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Recipe number eighty-five

Insalata Russa Russian salad

A rather frowned-upon dish that has been sold ready-made at the butcher's for decades.
A delicacy when it is freshly made at home.

Ingredients for 4 people

500 g (total amount) mixed vegetables, preferably potatoes, carrots, peas, courgettes, celery sticks.

Clean each vegetable and cut it into small cubes (except the peas!). Then cook each vegetable separately in the steamer basket until just done, put it on a plate, salt it and turn it carefully. When the vegetables have cooled, put them into a wide bowl and mix them carefully with the mayonnaise. Done!

Mayonnaise

Perhaps you have your own recipe. Otherwise try it like this (the ingredients must be at room temperature):

1 egg yolk
60 g olive oil (or olive oil mixed with a little peanut oil)
add the oil to the egg yolk drop by drop with a whisk, stirring constantly.

Season with
2 tbsp plain yoghurt, salt, pepper, a little mustard and a few drops of lemon juice.

Decorate with leftover asparagus, artichokes, hard-boiled eggs, anchovy fillets. Or whatever you find in the fridge.

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VERONICA'S TIP

Russian salad is made in many countries. It often contains sausage. Try it without, so as not to drown the delicate flavours of the vegetables.
If you fancy sausage, you can also serve it separately alongside.

A delicious dish that conjures up early summer on the plate, even when the tomatoes are not yet ripe!