

## Persian Chicken Salad

Makes 12 servings

Preparation time: 1 hour  
45 minutes plus 2 hours of  
chilling time in refrigerator

سالاد الویه

Salad-e olivieh

### VEGETARIAN VARIATION

Eliminate the chicken from the ingredients and from step 1 altogether. For the dressing, replace the chicken broth with 2 tablespoons plain yogurt. Increase the number of hard-boiled eggs from 3 to 6.

### NOTE

To toast walnuts: Place oven rack in the center and preheat oven to 350°F (180°C). Spread the walnuts in a rimmed baking sheet and bake for 10 minutes. Beware, walnuts burn easily.

1 chicken, about 2 or 3 pounds, with skin removed  
1 large onion, peeled and finely chopped  
1 teaspoon sea salt  
5 large russet potatoes  
4 carrots, peeled and chopped  
2 cups fresh or frozen green peas  
3 hard-boiled eggs, peeled and chopped  
1 cup toasted walnuts, chopped (optional)\*  
2 spring onions, chopped  
2 celery stalks, chopped  
3 medium cucumber pickles, finely

chopped  
½ cup chopped fresh parsley  
⅔ cup olives, pitted and chopped

### DRESSING

1 cup chicken broth (from cooking chicken in step 1)  
3 cups mayonnaise  
2 tablespoons Dijon mustard  
¼ cup olive oil  
¼ cup vinegar  
¼ cup lime juice  
1½ teaspoons sea salt  
1 teaspoon freshly ground black pepper

1. Place the chicken in a pot. Add the onion and salt. Cover and cook for 1½ hours over low heat (no water is added because chicken makes its own juice). When done, allow to cool, debone the chicken, and chop finely. Set aside the chicken broth for later use.

2. In large saucepan, bring 8 cups of water to a boil. Score around the center of each potato and drop in the boiling water. Cook for 15 to 20 minutes until tender. Remove the potatoes using a slotted spoon and place in a large bowl of ice water until cool enough to handle. Use your hands to remove the skins by pulling them off. Chop the potatoes.

3. Steam the carrots and peas for 5 minutes and set aside. (If using frozen peas, follow package directions.)

4. In a large bowl, whisk together chicken broth, mayonnaise, mustard, olive oil, vinegar, lime juice, salt, and pepper.

5. Combine chicken, prepared vegetables, eggs, and walnuts with the rest of the ingredients. Pour the dressing over it and toss well. Adjust seasoning to taste.

6. Transfer salad to a flat plate and decorate with hearts of romaine lettuce. Chill for at least 2 hours. Serve with *lavash* bread, hot pita bread, or French bread. *Nush-e Jan!*

### VARIATION

Instead of combining all the prepared ingredients in step 5, you may arrange the ingredients separately on a serving platter and put the dressing in a small bowl on the side.

