

Curry Chicken Salad

Ingredients

For the Madras Spice Blend:

- 1 tablespoon (8g) cumin seeds
- 1 tablespoon (5g) coriander seeds
- 1/2 teaspoon (2g) fennel seeds
- 1/2 teaspoon (2g) fenugreek seeds
- 1/2 teaspoon (2g) black peppercorns
- 1/2 teaspoon (2g) yellow mustard seeds
- 1 tablespoon (8g) ground turmeric
- 1/4 teaspoon (1g) garlic powder
- 1/8 teaspoon cayenne pepper

For the Poached Chicken and Chicken Salad:

- 2 quarts (2L) room-temperature water
- 1 tablespoon plus 2 teaspoons (19g) Diamond Crystal kosher salt, divided; if using table salt use half as much by volume or the same weight
- 1 1/2 pounds (680g) boneless, skinless chicken breasts (about 4 medium breast halves)
- 1/2 cup (4 ounces; 112g) mayonnaise, homemade or store-bought (in this case, preferably Hellmann's)
- 2 tablespoons (38g) apricot preserves
- 1 1/2 tablespoons (8g) Madras spice blend
- 1/4 cup (36g) golden raisins
- 1/4 cup (24g) thinly sliced scallions, white and light green parts only

Directions

1. **For the Madras Spice Blend:** In a small skillet, combine cumin, coriander, fennel, fenugreek, peppercorns, and mustard seeds. Over medium heat, stir and swirl the spices until fragrant, about 30 seconds. Transfer whole spices to a spice grinder and grind to a fine powder. Empty into a small bowl and combine with turmeric, garlic powder, and cayenne pepper. Set aside.

2. **For the Poached Chicken:** In a large saucepan, combine water and 1 tablespoon plus 1 teaspoon (15g) salt and stir to dissolve. Add chicken and set over medium-high heat until water temperature reaches between 150 and 160°F (65-71°C) on an instant-read thermometer; adjust heat to maintain water temperature in the 150–160°F range. (It's okay if the temperature bounces around a little, but try to keep it above 150 and below 170°F/77°C.) Cook until thickest part of chicken registers 150°F on an instant-read thermometer, about 30 minutes. Remove chicken and let rest until cool enough to handle, about 5 minutes. Shred chicken and set aside.
3. **For the Chicken Salad:** In a large bowl, whisk together mayonnaise, apricot preserves, Madras spice blend, and 1 teaspoon (4g) salt. Add chicken, raisins, and scallions and fold with a rubber spatula until well combined. Serve.

