

# SALADE DU MARCHÉ

by Georgeanne Brennan

A few years ago, I was on an adventure in the Loire Valley. It was a warm, sunny day and we were looking for a specific field of flageolet beans. Once we'd found it and harvested our fill, our shirts were soaked and our stomachs rumbling. Eager for lunch, we headed for a riverside café tucked in a small village where the market was just finishing up. We grabbed a table in the shade



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and opted for the *Salade du Marché* and a cool, refreshing glass of Cabernet Franc. The salad was topped with smoked duck and thick slices of terrine de foie gras, and the combination of fresh-from-the-market produce with the protein's tangy, salty flavors made for the perfect match alongside the juicy chilled red.

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|--------------------------------------|--------------------------------------|
| 5 tablespoons extra-virgin olive oil | 24 thin slices smoked duck breast,   |
| 1 tablespoon sherry vinegar          | about 6 ounces (or substitute        |
| ½ teaspoon Dijon mustard             | 12 slices prosciutto, halved,        |
| 1 tablespoon honey                   | about 3 ounces)                      |
| ¼ teaspoon sea salt                  | 5 ounces duck liver and pork mousse, |
| 1½ cups baby arugula                 | cut into 24 rectangular slices,      |
| 4 cups torn red lettuce leaves       | each about ½ inch wide, 3 inches     |
| 12 cherry tomatoes, halved           | long, and ¼ inch thick               |
| ½ cup peeled, finely cubed cucumber  | 8 slices ciabatta                    |

In a salad bowl, whisk together the olive oil and vinegar. Add the mustard, honey, and salt and whisk until honey is fully incorporated. Taste. The mixture should be slightly sweet. If it is too sharp, add a little more honey. Add the arugula, lettuce, cherry tomato halves, and cucumber. Gently toss, and then divide equally among 4 plates or shallow bowls. Arrange 6 slices of duck breast and 6 slices of mousse across the top of each salad. Toast the ciabatta and add 2 pieces to each salad plate.

Serves 4

*The James Beard award-winning cookbook author Georgeanne Brennan is also the author of the best-selling food memoir A Pig in Provence.*

*You can find more of her recipes at [www.georgeannebrennan.com](http://www.georgeannebrennan.com).*

