 23.13mg (28.03%), Vitamin E: 3.8mg (25.37%), Vitamin B3: 4.99mg (24.96%), Calcium: 219.36mg (21.94%), Vitamin B1: 0.3mg (20.26%), Potassium: 695.27mg (19.86%), Copper: 0.39mg (19.43%), Fiber: 4.75g (18.99%), Magnesium: 63.97mg (15.99%), Zinc: 2.31mg (15.37%), Vitamin D: 1.78µg (11.85%)