Chicken Salad Tea Sandwiches with Smoked Almonds

Carolyn T's Cookbook

Servings: 24

Author: Gourmet | May 1994



3 cups chicken broth, or water
1 1/2 pounds boneless chicken, breasts
1 cup mayonnaise
1/3 cup minced shallot
1 teaspoon fresh tarragon, minced
24 thin slices white bread, thin sandwich type
1/2 cup smoked almonds, about 2 ounces, chopped finely

Blog: Carolyn T's Blog: http://tastingspoons.com

Per Serving (excluding unknown items): 189 Calories; 11g Fat (50.9% calories from fat); 10g Protein; 14g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 302mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1 Fat.

Notes: The chopped smoked almonds on the outside of each sandwich adds a really nice crunch to this - they're different, not only from that, but also the smoked flavor is unusual.

Description:

1. In a deep 12-inch skillet bring broth or water to a boil and add chicken breasts in one layer. Reduce heat and poach chicken at a bare simmer, turning once, 7 minutes. Remove skillet from heat and cool chicken in cooking liquid 20 minutes. Discard skin and shred chicken fine.
2. In a bowl stir together chicken, 1/2 cup of mayonnaise, shallot, tarragon, and salt and pepper to taste.
3. Remove crusts from sandwich bread. Make 12 sandwiches with chicken salad and bread, pressing together gently. With a 2-inch round cutter cut 2 rounds from each sandwich. Or, cut each sandwich in quarters (triangles) and you'll have no waste.
4. Put almonds on a small plate and spread edges of rounds with remaining 1/2 cup mayonnaise to coat well. Roll edges in almonds. Sandwiches may be made 2 hours ahead, wrapped in plastic wrap, and chilled.