

CHICKEN SALAD

1 WHOLE BONELESS CHICKEN BREAST OR 1/2 ROAST CHICKEN
3 GARLIC CLOVES
4 SPRIGS OF THYME
1 SMALL RED ONION
1 SMALL FENNEL BULB
BANYULS OR TARRAGON VINEGAR
OLIVE OIL
GRAINY MUSTARD
FRESH TARRAGON, CHERVIL OR DILL
CHIVES
3 LITTLE GEM LETTUCES

DRY THE CHICKEN BREAST THOROUGHLY WITH PAPER TOWELS.
SALT AND PEPPER.

HEAT A CAST IRON PAN ON TOP OF THE STOVE. ADD 2 TBSPS OF
OLIVE OIL. WHEN THE OIL IS SMOKING, LAY IN THE CHICKEN
BREAST, SKIN SIDE DOWN.

SHAKE THE PAN TO MAKE SURE THE SKIN ISN'T STICKING. COOK
2 MINUTES, THEN REDUCE THE HEAT TO MEDIUM LOW. ADD
GARLIC CLOVES, PEELED AND SLICED THINLY, AND THE THYME
SPRIGS. COOK UNTIL THE SKIN IS BROWN AND CRISP.

RAISE HEAT AND TURN THE BREAST OVER. BROWN A FEW
MINUTES, THEN REDUCE THE HEAT AND COOK FOR A TOTAL OF
ABOUT 8 MINUTES OR UNTIL THE JUICE RUNS CLEAR WHEN
PIERCED WITH A SHARP KNIFE. REMOVE TO A PLATE TO COOL.

(ALTERNATELY, CUT THE MEAT FROM HALF A ROAST CHICKEN.)

MEANWHILE, PUT A LARGE PINCH OF SEA SALT AND SEVERAL
GRINDINGS OF PEPPER IN THE BOTTOM OF A LARGE BOWL.
WHISK IN 1 TBSP OF BANYULS VINEGAR. WHISK IN A HEAPING
TBSP OF GRAINY MUSTARD. WHISK IN ABOUT 1/3 CUP OF OLIVE
OIL UNTIL THE DRESSING IS CREAMY.

PEEL THE RED ONION, CUT LENGTHWISE IN HALF, THEN
CROSSWISE INTO THIN HALF MOONS. ADD TO THE DRESSING.

TRIM THE FENNEL BULB. CUT OUT THE TOUGH WHITE CORE WITH
A SMALL KNIFE. CUT LENGTHWISE IN HALF, THEN CROSSWISE
INTO 1/2 INCH HALF MOONS. ADD TO THE DRESSING.

CUT UP THE CHICKEN BREAST AND ADD TO THE DRESSING. ADD A GENEROUS AMOUNT OF CHOPPED FRESH HERBS AND CHOPPED CHIVES. TOSS TOGETHER. ADD MORE OLIVE OIL IF NECESSARY.

SEPARATE THE LEAVES FROM THE LITTLE GEMS. ARRANGE ON A PLATTER AND HEAP THE CHICKEN SALAD ON TOP.

SERVES 4

NOTE: TO ADD A CRISPY TEXTURE TO THE SALAD, SAUTÉ THE SKIN SEPARATELY IN THE CAST IRON PAN AND DRAIN ON PAPER TOWELS. CRUMBLE OVER THE CHICKEN SALAD BEFORE SERVING.