

Shredded Chicken and Vietnamese Carrot Salad

Wine Pairing:

LV KUHL Gruner Veltliner

Serves: 6 to 8

Prep Time: 25 min

Cooking Time: 90 min

Instructions

1:

Place all ingredients for the shredded chicken in a large saucepan. Cover with water and simmer slowly for 1.5 hours. Remove chicken and let cool a little. When cool enough to handle, remove skin and shred meat, set aside.

2:

To make dressing, combine all ingredients ensuring you balance to taste (salty, sweet, spicy, sour).

3:

Combine all ingredients for the salad in a large mixing bowl. Pour over dressing and toss to combine all ingredients.

4:

Transfer salad to serving bowl and top with shredded chicken.

Notes

If you like things spicier, add some chilli in to the dressing.

Ingredients

SHREDDED CHICKEN

1 whole chicken
1 carrot roughly chopped
1 onion roughly chopped
1 celery stick roughly chopped
20 whole black peppercorns

VIETNAMESE CARROT SALAD

9 cups grated peeled carrots
1 clove garlic finely chopped
3cm knob of grated ginger
1 bunch coriander, leaves pulled
1 cup chopped, roasted peanuts
1 long red chilli finely diced
Seeds removed

DRESSING

1 heaped Tbsp brown sugar
Juice of 10 limes
2.5 Tbsp fish sauce
3 lemongrass sticks
Very finely chopped

