

One of my favorite sandwiches of all time was a tarragon chicken salad sandwich sold in a local deli which no longer exists. I'm hoping this recipe will come close. The sandwich had toasted slivered almonds in it, which I would add to this recipe. This recipe is very big on using sous-vide for cooking the chicken. I've done sous-vide and I think it's overrated. Instead I like cooking a whole chicken in the Instant Pot, it comes out very tender and juicy; [click here for that recipe](#).

This recipe also recommends homemade mayo, [click here for the SE mayo recipe](#).



Ingredients

- 1 3/4 pounds (800g) whole bone-in, skin-on split chicken breast halves (2 to 3 breast halves)
- Kosher salt and freshly ground black pepper
- 2 whole lemons
- 4 whole sprigs of tarragon plus 1 tablespoon minced fresh tarragon leaves, divided
- 1/4 cup mayonnaise, preferably homemade, plus more to taste
- 1 tablespoon Dijon mustard, plus more to taste
- 1 tablespoon minced flat-leaf parsley leaves and tender stems
- 1 tablespoon minced chives
- 1/2 cup finely diced red onion (about 1/2 medium onion)
- 1/2 cup finely diced celery (from 1 to 2 stalks)
- 1 medium clove garlic, minced (about 1 teaspoon)

Directions

1. **If Cooking Sous-Vide (See Notes for Alternate Cooking Methods):** Season chicken generously with salt and pepper. Slice 1 lemon into 1/8- to 1/4-inch slices. Place chicken in zipper-lock bags or vacuum bags and add whole tarragon sprigs and lemon slices. Remove air from zipper-lock bags by closing the bags, leaving the last inch of the top un-sealed. Slowly lower into a pot of water, sealing the bag completely just before it fully submerges. If using a vacuum bag, seal according to manufacturer instructions.
2. Preheat a sous-vide cooker to 155°F (68°C). Add chicken and cook for at least 1 hour and up to 4. Transfer to an ice bath and let chill for 15 minutes.
3. While chicken is cooling, add 1 tablespoon juice and 1 teaspoon zest from remaining lemon to a large bowl. Add mayonnaise, mustard, minced tarragon leaves, parsley, chives, red onion, celery, and garlic and mix with a rubber spatula. Stir in additional lemon juice to taste, if desired. Keep refrigerated until chicken is ready.
4. Remove chicken from bags and discard tarragon stems and lemon slices. Remove skin and bones from chicken and discard. Cut meat into 1/2-inch cubes and add to bowl with mayonnaise. Fold gently to combine. Season to taste with salt and pepper. Add more mayonnaise, mustard, or lemon juice to taste if desired. Serve with lettuce or in sandwiches.

Notes

While sous vide produces perfectly tender and juicy chicken for this salad, there are plenty of other good options to use instead. We recommend our cold-start, low-and-slow poaching method for supremely juicy results, or you can roast or grill the breasts until they register 150°F (66°C) on an instant-read thermometer inserted into the thickest part. And, of course, leftover roast chicken works too (you'll want about 2 1/2 to 3 cups of cooked and diced chicken meat for this recipe).

