



YUM LIST : MANDARIN CHICKEN SALAD

Poached organic chicken breast, peanuts, orange supreme, water chestnuts, spring onion, sesame orange dressing.

Prep Time
1 hour

Cook Time
15 minutes

Yields
4 portions

Poached Chicken Recipe

Organic Boneless Chicken Breasts	300 gr
Water	700 ml
Light Soy Sauce (Kikkoman)	60ml
Rice Wine Vinegar	30 ml
Ginger, peeled and sliced thin	20 gr
Garlic, sliced thin	20 gr
Salt/ White Pepper	To Taste

Technique

- Rinse the chicken breasts under cold water and pat dry with paper towel.
- Season with salt and white pepper as you would if you were going to grill them. Let sit to absorb while you prepare the poaching liquid.
- In a heavy bottom pot place the soy sauce, vinegar, water, garlic and ginger. Bring to a simmer and reduce heat to just below.
- Place chicken in poaching liquid and poach under gentle heat (just below simmer) for 25 minutes.
- Check for doneness and remove from heat.
- Let cool to room temperature and shred like pulled pork.
- Set aside in container and in fridge until ready to serve.



Salad Composition Prep

Napa Cabbage/ Chinese Cabbage, medium chiffonade	350 gr
Baby Romaine Lettuce, medium chiffonade	150 gr
Bean Sprouts, washed	80 gr
Carrot, julienne fine	80 gr
Water Chestnuts, sliced medium circles	80 gr
Orange Supremes	80 gr
Spring Onions, medium slice green parts only	20 gr
Coriander leaves, picked- some tender stems ok for boost of Flavour	10 gr
Poached Chicken, shredded medium by hand	280 gr
Wonton Strips, fried medium thickness	60 gr
Peanuts, roasted or fried- your choice	80 gr

Process

- Prepare all of the veggies according to description in recipe.
- Place in a container in the fridge until ready to mix.



Sesame Orange Dressing

Orange Juice, fresh squeezed, strained, reduced to 70 grams	70gr
Sambal Bangkok, AKA Chili Sauce for Chicken (in America)	65gr
Rice Wine Vinegar	20 gr
Kikkoman Light Soy Sauce	12 gr
ABC Chili Sauce, or Sriracha	15 gr
Sugar	5 gr
Ginger, micro planed, or finely minced	8 gr
Garlic, micro planed or finely minced	8 gr
Grapeseed Oil	50 grams
Sesame Oil	Dash
Salt/ White Pepper	To Taste

Technique

- In a heavy bottom pot add the orange juice and reduce by half over medium heat.
- Remove from the stove, strain again and ice down quickly.

Note: If frozen orange juice concentrate is available in your region, you can skip this step and just use 35 grams of concentrate. Honestly- the end result has a cleaner- fresh orange juice forward flavour.

- Place a small measuring cup/ pitcher on a gram scale and zero it out.
- Add grapeseed oil until you reach 140 grams.
- Remove from the scale and reserve.
- Place a metal mixing bowl on top of the scale and zero it out.
- Add the above ingredients one by one starting with the orange juice reduction zeroing out the scale after each additional ingredient addition.
- Remove the bowl from the scale and slowly mix in the grapeseed oil until it has emulsified.
- Season to taste with salt and white pepper. Set aside and reserve.



To Compose Salad

Poached Chicken, shredded	1 recipe
Veggie Salad Mix + peanuts & wonton strips	1 recipe
+/- Sesame Orange Dressing	1 recipe
Sesame seeds, toasted	2 gr
Lime, cut and ready to squeeze for fresh juice	1/2 ea
Salt & White Pepper	To taste

Technique

- Place the shredded chicken in a mixing bowl and cover with just enough dressing to evenly coat. Let sit for 3 minutes.
- Add the veggie prep and 80% of the wonton chips. Toss with the chicken and continue to dress with the dressing to your liking.
- Squeeze the fresh lime into the salad.
- Season to taste with salt and white pepper
- Place in a serving bowl either family style or divided individually.
- Garnish with remaining wonton strips, peanuts and toasted sesame seeds.