

Tarragon Chicken Salad

Ingredients:

4 boneless, skinless chicken breasts (3 lbs.), well rinsed and patted dry
1 cup of creme fraiche or heavy whipping cream
½ cup sour cream
½ cup mayonnaise
2 ribs of celery, cut into 1-inch long pencil strips
½ cup walnut halves
1 tbl. crumbled dried tarragon
salt and freshly ground black pepper to taste

Directions:

Preheat oven to 350°. Arrange the chicken breasts in a single layer in a large baking pan and spread the crème fraiche evenly over them. Bake for 20 to 25 minutes. Remove from the oven and allow to cool in the crème.

Shred the meat into bite-sized pieces and transfer it to a bowl. Discard the crème fraiche or you can use the crème and accumulated juices from the baking pan to enrich soups and sauces.

Whisk the sour cream and mayonnaise together in a small bowl, and pour over the chicken.

Add the celery, walnuts, tarragon and salt and pepper to taste. Toss well.

Cover and refrigerate for at least 4 hours. Correct the seasoning before serving.

~ Credit: Silver Palate Basics