

Chicken Sesame Salad

1 Rinse chicken breast and put it in a large enough pot. Cover with water, add a pinch of salt and slowly bring to the boil. Cover pot and let simmer for about 10-15 minutes. Once ready, take the chicken out and allow to cool down on a plate.

2 In the meantime, cut the cucumber in three equal pieces. Slice each piece length-wise and remove its seeds with a spoon and start cutting off thin slices. Cut the chili in small rings. Depending on how spicy you like it, either take out the chili seeds or leave them in.

3 Heat up the peanut oil in a pan or wok. I usually add the chili and the pepper a minute before I add the cucumber strips. That way the oil will be infused by the chili and pepper aromas (quite spicy!). Now add the cucumber, sauté for another 4-5 minutes, add a pinch of salt, stir one more time and remove from heat. Set aside to chill.

4 The chicken should be cooled down by now, take out from pot and tear to pieces. This can actually be a tedious process, depending on how many people you cook for and how accurate and thin you want the strips to be...

5 Roughly 5 hours later... (just kidding). For the sauce, roast the sesame seeds until they develop a slight golden color, then crush/ grind the seeds in a food processor or use a mortar. I usually keep a 1/3 of the roasted seeds and add them later to the sauce as it looks nicer in the end - I think.

6 Add the sesame (ground & in whole) to the sesame oil and the soy sauce. Add sugar to your liking. If the sauce does get a little too thick, you can always add a little water.

7 Arrange the cucumber on a plate, add some of the chicken on-top and sprinkle with the sesame sauce. Best served lukewarm. Oliver



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Recipe Source: Adaptation from Asian Basics by GU (p. 48)

Prep/ cooking/ chilling time: about 40 min.

Ingredients (serves 2):

- * 300-400g chicken breast
- * 1 large cucumber
- * 2-3 fresh red chilis
- * 2 tbsp peanut oil
- * 1 tbsp szechuan pepper

Ingredients for sesame sauce:

- * 5 tbsp sesame seeds
- * 3 tbsp soy sauce
- * 3 tbsp sesame oil
- * 2 tsp sugar, to your liking