

LEO TEATERO



Canadian Potato Salad

The key to a great potato salad is two simple rules: Do not over and/or undercook the potatoes and do not overdress the salad with too much dressing. The potatoes and fresh herbs need to shine through. I regularly use different colours of potatoes and leave the skins on especially if it is for a picnic outside; it gives more of a rustic feel and taste.

Imperial / Metric

4 lbs./2000g of boiling (thin-skinned) potatoes (in France, Amandine is good)
½ cup /110g of white wine vinegar
½ cup /110g of virgin olive oil
1 tsp. /5g of Salt
1 tsp. /5g fresh cracked pepper
1 cup /115g thinly sliced red onions
1 cup /115g thinly sliced carrots
1 cup /115g chopped celery on an angle
1 cup /232g of mayonnaise
1 cup /232g of yogurt (Greek or sheep) or sour cream
5 tbsp. /100g of Dijon
1 cup /60g freshly parsley
½ cup /30g freshly chopped basil

Options:

½ cup/60g fried chopped Bacon, completely cooled
12 boiled eggs

Peel the potatoes, removing any eyes and dark spots. Chop into ¼ pieces and place in large pot with salted water. Bring to a boil; cook until they are tender, between 10 to 15 minutes. You want them to be slightly hard. Drain the potatoes and put them in a large mixing bowl.

Spread the onions, carrots and celery over the still-hot potatoes. Drizzle the vinegar and olive oil all over the still-hot potatoes, along with the salt and pepper. Mix lightly. Let rest for 10 minutes, and then mix well. The heat from the potatoes will slightly cook the raw vegetables.

In a small bowl or jar, mix the mayonnaise, yogurt or sour cream and Dijon. Pour over the potato mixture. Add the parsley and basil (Option: or bacon, eggs and any other herbs you wish) and toss again. Cover lightly and cool to room temperature. Place in refrigerator covered.

Serve it on mixed fresh leaves of your favourite lettuce, for a lighter taste along with something barbecued.