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## Picnic Food

### Doused (Drowned) Chicken

#### Ingredients

100 ml dark soy  
100 ml sherry or white wine  
10 g ginger, bruised  
1 g mandarin peel, bruised  
2 g ground pepper  
100 g sugar  
6 star anise

Combine all ingredients in a pot of water large enough to submerge the chicken, bring to the boil and simmer for 1 hour.

Blanch the chicken, 1 minute at a time, four or five times, carefully lifting it in and out of the pot (I tie string through the cavity to lift it by, so as not to bruise the skin) and plunge into iced water, then blanch again once the stock has returned to the boil.

This process washes the cavity of excess blood and impurities, and at the same time, seals the cavity so the juice of the meat does not escape in the cooking process.

Bring the master stock back to the boil, then remove from the heat and steep the chicken in the master stock for 25 minutes.

Remove the chicken gently from the pot, drain and place it on a serving dish to cool for 30 minutes after which the chicken is fully rested and is ready for slicing if it is to be served warm, or it is placed in the refrigerator to be used in cold chicken salad (this is fabulous).

Combine the shredded chicken meat with mayonnaise, dill, pepper and chopped spring onions for a great chicken sandwich.

Try experimenting with different stock mixes: Heaps of garlic with a couple of heaped teaspoons of good curry paste works well!

## Blue Swimmer Crab Burgers

500 gm Blue swimmer crab meat (removed from cooked crabs), raw if you prefer. (Raw crab meat produces a more moist burger but is a little tricky to handle till cooked)

2 eggs, beaten

1/4 cup spring onion, chopped

1/2 cup "Salada" crumbs or bread crumbs

2 tablespoons yogurt

1 dash good Worcestershire sauce (home made is best)

1 tablespoon prepared French mustard

1/2 teaspoon dill tips

Mix the above ingredients well. If your mix seems sloppy, let it sit in the fridge for an hour or add a little more "Salada" crumbs.

Shape into cakes and grill on a hotplate in a little butter until brown.

May be prepared a day in advance and fried just before serving.

## Tart Barbecue Mayonnaise

1 1/2 cups Whole Egg Mayonnaise

1/3 cup cider vinegar

1/4 cup lemon juice

2 tablespoons sugar

2 tablespoons cracked black pepper

2 tablespoons dill tips

2 tablespoons good Worcestershire sauce

Combine all ingredients well in a small bowl, chill before serving.

## KFC Coleslaw

8 cups finely chopped cabbage (about 1 head)  
¼ cup shredded carrot (1 medium carrot)  
2 tablespoons minced onion  
1/3 cup granulated sugar  
½ teaspoon salt  
1/8 teaspoon pepper  
¼ cup milk  
½ cup mayonnaise  
¼ cup buttermilk  
1½ tablespoons white vinegar  
2½ tablespoons lemon juice

Be sure cabbage and carrots are chopped up into very fine pieces (about the size of rice).

Combine the sugar, salt, pepper, milk, mayonnaise, buttermilk, vinegar, and lemon juice in a large bowl and beat until smooth.

Add the cabbage, carrots, and onion, and mix well.

Cover and refrigerate for at least 2 hours before serving.

### FAT FREE:

1 cup fat free Miracle Whip  
¼ cup sugar  
8 cups cabbage, finely minced  
¼ cup carrot, shredded then minced  
2 tablespoons minced onion

Combine Miracle Whip with sugar in a large bowl. Mix well with electric beater until sugar is dissolved.

Add cabbage, carrot, and onion, and toss well. Be sure cabbage and carrot are chopped into very small pieces, about the size of rice.

Cover and chill for at least two hours before serving.