

U The Lexingtonienne U

TARRAGON CHICKEN SALAD

- 3 chicken split breasts (with skin and bones)
- 1 onion, quartered
- 3 celery stalks (2 halved crosswise, 1 chopped)
- 2 carrots, halved crosswise
- 2 garlic cloves, lightly smashed
- 1 bunch fresh tarragon
- 2 bay leaves
- 48 oz. chicken broth (or enough to cover ingredients - you can add water to supplement)
- 1 C mayonnaise
- 1 T lemon juice
- 2 T chopped fresh tarragon
- 1 † garlic powder
- 1 † onion powder
- Salt & pepper to taste

Salt & pepper chicken breasts and place in a large, heavy saucepan with the onion, 2 celery stalks, carrots, garlic, tarragon, bay leaves, and chicken broth. Simmer over medium-low heat (you don't want the liquid to boil), uncovered, for about 30 minutes or until chicken is cooked through. This process is called poaching. **SHORTCUT:** Buy a roast chicken at the store.

Remove chicken breasts to a separate plate and allow to cool. [I also recommend straining the vegetables out of the chicken broth and freezing the broth for later use.]

Combine mayonnaise, lemon juice, chopped celery, tarragon, garlic powder, onion powder, and salt & pepper, altering amounts to taste if desired. When chicken breasts are cool enough to handle, remove the skin, cut the meat off the bones, and use two forks to shred the meat. Add chicken to mayonnaise mixture and combine thoroughly. You can do this a day ahead and store in the fridge in a covered container. Makes enough for 4 sandwiches.



