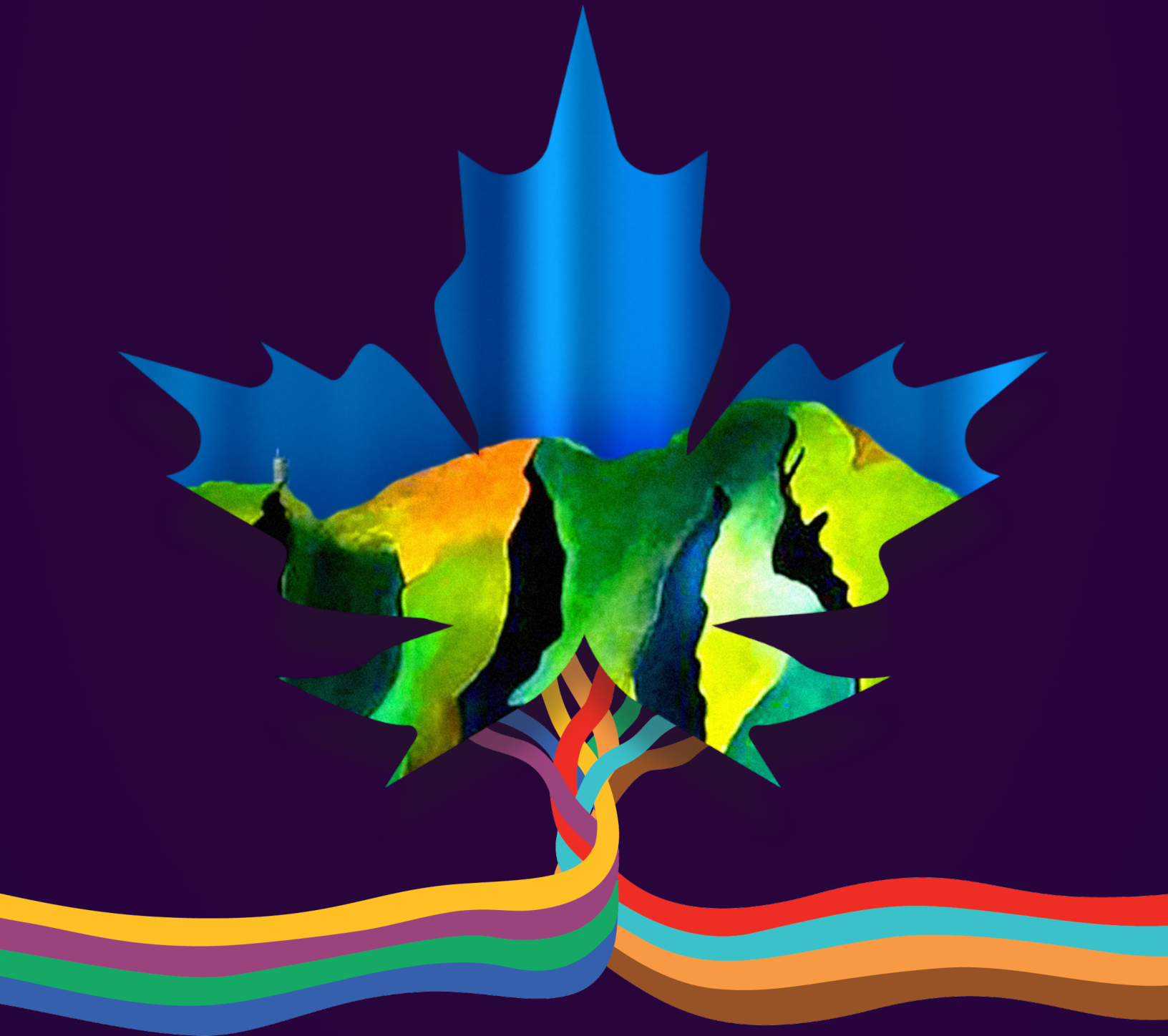


YIELD

Gonzalo's  
*Waterfall Salad*





## Gonzalo's *Waterfall Salad*

### What's the dish?

Traditional Venezuelan Chicken Salad (Ensalada de Gallina).

### Why is it important to me?

Traditional Venezuelan Chicken Salad is a typical Venezuelan holiday dish that all Venezuelan people make, share and eat over the end-of-year holidays and the ultimate representation of my roots as a Venezuelan. When I think of my home country and remember the things that shaped my deepest memories, chicken salad is always there, whether it is memories of my whole family running around to complete a huge bowl of it for Christmas Eve to feed 30+ guests, or their mind-blowingly delicious and unique flavour in every single bite.

In a way, it reminds me of my roots and can bring me instant nostalgia and memories of specific moments with beloved members of my family and the place I grew up in.

### Ingredients:

- 1½ lbs of boneless skinless chicken breasts
- 1 lemon
- ¼ onion
- 1 bunch of cilantro stems
- 1 bunch of green onion stems
- 1 celery stick
- 1 chopped garlic clove
- 1 leek stick
- 1 small sweet pepper
- 1 tbsp Salt
- 2 small to medium potatoes
- 2 medium to large carrot sticks
- 1 red, green or yellow apple
- ¼ cup canned green peas
- ½ onion (optional)
- 1 red bell pepper (optional)
- 2 celery sticks (optional)
- 2 cilantro stems

## Directions

1. Clean the chicken breasts using the juice of one lemon and rinse thoroughly with water.
2. In a large enough pot, add the chicken, onion, cilantro, green onion, celery, leek, ají dulce Venezolano, and the salt. You don't have to worry about chopping these ingredients, they are being used to add flavor to the chicken. Use enough water to cover all the ingredients and cook everything at medium heat for about 30 minutes, or until the chicken is done.
3. Remove chicken from the pot, drain and set aside to cool down.
4. Wash and peel the potatoes. Cook the potatoes with enough water and a little bit of salt. Boil for about 10 minutes. You want them to be done, but still firm so they don't get mushy while making the salad.
5. Wash and peel the carrots. Cook the carrots separately with enough water and a little bit of salt. Boil for about 20 minutes.
6. Once the potatoes and carrots are done, cool them down in a big bowl with some cold water and ice.
7. Shred the chicken breasts using your hands.
8. Cut the potatoes, carrots, apple, celery, and bell pepper into small cubes. Finely chop the onion using a food processor. Finely chop the cilantro.
9. In a large enough bowl, combine the chicken with the finely chopped onion. Then add this to all the other ingredients chopped and cubed in the previous step, plus the green peas.
10. Add the mayo, mustard, vinegar, salt and pepper and mix all the ingredients together. Adjust the salt and mayo if necessary to taste.
11. Decorate as you wish. Refrigerate for at least 2 hours before eating. Serve cold.



Have a  
flavourful  
Holiday!

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