

Antipasto di Pesce

Another one of my K.I.S.S. Method twists on something traditional. This is a great warm weather dish that takes very little cooking time. You can also poach the fish earlier in the day and keep it refrigerated until dinner time.

2 Tbs	cornichons, diced
2 Tbs	tomato, diced
2 Tbs	cucumber, peeled and diced
1 Tbs	capers, drained
2 Tbs	Balsamic Vinaigrette—see <i>Vegetables & Salads</i>
5 oz	mixed seafood
1/2 cup	lettuce, spring mix
1 tsp	fresh parsley, chopped

Procedure

- In a bowl, mix the cornichons, tomato, cucumber and capers. Toss with the Vinaigrette.
- Poach the fish lightly in water. Add to the bowl and mix to serve immediately.
- On a chilled plate make a bed of the spring mix. Place all the ingredients in the bowl on the lettuce. Garnish with parsley and serve.

Yield: 1 serving