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Chinese Chicken Salad

with Creamy Tahini Dressing

Cooking & Financial Tips

1. Understand ingredients and what substitutions you can make easily (e.g., vegetable broth for chicken broth).
2. Place the layers so a single bite all works together.
3. Store fresh ginger in Mirin rice wine vinegar for easy access.

1. Understand fees vs. expenses vs. ROI -- need to look at total return of investment.
2. Keep separate accounts for savings, investment, etc. but have them all work together (benefit of planning).
3. Know your monthly expenses and what are fixed vs. variable costs; rebalance regularly.

Ingredients

- 2 cups shredded poached chicken breast (1 whole breast on the bone; see below)
- 9 ounces udon or soba
- 1 tablespoon dark sesame oil
- ½ pound baby bok choy ---blanch until water comes back to boil then slice
- 1 Persian cucumber or 1/3 European cucumber, cut in 2-inch julienne
- 1 stalk celery, cut in 2-inch julienne
- ½ to 1 cup chopped cilantro
- ¼ cup chopped scallions
- 1-2 serrano peppers, minced (optional)

For the Dressing

- 3 tablespoons tahini (a runny variety if possible, available in Middle Eastern markets)
- 1 tablespoon soy sauce
- ¼ cup seasoned rice wine vinegar
- 1 to 2 teaspoons hot red pepper oil (to taste)
- Pinch of cayenne
- 2 teaspoons finely minced fresh ginger or 1 teaspoon ginger juice
- Salt and freshly ground pepper to taste
- 1 tablespoon sesame oil
- ¼ cup vegetable or chicken broth or water (more to taste)

Preparation

Chicken

To poach the chicken breast, combine 1 quart water with 1 quartered onion, 4 thick slices of ginger, 2 crushed whole garlic cloves and salt to taste in a 2-quart saucepan, and bring to a simmer over medium heat. Add the chicken breasts, and bring back to a simmer. Skim off any foam that rises. Cover partially, reduce the heat to low and simmer 15 to 20 minutes, until the chicken is cooked through (it should register 160 on a meat thermometer at the thickest section). Allow the chicken to cool in the broth if there is time. Remove the chicken from the broth when cool enough to handle. Remove and discard the skin. Remove from the bone and shred, pulling strips of chicken off the top of the breast. Pull with the grain, and the meat will come apart naturally. Strain the chicken broth, and refrigerate overnight. The next morning, skim off and discard the fat, and freeze the broth in smaller containers or freezer bags.

Or buy shredded chicken at your grocery store.

Noodles

Cook the noodles. Drain, rinse with cold water and drain well. Toss in a bowl with 1 tablespoon sesame oil and refrigerate while you prepare the other ingredients.

Bok Choy & Remaining Salad Ingredients

Bring a medium pot of water to a boil, add salt if desired and add the bok choy. Blanch for 1 minute and transfer to a bowl of cold water. Drain and squeeze out excess water. Slice crosswise and add to the noodles. Add the remaining ingredients. Season if desired with salt and pepper.

Salad Dressing

Whisk together all of the ingredients for the dressing. Toss with the salad and serve, or refrigerate until ready to serve.