



Frisée Salad with Soft Poached Egg and Bacon Lardons



4 servings



35 minutes

This classic French-inspired salad combines the bitter crunch of frisée with the richness of a soft poached egg and crispy bacon lardons. A simple, elegant dish perfect for brunch or as a light starter.

INGREDIENTS

For the Salad:

- 6 cups frisée lettuce, washed and torn into bite-sized pieces
- 4 large farm-fresh eggs
- 6 ounces bacon, cut into lardons (small strips or cubes)
- 2 tablespoons white vinegar (for poaching eggs)
- ½ cup croutons (optional, for added texture)

For the Dressing:

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 small shallot, finely minced
- Salt and freshly ground black pepper, to taste

Optional Garnish:

- Fresh chives, chopped
- Shaved Parmesan or Pecorino cheese

INSTRUCTIONS

1. Prepare the Bacon Lardons:
2. Heat a skillet over medium heat. Add the bacon lardons and cook until crisp and golden brown, about 5-7 minutes. Remove with a slotted spoon and drain on paper towels. Set aside, leaving the rendered fat in the skillet.
3. Make the Dressing:
4. In a small bowl, whisk together olive oil, red wine vinegar, Dijon mustard, and minced shallot. Season with salt and pepper to taste. Optionally, add 1 teaspoon of the rendered bacon fat for extra flavor.
5. Poach the Eggs:
6. Fill a medium saucepan with water and bring to a gentle simmer. Add the white vinegar. Crack each egg into a small bowl, then carefully slide the egg into the water. Poach for 3-4 minutes, until the whites are set but the yolks are still runny. Remove with a slotted spoon and gently pat dry with a paper towel.
7. Assemble the Salad:
8. In a large bowl, toss the frisée with the prepared dressing until evenly coated. Divide the salad among four plates.
9. Top and Serve:
10. Place a poached egg on top of each salad. Sprinkle with bacon lardons and croutons (if using). Garnish with chopped chives or shaved Parmesan for added flavor. Serve immediately.