

# Chef Chu's Famous Chicken Salad

*Pictured on facing page*

This dish is quick, healthy, simple and delicious. To maintain its light fluffy quality, we toss the ingredients at the last minute so it's nice and crisp. Our light mustard and sesame oil dressing, along with a dash of Five-spice Salt, give it a bit of a bite!

Makes: 12 servings

Cooking time: 25 to 30 minutes

- 1 pound cooked chicken,  
(about 2 cups)
- 2 cups vegetable oil
- 2 ounces rice sticks,  
pulled apart into  
smaller pieces

## **HOT MUSTARD PASTE**

- 2 teaspoons Colman's  
Hot Mustard Powder
- 2 teaspoons water
- 1 tablespoon sesame oil
- Half-head iceberg  
lettuce, shredded  
¼-inch
- ½ cup julienned carrots
- 10 to 12 sprigs Chinese  
parsley (cilantro) with  
stems, coarsely chopped
- ½ teaspoon Five-spice Salt  
(page 212)
- ¼ cup crushed roasted  
peanuts
- 1 tablespoon toasted  
sesame seeds
- 4 Chinese parsley  
(cilantro) sprigs

Hand-shred the chicken meat by pulling it apart in strands along the grain or julienne it with a knife. Set aside.

**To deep-fry**, heat vegetable oil in a wok to 375°. Add rice sticks in small batches; deep-fry each batch a few seconds until puffy but still white. (Do not brown.) Remove and drain on paper towels.

**To make HOT MUSTARD PASTE**, stir mustard and water together in a small bowl to make a paste. Stir in sesame oil until paste becomes smooth and shiny.

**To assemble**, the secret to the success of this salad is how it is assembled. Place lettuce, carrot and chopped Chinese parsley in a large salad bowl. Sprinkle Five-spice Salt evenly over lettuce mixture. Toss well to distribute salt evenly. Rub HOT MUSTARD PASTE around lower sides of bowl. Add chicken, peanuts and sesame seeds evenly over lettuce. Toss well to distribute HOT MUSTARD PASTE evenly throughout salad. Adjust taste. Add three-quarters of the rice sticks last; toss lightly to distribute evenly. Reserve remaining rice sticks for garnish.

**To serve**, mound salad on individual salad plates. Sprinkle remaining rice sticks over the top. Sprinkle with peanuts and sesame seeds. Garnish with a sprig of Chinese parsley.

### • Notes •

1. You may use leftover cooked chicken (fried, barbecued, rotisserie, steamed, smoked or pan-fried) or duck for a different flavor. Slightly warm the chicken or duck, or serve at room temperature, for richer flavor.
2. Add the crisp poultry skin, julienned, to add texture and flavor to the salad.
3. Five-spice Salt is added to the lettuce first to distribute it evenly. If added when the HOT MUSTARD PASTE is tossed in, it can stick to the mustard and have an unpleasant taste. Also, if added too early, it can wilt the lettuce.
4. Some customers enjoy sprinkling a little of Chef Chu's Garlic Dipping Sauce (page 212) over each individual serving for a different flavor sensation.