



MISO GLAZED CHICKEN SALAD WITH QUINOA

Makes 8 first course servings or 4 luncheon servings.

This is a fall and winter dish when wild mushrooms are in season. To further enhance the mushroom flavor I add dried porcini mushrooms. I serve the frittata warm or at room temperature with a variety of greens dressed with truffle oil and salt.

INGREDIENTS

- 4 boneless, skinless chicken breasts, about 6 ounces each
- Hearts of romaine lettuce, about 16 leaves, torn to manageable pieces.

QUINOA

- 1 tablespoon vegetable oil
- 2 tablespoons white miso paste
- 2 tablespoons mirin (Japanese rice wine.)
- ½ teaspoon salt

MISO GLAZE

- 1 tablespoon unsalted margarine
- ½ teaspoon kosher salt
- 1¼ cups water
- 1 cup quinoa

DRESSING

- 3 tablespoons extra-virgin olive oil
- ¾ tablespoon Dijon mustard
- 1 tablespoon lemon juice, approx
- ½ teaspoon kosher salt
- Freshly ground black pepper

PREPARATION

1. In a small saucepan bring to a boil, over high heat, the margarine, salt and water. Sprinkle over the quinoa, lower the heat and cook for about 15 minutes, or until all the water is absorbed and the grains are tender. Stir with a fork to fluff the grains. If the grains are not tender, add a tablespoon of hot water and continue cooking. Cool.
2. In a small bowl combine the ingredients for the MISO GLAZE.
3. Pat the chicken dry with paper towels and coat well with the miso glaze. Place in a glass or nonreactive dish. Cover with cling wrap and refrigerate for a couple of hours.
4. Whisk together the ingredients for the DRESSING and set aside.
5. Preheat the broiler.
6. Bring the chicken back to room temperature.
7. Cover the whole broiling pan, which comes with most ovens, with heavy foil. Then form a “shallow basket” with a piece of heavy foil, crimping it at the corners so that the juices do not spill out.
8. Place the chicken skin side down (where the skin would have been) in the basket and broil as close to the heat as possible for 5 minutes. Turn over and broil for another 3 minutes. The chicken should be slightly pink on the inside.
9. Remove from the oven, cover the chicken with foil and let rest for 1 minute.
10. When the chicken is cool, cut it into wide strips.

TO SERVE

Toss the quinoa and the greens with the dressing and top with the chicken.

If you are adding vegetables, toss it all together.