RECIPES

BARBECUE CHICKEN SALAD

Try your hand at this summer chicken recipe by our head chef at Stein's Fish, Falmouth, Luke Taylor.

"I really like the contrast of the slightly spicy chicken with the sharpness of the sauce in this salad. I think its best eaten, early evening, sat outside of The Cornish Arms with a refreshing beer in your hand enjoying the Cornish sunshine (when it's not raining!)" Luke Taylor

Ingredients

Serves 4

40 ml BBQ sauce (see below)	**BBQ sauce**
4 chicken breasts	This recipe makes 15 portions which can then be kept in
80 g crème fraîche	the fridge for a few weeks. It's a great marinade for lots of
Juice of ½ a lemon	meat and fish.
40 ml white wine vinegar	30 g cayenne pepper
80 g cherry tomatoes	40 g chipotle chilli, diced
½ cucumber	100 g chipotle ketchup
1 avocado	25 g mustard powder
2 spring onions	400 ml tomato ketchup
4 baby gem lettuce	30 g paprika
Salt and pepper, to taste	120 g soft brown sugar
	100 ml red wine vinegar

Instructions

To make the BBQ sauce, combine the ingredients in a bowl and set aside.

To make the BBQ chicken, cut the chicken breasts into ½-inch strips and, in a bowl, toss with the barbecue sauce. Cover with cling film and refrigerate for an hour. Preheat a griddle pan or BBQ to a medium heat and grill the chicken until cooked through, 5 to 6 minutes.

Meanwhile, combine the crème fraîche, lemon juice and white wine vinegar to make the salad dressing, season to taste.

Cut the tomatoes in half and place under a medium grill for 15 minutes to dry out. In the meantime, cut the cucumber in half, deseed and then chop on an angle. Cut avocado in half, remove the stone and scoop out the avocado from the peel, chop into thin slices. Remove the outer leaves of the spring onions and also cut on an angle. Cut the lettuce in half and remove the core and then rinse in lightly salted water.

Place the lettuce in a large bowl, add the dressing and toss to coat well then divide into four serving plates, scatter the chicken, tomatoes, cucumber, avocado and spring onions to finish.