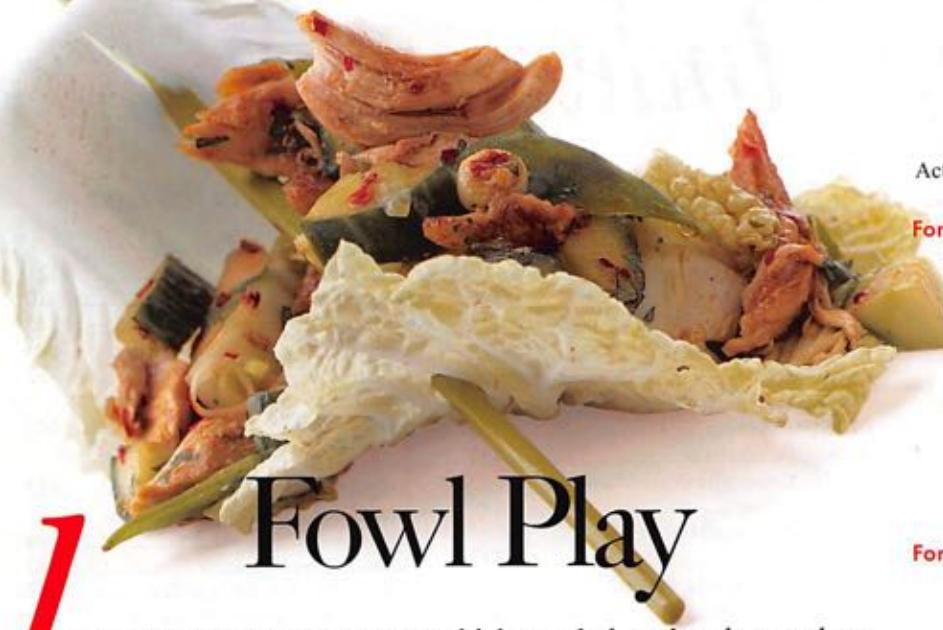


THE LAST TOUCH



Fowl Play

LOOKING BEYOND THE CLASSIC chicken salad, we've dreamed up four variations that double as quick meals. Whether it's poached, grilled, or smoked, any chicken will do—you can even use a store-bought bird from the rotisserie or leftovers from yesterday's picnic.

CHICKEN AND WILD RICE SALAD

Serves 4 to 6

Active time: 30 min Start to finish: 1½ hr

4 cups water
1 cup wild rice
½ teaspoons salt, or to taste
½ cup plus 2 tablespoons olive oil
¼ cup Sherry vinegar
2 tablespoons Dijon mustard
½ teaspoon black pepper
4 cups cubed (½ inch) cooked chicken (about 1½ lb)
2 celery ribs, cut into ¼-inch-thick slices (2 cups)
1 medium red onion, finely chopped (1 cup)
2 Granny Smith apples, cut into ½-inch cubes

► Bring water to a boil in a 2-quart heavy saucepan, then add rice and 1 teaspoon salt. Reduce heat to low and cook, covered, until rice is tender and most grains are split open, 1 to 1½ hours. Drain well and cool.
► Whisk together oil, vinegar, mustard, remaining salt (or to taste), and pepper. ► Combine rice with remaining ingredients in a large bowl, then gently toss with vinaigrette.

MEXICAN CHICKEN SALAD

Serves 4 to 6

Active time: 45 min Start to finish: 45 min

For dressing

1 firm-ripe California avocado, quartered, pitted, and peeled
1 cup sour cream
¼ cup fresh lime juice
1 large garlic clove, finely chopped
1½ teaspoons salt
½ teaspoon black pepper

For salad

4 cups coarsely shredded cooked chicken (about 1 lb)
1 lb jicama, peeled and cut into ¼-inch-thick matchsticks
3 scallions, finely chopped
½ cup chopped fresh cilantro
1 teaspoon finely chopped fresh serrano chile

► Blend dressing ingredients in a blender until smooth.
► Toss salad ingredients with dressing in a large bowl until combined well.

RECIPES by PAUL GRIMES

ASIAN CHICKEN SALAD

Serves 4 to 6

Active time: 40 min Start to finish: 40 min

For vinaigrette

¼ cup soy sauce
2 tablespoons seasoned rice vinegar
2 tablespoons vegetable oil
1 tablespoon Asian sesame oil
1 tablespoon Dijon mustard
1 tablespoon finely grated peeled fresh ginger
1 teaspoon dried hot red pepper flakes

For salad

4 cups coarsely shredded cooked chicken (about 1 lb)
½ lb Napa cabbage, cut into 1-inch pieces (3½ cups)
¼ lb snow peas, cut diagonally into 1-inch pieces
1 seedless cucumber (usually plastic-wrapped), quartered lengthwise and cut into ½-inch pieces
3 scallions, finely chopped
½ cup chopped fresh cilantro

► Whisk together all vinaigrette ingredients.

► Toss salad ingredients with vinaigrette in a large bowl until combined well.

CHICKEN SALAD WITH GRAPES AND WALNUTS

Serves 4 to 6

Active time: 35 min Start to finish: 35 min

4 cups cubed (½ inch) cooked chicken (about 1½ lb)
1 cup walnuts, toasted (see Tips, page 165) and chopped
1 celery rib, cut into ¼-inch-thick slices (1 cup)
2 tablespoons finely chopped shallot
2 cups halved seedless red grapes
¼ cup mayonnaise
3 tablespoons tarragon vinegar
2 tablespoons finely chopped fresh tarragon
½ teaspoon salt
½ teaspoon black pepper

► Toss together all ingredients in a large bowl until combined well. ☐

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See **Kitchen Notebook**, page 151, for specialty ingredients and equipment in this issue

TIPS: a guide to using GOURMET's recipes

- **Measure liquids** in glass or clear plastic liquid-measuring cups and **dry ingredients** in nesting dry-measuring cups (usually made of metal or plastic) that can be leveled off with a knife.
- **Measure flour** by spooning (not scooping) it into a dry-measuring cup and leveling off with a knife without tapping or shaking cup.
- **Do not sift flour** unless specified in recipe. If sifted flour is called for, sift flour before measuring. (Many brands say "presifted" on the label; disregard this.)
- When we call for a **shallow baking pan**, we mean an old-fashioned jelly-roll or four-sided cookie pan.
- **Measure skillets and baking pans** across the top, not across the bottom.
- To prepare a **water bath** for baking, put your filled pan in a larger pan and add enough boiling-hot water to reach halfway up the side of the smaller pan.
- Use light-colored **metal pans** for baking unless otherwise specified. If using dark metal pans, including nonstick, your baked goods will likely brown more and the cooking times may be shorter.
- Wash and dry all **produce** before using.
- Before prepping fresh **herbs or greens**, remove the leaves or fronds from the stems—the exception is cilantro, which has tender stems.
- When **salting water** for cooking, use 1 tablespoon of salt for every 4 quarts of water.
- **Black pepper** is always freshly ground.
- Wear protective gloves when handling **chiles**.
- To **zest** citrus fruits, remove the colored part of the rind only (avoid the bitter white pith). For strips, use a vegetable peeler. For grated zest, we prefer using a rasplike Microplane zester, which results in fluffier zest, so pack to measure.
- **Toast spices** in a dry heavy skillet over moderate heat, stirring, until fragrant and a shade or two darker. **Toast nuts** in a shallow baking pan in a 350°F oven until golden, 5 to 10 minutes. **Toast seeds** either way.
- To finely **grate Parmigiano-Reggiano** and similar cheeses, use the small (1/8-inch) teardrop-shaped holes (not the ragged-edged holes) of a box or similar handheld grater. Other shaped holes, a Microplane rasp, and pregrated cheese yield different volumes.

GOURMET annual indexes (recipes and travel) for 1990 through 2002 are available from The Condé Nast Collection (800-678-5681).

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