

Chicken Salad Chinois

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 1 hour 30 minutes

Chef's Notes

*Recipe courtesy of New Asian Cuisine and chef Wolfgang Puck of Spago in LA.

Step 1: Cooking the Chicken

- 1- 3 pound Chicken
- 1 celery stalk
- 1 carrot
- 1 onion
- 2 bay leaf
- 2 sprigs of thyme
- salt and pepper
- 2 oz melted unsalted butter

Preheat the oven to 425° F. Place the chicken on a rack in a roasting pan and baste it with some of the butter. Roast for about 1 1/2 hours, or until just done. (The meat near the joints should still be slightly pink). Baste every 15 to 20 minutes with the butter and the drippings.

Step 2: Blending the Vinaigrette

- 1 egg yolk
- 2 tsp dry Chinese mustard (may substitute with standard dry mustard powder)
- 1/4 cup rice wine vinegar
- 1 tsp soy sauce
- 2 tbsp light sesame oil
- 2 to 3 tbsp peanut oil
- salt (to taste)
- freshly ground pepper (to taste)

Place all the vinaigrette ingredients in a blender and blend until smooth. Season to taste.

Step 3: Assembling the Salad

- 2 small heads (or 1 medium head) Napa cabbage
- 1 cup romaine lettuce
- 8 to 10 snow peas
- 1 tsp black sesame seeds

Select 4 to 8 nice leaves from the Napa cabbage and reserve them. Slice the remaining cabbage into 1/4 inch julienne strips. Julienne the romaine lettuce and snow peas. Shred the meat from the breasts and thighs of the chicken. Combine the chicken, cabbage, romaine and snow peas in a bowl and toss with enough vinaigrette to coat the salad nicely. Arrange the reserved Napa cabbage leaves around the edge of a large serving plate. Mount the salad in the center and sprinkle with sesame seeds.