

Dilmah Chamomile Tea Chicken Salad with Ginger and Sesame Dressing



0 made it | 0 reviews



- Sub Category Name
Food
Savory
- Recipe Source Name
Shangri-la Tea Cuisine
- Activities Name
Real High Tea

Used Teas



t-Series Pure
Chamomile Flowers

Ingredients

Dilmah Chamomile Tea Chicken Salad with Ginger and Sesame Dressing

- 300gm Chicken breast
- ½ cup Chamomile tea leaves
- 250ml Hot water
- 13gm Salt
- 13gm Sugar



For the salad and garnish

- 30gm Cucumber (julienne)
- 20gm Shallot (peeled, slice ring)
- 30gm Cherry tomato (deseed, thin slice)
- 20gm Yellow frisee
- 10gm Spring onion (julienne)
- 5gm Coriander

For the dressing

- 15gm Shallots (fine chop)
- 50ml Sunflower oil
- 1 tbsp Sesame oil
- 100l White wine vinegar
- 1½ tbsp Chamomile Tea
- 7gm Ginger (grated)
- 50gm Water
- 30gm Ketchup
- ½ tbsp Sugar
- 1 clove Garlic
- To taste Black pepper (crushed)
- To taste Salt

Methods and Directions

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- Boil the water, remove from heat. Pour in all the ingredients, let it steep. Once the mixture is cold, put the chicken breast inside and marinate it.
- After 1 hour, remove the chicken from the liquid and place it in a vacuum bag. pour 4-5 tbsp of the liquid and flour, seal the bag and vacuum pack. After it is sealed, steam the chicken for 10-15 minutes or until it is cooked.
- After it is cooked, remove from the steamer and pack it in an ice bath to cool down. When it is cold, remove the chicken breast from the bag, pat dry and shred.

For the salad and garnish

- After julienne all the vegetable, refresh in ice water. Dry on paper towel. Mix.

For the dressing

- Boil the vinegar and water. Add in the tea, let it simmer for 2-3 minutes. Remove from the heat and let it steep for 15 minutes and cool down.



- After it is cooled, strain the mixture with the fine sieve. put the tea vinegar, salt, sugar, pepper, onion, ginger, garlic and ketchup in a bowl.
- Slowly pour in the oil. Whisk until it is emulsified.
- All in all the remaining ingredients. Mix well. Season if needed.

Assemble / Finishing

- In a mixing bowl, put in the chicken and drizzle with dressing. Season to taste.
- Divide into small white bowls, approx. 20-25 grams. place the salad and herbs on top of the chicken.
- Drizzle some sauce before serve.

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