

Chinese Chicken Salad

OK - so everyone makes this, but our version is really good and I'll give you a couple of alternative uses for it to boot...

Dressing:

2 Tbs. Dijon Mustard
2 oz. Kikkomon Low Sodium Soy - you can use regular - it just is saltier
¼ cup granulated sugar
3 oz. sesame oil (toasted) no subs. Kadoya is a good brand
2 oz. Soybean Oil - ok to sub in another neutral flavored oil
1 clove garlic - average size
¼ tsp. crushed red pepper flakes (add more if you like spicy)

Blend everything in a blender until smooth. Keeps one month in fridge.

Salad:

1 quart of packed shredded savoy cabbage (shred & then pack)
1 or 2 large carrots - wash, peel & shred on box grater large holes
1 red bell pepper cut into julienne strips
1 yellow bell pepper cut into julienne strips
2 or 3 scallions sliced crossways - thin
¼ cup coarsely chopped cilantro leaves - leave it out if you are not a fan
¾ pound of shredded rotisserie chicken or leftover chicken or grilled chicken

1. In a stainless bowl... place all the veggies in salad part in bowl and toss to distribute them evenly. Add chicken and re-toss.
2. Add enough dressing to coat - about 1/3 - ½ cup - toss again and serve immediately.

Options:

1. Forget the dressing - take a quart of good quality chicken stock and bring to simmer. Add a tsp. of Thai red curry paste. Add in a handful of rice vermicelli noodles and allow it to cook at a simmer one minute. Stir once. Add the salad mixture and the chicken - cook one minute- and you have 2 gargantuan bowls of really good soup. If you aren't into the spice or flavor of the curry - just subtract from recipe.
2. Forget the dressing - stir fry the mix one minute and cool. Add to mix - 1 Tbs. Sesame oil (toasted), 2 tsp. Siracha chili sauce and salt to taste. Roll the cooled, seasoned mixture in spring roll wrappers & pan fry about 1.5 minutes on each side. Serve with hot mustard.

Hot Mustard:

¼ cup Coleman's Dry Mustard Powder
about 1.5 oz. water
mix until smooth and allow 10 minutes for flavor to mellow & develop

Traditionally we have always made this one with chicken, obviously it's ok to bring in grilled shrimp here, pan seared mahi - mahi, shredded flank steak, deep fried rice noodles, tofu... it's up to the chef!