

Sesame Noodles with Cucumbers and Shredded Chicken

Recipe Courtesy of Ming Tsai



Recipe Summary

Difficulty: Easy

Prep Time: 40 minutes

Cook Time: 1 hour 20 minutes

Yield: 4 servings

User Rating: ★★★★★

1/2 cup chinese sesame paste or tahini (can also substitute creamy peanut butter)
1 tablespoon sesame oil
1/4 cup canola oil
1/2 cup rice wine vinegar
2 serrano chiles, de-stemmed
2 cloves garlic
1/3 cup basil leaves
1 bunch chopped scallions
1/3 cup mint leaves
Salt and black pepper to taste
1 pound angel hair pasta, blanched and refreshed
2 english cucumbers julienned
2 cups shredded chicken from whole roasted chicken
Garnish: 1 red bell pepper finely diced

In a food processor, mix sesame paste, oils, and vinegar. Add chile, garlic and herbs and puree until smooth. Season with salt and pepper. In a large mixing bowl toss pasta, cucumbers and chicken with dressing. Check for seasoning and garnish with red bell peppers and basil/mint leaves.

WHOLE ROASTED CHICKEN:

1 whole chicken, preferably organic with giblets removed
Salt and black pepper to taste
Canola oil

Pre-heat oven to 550 degrees. Rub chicken with oil, then salt and pepper. Place chicken, breast side up, in the oven and cook for about 25 minutes or until golden brown. May have to rotate the chicken for even coloring. When chicken is fully browned, turn down oven to 325 degrees. Cover with foil to prevent burning. Chicken will take another 45 to 55 minutes. Chicken is done when one can move the wing back and forth with great ease. Allow chicken to rest for 10 minutes before serving. When chicken is cooled, remove skin and hand-shred the meat. Broil the skin to crisp up then julienne for garnish.

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