

Watercress Salad with Chicken, Fennel, and Pickled Shallots

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In addition to oil and vinegar (or lemon juice), we make our vinaigrette with a combination of emulsifiers (mustard and mayonnaise) and a stabilizer (molasses), which help the emulsion form and hold for several days. We also use a 2:1 ratio of extra-virgin olive oil to vegetable oil, which

WHY THIS RECIPE WORKS

prevents the oil molecules from bonding together and solidifying in the refrigerator while still allowing the distinct flavor of the olive oil to come through. The dressing template is adaptable to a variety of oils and acids, as well as aromatics and fresh herbs. The dressing complemented just about any salad green I tried, from plain leafy lettuces to the heartier combinations I created using cooked chicken with spinach, watercress, and arugula.



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INGREDIENTS

$\frac{1}{3}$ cup red wine vinegar

2 tablespoons sugar

Kosher salt and pepper

INSTRUCTIONS

SERVES 4 TO 6 AS A MAIN DISH

Use a vegetable peeler to shave the gouda.

1. Bring vinegar, sugar, and pinch salt to simmer in small saucepan over medium-high heat, stirring occasionally, until sugar dissolves.

2 shallots, sliced thin

10 ounces (10 cups)
watercress, torn
into bite-size pieces

1 fennel bulb, fronds
minced, stalks
discarded, bulb
halved, cored, and
sliced thin

¼ cup recipe Make-
Ahead Vinaigrette
(see related
content)

2 cups shredded
cooked chicken

2 ounces aged gouda
cheese, shaved

½ cup dry-roasted
peanuts, chopped
coarse

Remove pan from heat, add shallots,
and stir to combine. Cover and let
cool completely, about 30 minutes.
Drain and discard liquid.

2. Toss watercress and fennel fronds
and bulb with 3 tablespoons
vinaigrette in large bowl. Season
with salt and pepper to taste and
transfer to serving platter. Add
chicken to now-empty bowl along
with remaining 1 tablespoon
vinaigrette and toss to combine.
Arrange chicken over watercress
mixture, followed by pickled
shallots. Sprinkle with gouda and
peanuts and serve.