

CSC COOK-ALONG:
Ginger-Miso Chicken Salad — Wednesday, June 26, 2024, 5:00pm

5 Things To Do Before Class...

1. This salad packs lots of flavor, freshness and crunch, and will be your new favorite summertime salad. The recipe calls for easy-to-prepare boneless chicken thighs, but you can substitute organic tofu or even cooked beans for a vegetarian option. Read through the prep list/notes below and recipe so that you have all the details and an idea what you need. For the purposes of time and efficiency I may change the sequence of the recipe's steps on class day to keep things flowing.
 2. Shop for class! I have noted product brand recommendations or substitutions where applicable.
 3. Review the equipment list and make sure you have all items available.
 4. On the day of class, clear your kitchen counter, stove workspace, and have a kitchen/dish towel, pot holders, and food scraps container available. No need to prep your ingredients in advance, though you can if you have time before the class starts.
 5. If you have any questions text Susie at (415) 640-3762.
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Shopping List

Pantry

- tamari or coconut aminos
- honey or maple syrup
- tahini (sesame paste, found in the nut butter grocery aisle)
- rice vinegar
- toasted sesame oil
- olive or avocado oil
- sea salt
- Sriracha (optional for dressing)
- 1 cup chopped peanuts (or can sub other nuts or seeds)

Produce

- fresh ginger
- large garlic clove
- any combination of radish, carrot, cucumber, celery, bell pepper, sugar snap/snow peas, asparagus (will need 4 cups total sliced for the recipe)
- small head of cabbage (green, red, savoy, or napa)
- small bunch scallions (green onions)
- small bunch cilantro or parsley

Refrigeration

- 1 pound boneless, skinless chicken thighs (can substitute, see head note above)
- organic white miso

Equipment List

- oven
- measuring spoons/cups
- cutting board, knife
- food scraps container
- prep bowls, small-medium (for prepped ingredients)
- small and medium mixing bowls (or measuring cups), whisk/fork, kitchen brush
- large bowl, spatula or mixing spoon
- large sheet pan/parchment or baking dish (chicken)
- storage containers for leftovers

Please note: Recipes may not be posted or shared electronically for public consumption but may be shared individually with a friend or family member with the appropriate attribution.

Ginger-Miso Chicken Salad (4 servings)

(recipe adapted from smittenkitchen.com)

Ingredients

CHICKEN

- 1 pound boneless, skinless chicken thighs
- 1/4 cup organic tamari or coconut aminos
- 1 tablespoon honey or maple syrup

DRESSING

- 1 heaping tablespoon grated fresh ginger
- 1 large garlic clove, grated
- 3 tablespoons well-stirred tahini
- 3 tablespoons white miso
- 1 1/2 tablespoon honey or maple syrup
- 1/3 cup rice vinegar
- 3 tablespoons toasted sesame oil
- 3 tablespoons olive or avocado oil
- sea salt to taste
- Sriracha, optional

SALAD

- 4 cups thinly sliced mixed fresh, seasonal vegetables like radishes, carrots, cucumber, celery, red bell peppers, sugar snap peas, snow peas, or asparagus
- 3 cups thinly sliced red, green, savoy, or napa cabbage
- 1 cup chopped peanuts
- 1 small bunch thinly sliced scallion (white and green parts)
- Handful chopped fresh cilantro, or parsley
- prepared chicken thigh strips

Directions

1. Prepare the Chicken: Preheat oven to 400°F. Line baking sheet or dish with parchment paper. In a small bowl mix together tamari and honey with a fork or small whisk until well combined.
2. Pat chicken thighs dry and place on prepared baking sheet. Brush tamari mixture on thighs and bake in the oven until juices run clear or internal temperature reaches 165°F, about 20 minutes. Set aside to cool. Slice into bite-size strips when ready to assemble salad.
3. Prepare the dressing: In a medium mixing bowl or measuring cup add all the dressing ingredients and whisk vigorously until smooth. Taste and adjust ingredients to your preference.

4. Assemble the salad (full recipe*): Holding back a little of the peanuts, scallion, and herbs for garnish, add all the salad ingredients to a large bowl and toss with half of the dressing, adding more to taste. Season with salt and pepper, if needed. Sprinkle with reserved peanuts, scallions, and herbs for extra prettiness. Enjoy!

*If preparing fewer servings, store the mixed salad ingredients (and desired garnish), prepared chicken and dressing each in separate containers and portion out desired serving(s) into a bowl when ready to serve. Mix with dressing and garnish.