



Cook the Book: Neo-Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 anchovy minced
- ☐ 2 tablespoons capers drained chopped
- ☐ 0.3 cup chives minced
- ☐ 1 tablespoon dijon mustard
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 garlic clove finely minced grated (or)
- ☐ 2 tablespoons juice of lime fresh

- ☐ 5 tablespoons mayonnaise
- ☐ 4 servings pepper black freshly ground fine
- ☐ 0.3 cup shallots minced
- ☐ 2 halves chicken breast boneless skinless trimmed
- ☐ 1 tablespoon soya sauce
- ☐ 5 drops all the tabasco sauce you handle to taste

Equipment

- ☐ bowl
- ☐ pot
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ cookie cutter
- ☐ stove
- ☐ kitchen twine

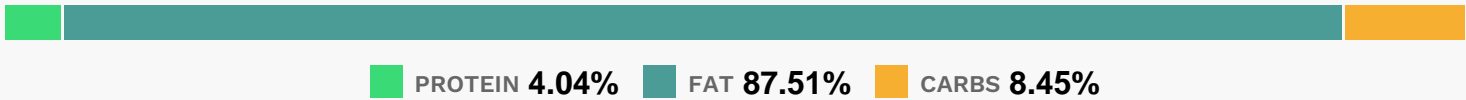
Directions

- ☐ Fill a large pot with water and clip a thermometer to the side of the pot. Using a large pot of water makes it easier to maintain the temperature once the chicken is added.
- ☐ Heat the water to 160°F.
- ☐ Roll the chicken breasts in plastic: Use a wet hand to moisten the work surface to anchor the plastic; lay out a 2-foot-long piece of plastic wrap with a short side toward you. Season the chicken with salt and pepper.
- ☐ Place the breasts end to end down the center of the plastic wrap, starting up from the bottom edge of the plastic. Pull the plastic wrap from the bottom up over the roll, pressing the plastic wrap against the surface but making sure not to catch it in the meat. Slowly roll up the cylinder in the plastic wrap, pinching in the sides from time to time to compact the roll. Twist both ends and tie with kitchen twine, forming a compact log. Trim the ends of the plastic.
- ☐ It is important that the water temperature remain between 155° and 160°F while the chicken cooks. Keep a bowl of ice cubes next to the stove, and check the temperature often; if it

climbs, add a few ice cubes to lower the temperature quickly.

- ☐ Add the chicken breasts and poach for 30 minutes.
- ☐ Fill a large bowl with ice water.
- ☐ Remove the breasts from the water and place in a the ice water to cool.
- ☐ When chicken is cool, remove from the water, wipe dry, and remove the plastic.
- ☐ Cut the chicken into 1/4-inch dice and place in a bowl. If the chicken is not completely cool, place in the refrigerator to cool for no more than 30 minutes.
- ☐ Add the remaining ingredients; stir gently to combine evenly. Season to taste.
- ☐ Place 3 1/2-inch ring mold or round cookie cutter in the center of a serving plate. Fill the mold with one-quarter of the salad, and smooth the top.
- ☐ Remove the ring and repeat on 3 additional plates.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:5.4404347454724%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 242.26kcal (12.11%), Fat: 24.02g (36.96%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2g (2.23%), Cholesterol: 10.07mg (3.36%), Sodium: 555.3mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Vitamin K: 41.63µg (39.64%), Vitamin E: 2.19mg (14.61%), Vitamin C: 6.67mg (8.08%), Manganese: 0.14mg (7.03%), Vitamin B6: 0.11mg (5.5%), Selenium: 3.76µg (5.38%), Vitamin B3: 0.92mg (4.59%), Fiber: 1.1g (4.41%), Iron: 0.78mg (4.31%), Phosphorus: 37.93mg (3.79%), Potassium: 127.78mg (3.65%), Folate: 13.5µg (3.37%), Magnesium: 13.29mg (3.32%), Copper: 0.06mg (3.2%), Vitamin A: 137.71IU (2.75%), Calcium: 24.9mg (2.49%), Vitamin B2: 0.04mg (2.3%), Vitamin B1: 0.03mg (2.17%), Zinc:

0.27mg (1.77%), Vitamin B5: 0.17mg (1.75%)