

Melbourne Cup is here again. Here are some pointers for the perfect chicken sandwich

1. **The Bread:** Everyone has their own view on what is right– some go for the squishy white “garden variety. Others believe it should be a good wholemeal or soft brown and then there are those who like a bit of crust. Bottom line is you can use whatever you like but it needs to be fresh & shouldn't have too much flavor (eg a rye or sourdough) to ensure it does not compete with the morsels within.
2. **The Chicken:** Start with good free range chicken (breast is the easiest but thigh gives better flavor) and poach it gently – the objective being to ensure the chicken is super moist. We like to add a few cracked mountain pepper berries and a couple of fresh bay leaves if on hand – this just gives a little boost but still retains the hero chicken flavor. The chicken should be shredded finely - it makes the sandwiches easier to cut without squishing the bread.
3. **The Mayo:** There is no denying that the best mayo is home made. But when short of time, we use the Burrowes Park whole egg mayo made with the award winning Green Eggs . It has a nice consistency with good mustard presence.
4. **The Cutting:** Use a good sharp bread knife – the objective is not to squash the sandwich. The sandwich should be dainty so it can be supped one handed with poise – leaving the other hand for champagne.

Key Ingredients Chicken Sandwiches

Ingredients:

500g Free Range Chicken Breast or Thigh
Spice Bazaar Mountain Pepperberries
1 tspn fresh chives – chopped finely
3-4 tspns Water Chestnuts – julienned

1 tspn Spice Bazaar Lemon Myrtle
4 tspn Burrowes Park Mayonnaise
zest of half a lemon
small pinch of Murray River Salt

Method:

Gently poach chicken in bath of water seasoned with some cracked mountain pepper berries. Let chicken cool and then shred finely.

Heap mayo into a medium sized mixing bowl, add chives, lemon myrtle, lemon zest and then salt to taste. Add julienned chestnuts and shredded chicken – mix thoroughly. We use the water chestnuts for some “crunch” – these could easily be substituted with toasted flaked almonds, finely chopped macadamias or freshly roasted then chopped pistachios.

Spread mix generously onto bread of choice – ensuring it is evenly spread and goes right up to the crust. Place the second slice on top, cut the crusts off each side of the sandwich and then cut either into four squares or six small rectangles.

Arrange on your favorite platter, garnish with a smattering of fresh herbs & rose petals and serve.

Note – some people like their bread buttered – this optional but a thin spread does help prevent the bread from going soggy.



key ingredients

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