

## Chicken Salad Cups

Tree House for Grown-Ups | April 2008



*You can use store-roasted chicken or leftover cooked chicken and purchased mayonnaise, but Scott's method of cooking chicken in broth yields tender, juicy breast meat that is divine paired with his homemade mayonnaise in this salad.*

START TO FINISH: 50 MINUTES

- 2 WHOLE CHICKEN BREASTS, BONES REMOVED, SKIN ON (2<sup>1</sup>/<sub>2</sub>–3 LB. TOTAL), COOKED AS DIRECTED\*
- 1 STALK CELERY INCLUDING SOME TENDER LEAVES, FINELY CHOPPED (1/2 CUP)
- 3 FRESH JERUSALEM ARTICHOKES, PEELED AND FINELY CHOPPED (1/3 CUP), OR 1/3 CUP FINELY CHOPPED PEELED JICAMA OR CANNED WATER CHESTNUTS, DRAINED
- 1 TBSP. SNIPPED FRESH CHERVIL
- 1 TBSP. SNIPPED FRESH CHIVES
- 2 TSP. SNIPPED FRESH TARRAGON
- 2 TSP. SNIPPED FRESH PARSLEY
- 1/4–1/2 TSP. SEA SALT
- 1/2 TSP. FRESHLY GROUND BLACK PEPPER
- 3/4–1 CUP MAYONNAISE
- 1 TSP. FRESHLY SQUEEZED LEMON JUICE
- 36 SMALL BOSTON OR BIBB LETTUCE LEAVES (TO USE AS CUPS FOR CHICKEN SALAD) SNIPPED FRESH CHERVIL OR CHIVES

When cooked chicken has cooled, remove the skin and trim any remaining bits of fat or cartilage from the breasts. Cut the chicken into a 1/3-inch dice and put in a mixing bowl.

Add the celery, Jerusalem artichokes, the herbs, salt, and freshly ground pepper. Mix well to distribute the herbs and seasonings evenly. Blend in enough mayonnaise to coat, add lemon juice, and taste for seasoning. Add more salt, pepper, or lemon juice if needed. Fill each lettuce cup with chicken salad (about 1 heaping tablespoon each) and garnish with snipped chervil or chives. The chicken salad can be made ahead and chilled, covered, for up to 2 days. Makes 36 appetizers (4 cups chicken salad).

**\*COOKING CHICKEN BREASTS:** Pour 6 cups chicken stock, 6 cups lightly salted water, or four 14-oz. cans reduced-sodium chicken broth into a large saucepan with a tight-fitting lid. Bring to a boil and remove from heat. Immediately add the 2 whole chicken breasts, taking care that they are fully submerged, then cover tightly with the lid and let stand off heat for 20 minutes. Check the chicken breasts to be sure they are cooked through by cutting into the thickest part of the breast with a sharp knife (or check for an internal temperature of 170° with an instant-read thermometer). If the cut part is pink, cover pan and cook chicken over very low heat for 5 to 10 minutes. Remove cooked chicken from the pan and allow to cool. Save and refrigerate the stock for another use, such as soup.

Per appetizer: 95 cal., 7 g total fat (1 g sat. fat), 22 mg chol., 105 mg sodium, 2 g carbo., 0 g dietary fiber, 6 g protein.

## Scott's Homemade Mayonnaise

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*Use this fresh and tangy mayonnaise in the Chicken Salad Cups.*

PREP: 10 MINUTES

- 1 TBSP. CIDER VINEGAR
- 1 TBSP. FRESHLY SQUEEZED LEMON JUICE
- 1 TSP. FINE SEA SALT
- 1 TSP. DRY MUSTARD
- 2 EGG YOLKS\*
- 1½ CUPS VEGETABLE OIL, LIGHT OLIVE OIL, OR A COMBINATION
- 1 TBSP. HOT WATER

Put the vinegar, lemon juice, salt, and mustard into a medium mixing bowl, and whisk or stir until the salt and mustard are dissolved. Add the egg yolks, and beat until smooth. Add the oil drip by drop at first, and then in a slow, steady stream, whisking or stirring constantly until all of the oil has been incorporated and you have a very thick emulsion. Stir in the hot water until smooth. Refrigerated, homemade mayonnaise will keep for up to 1 week. Makes 1¾ cups.

**\*NOTE:** Consuming raw eggs can be a risk, due to salmonella contamination. You may consider using pasteurized eggs or egg substitute.

Per tablespoon: 107 cal., 12 g total fat (1 g sat. fat), 15 mg chol., 58 mg sodium, 0 g carbo., 0 g dietary fiber, 0 g protein.