

7th Annual SSF Asian Alliance Cultural Celebration – Cooking Demonstration

Chinese Chicken Salad

Serves 6-8

3 poached chicken breasts*, shredded and chilled
1 head iceberg lettuce, shredded
1 cup green cabbage, shredded
1 cup red cabbage, shredded
1 cup carrots, peeled and shredded
2 stalks celery, trimmed and bias-sliced
1 red bell pepper, julienned
3 scallions, thinly bias-sliced
Kosher salt and freshly ground black pepper
1 cup Chinese Chicken Salad Dressing, recipe below
½ bunch cilantro, washed and spun dry
½ cup slivered almonds, toasted
2 tablespoons sesame seeds, toasted
2 cups fried wonton strips, or mung bean threads, optional

In a large bowl, combine the chicken, lettuce, cabbage, carrots, red bell pepper, celery and scallions. Season with salt and pepper and toss to combine. Drizzle the dressing over and toss again to coat.

Add the cilantro, almonds, sesame seeds and wonton strips or mung bean noodles and toss lightly again. Divide evenly among plates and serve cold.

Chinese Chicken Salad Dressing

Makes approximately 2 cups

1 tablespoon fresh ginger, finely minced
1 teaspoon garlic, finely minced
1 teaspoon Chinese Five Spice mixture
Juice of one lime
2 tablespoons seasoned rice wine vinegar
2 tablespoons soy sauce
pinch red pepper flakes
pinch kosher salt and pinch of freshly ground black pepper
¼ cup sesame oil
¾ cup vegetable oil

Combine all of the ingredients into a jar and shake vigorously to combine. Keep covered and chilled in the refrigerator until ready to use.

** To poach the chicken breasts: Place a straight-sided skillet over medium-high flame and add enough water until it comes up halfway. Season the water with 1 teaspoon kosher salt, carrot pieces, celery slices, 6 black pepper corns, and three bay leaves. When the water boils, lower the heat to medium-low and slip the chicken breasts into the water. Cover and gently simmer until fully cooked, about 15 minutes. Remove from the poaching water and set aside to cool.*