

FOX-7 WTVW

August 4, 2010

KITCHEN AFFAIRS

4610 Vogel Road
EVANSVILLE, IN 47715

ASIAN CHICKEN SALAD (Serves 4 or more)

- 1 pound cooked boneless chicken or turkey (you can use deli meat, cubed, or roasted chicken from the market, with the skin and bones removed, or left-over grilled chicken; all these will work in this recipe)
- 1 large carrot, peeled and cut into long thin julienne
- 2 cups salad greens (iceberg lettuce, Romaine, bok choy, napa cabbage, etc.)
- 1 cucumber, peeled, seeded, and cut into julienne matchsticks

FOR THE DRESSING:

- 5 TableSpoons crunchy peanut butter
- 1 scallion, thinly sliced
- 1 teaspoon (toasted) sesame oil
- 1 teaspoon soy sauce (light, if possible)
- 1 teaspoon granulated sugar or honey
- 1 teaspoon white rice vinegar (or cider vinegar)
- 3 TableSpoons hot water

Remove all skin, bones and fat from the chicken. Shred or dice the chicken to your preference, but small enough for a salad, and set this aside.

Using a shredding peeler, if possible, peel the carrot into long thin shreds or strips. Wash and dry the salad greens, and tear them into bite-sized pieces or strips. On a large serving platter, arrange the greens. Top them with the cucumber and carrot strips. Sprinkle the chicken over the top of the vegetables.

To make the dressing, combine all the ingredients in a bowl, whisking to blend to a smooth mixture. Add more hot water, if necessary to thin the dressing. Taste, for a balance of salty, sweet and sour flavors, and adjust by adding more of whichever ingredient is not sufficient in flavor (soy, honey or vinegar). If the dressing becomes too thin, and a little more peanut butter to thicken.

When the dressing is right, spoon or ladle it over the salad, and serve at room temperature. This salad should not be made ahead. It does not hold well for more than an hour or two at most.