

HERBED EGG SALAD

YIELD: 100 2 oz. servings

Chef Ryan Eckles

This egg salad recipe is a play off of a gribiche which is a French egg salad. Sometimes used as a condiment, a salad dressing, or on open face toast, this recipe utilizes fresh herbs like tarragon and parsley combined with the briny capers and bold Dijon to elevate this dish beyond what we grew up eating. Traditionally the yolks are emulsified with the mayonnaise, mustard and vinegar to create a dressing for the whites; if you have the time, I recommend doing this. Also try using fresh basil if you cannot find tarragon.

INGREDIENTS

- 1 ¼ cup Dijon mustard
- 1 ½ cup red wine vinegar/rice vinegar
- 1 cup olive oil
- 4 cups low-fat mayonnaise
- 4 cups pickles (sweet relish or gherkins, chopped)
- 1 ½ cups capers
- 100 eggs (hard boiled, shelled, chopped)
- 1 ½ cups parsley, finely chopped
- 1 ½ cups tarragon, finely chopped
- 2 TBSP kosher salt
- 2 TBSP black pepper

DIRECTIONS

1. Whisk mustard, vinegar, mayonnaise and oil
2. Fold in pickles, capers, and eggs
3. Gently stir in parsley and tarragon, then add salt and pepper. Serve immediately or cover and refrigerate until service.

RECIPE NOTES - HERBED EGG SALAD

Recipe credits as 2 oz. M/MA

Nutritional information per serving*: 135 calories; 2.1 g sat. fat; 355 mg sodium; 5.7 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*