

BUSY COOK



Chicken and egg salad

Dress up this old-time salad filling for lunch, tea or dinner

CLASSICS never fade, they just find new life in a different mode. Just like old songs are constantly being revived by new singers, tried and tested recipes are a delight to rediscover.

One of my favourite bun or sandwich fillings is the egg mayo – with or without chicken. It’s an instant filler and eaten with a nice salad, a complete meal in itself.

My recipe today is the deluxe edition. I have used extra large eggs, chicken leg fillet, some steamed zucchini and a scattering of toasted almonds and green pumpkin seeds.

Carrefour has a really good selection of ready to eat nuts at their fresh produce section.

You can pick up walnuts, almonds, sunflower seeds, pumpkin seeds and a host of other nuts. You can buy as little

as 50 gm or pick a whole kilo exactly like a candy bar, except this is much healthier.

I like using nuts as a garnish for salads because they give lots of crunch and flavour. Adds a touch of elegance to the presentation as well.

If you are processing raw almonds, wash them to rinse off surface dirt, drain well and then spread them in a layer on a baking tray. Pop them in the oven at 160 deg C for about 20 minutes. They should dry out nicely, and get toasted as well. They keep better this way. Leave them in a little longer if you like them crisp and golden.

The secret to a good chicken and egg mayonnaise salad is, of course, the dressing. I’ve used the mustard dressing from Carrefour. It’s got a really good flavour and although it has bits of whole mustard seeds in it, it’s pleasant and not too overpowering.

Unless your kids have sophisticated tastebuds, you can always substitute with plain mayonnaise.



by Pauline D Loh

pauline@newstoday.com.sg

Take a cup of tea ...

TEA is gentler on the stomach than coffee is, at least for me. Also, with all the vast varieties available these days, tea drinkers are really spoiled for choice.

It used to be that Chinese tea offered *jasmine* or *iron buddha* and English meant *breakfast* or *darjeeling*, or maybe *Earl Grey*. No more. Just browsing through the shelves the other day, I saw two new varieties that attracted my attention – a vanilla tea (\$2.30 for 25 satchets) and an orange blossom tea (\$2.60), both Carrefour house brands.

The vanilla tea is a refreshing draught flavoured by vanilla beans. If you add milk and sugar and serve it cold, the kids will love it. It tastes almost like a milk shake!

My favourite, however, is the orange blossom tea. Drink it plain, iced or with a little honey added. It’s really refreshing on a hot day. There are also many fruit teas that will go well as an alternative to fizzy soft drinks. Try them.



Chicken and egg salad

Ingredients (for four servings):

- 4 extra large eggs
- 1 whole chicken leg, deboned
- 1 small zucchini (or cucumber)
- a handful of toasted almonds
- a handful of pumpkin seeds (pepitas)
- Carrefour Mustard Dressing
- Salt and pepper

Method:

1. Place eggs in a pan of cold water. Put on the boil. When water is at a rolling boil, switch off fire and leave the eggs in the pan, covered.
2. Prepare chicken fillet. Place chicken

skin down in a frying pan with half a cup of water. Gently simmer 10 minutes till cooked. Remove skin, cool and dice

3. Dice zucchini or cucumbers. (If using zucchini, place in a covered dish and zap it two minutes on high in the microwave.)
4. Peel eggs and place in a mixing bowl. Break eggs up roughly with a fork, add chicken, zucchini and enough salad dressing to moisten the mixture.
5. Pile on fresh or toasted sandwich slices and top with the nuts. Serve with a simple salad of lettuce and cherry tomatoes with more dressing drizzled on.

(Preparation: 30 minutes. Serves four.)

Note: The salad can also be made into sandwiches or stuffed into buns. Keep left-over filling in the fridge at once, but not more than overnight.

Grocery Checklist

(Fresh produce prices are seasonal):

- Eggs (\$1.65 for 6 extra-large eggs)
 - Chicken leg, deboned (\$3.00 for 2)
 - 1 small zucchini (\$1.00)
 - Carrefour Mustard Dressing (\$1.80)
- (All items available at Carrefour. Prices are guides only)