

## CHICKEN-ARTICHOKE SALAD with WATERCRESS TEA SANDWICHES

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Watercress, a tender, slightly peppery, leafy green superfood, has been used in tea or “finger” sandwiches for centuries. Original tea sandwiches were extremely simple - bread (crusts removed), butter, a fresh vegetable or green, salt and pepper. They were meant as a light snack to bridge the gap between lunch and late-evening dinner.

Today, tea sandwiches are oftentimes composed of more substantial fillings and served for luncheons or other special events. The tradition of crust-less bread, a layer of butter, the use of watercress and presentation of delicate shapes still holds strong.

In this recipe, the watercress pairs nicely with this Chicken-Artichoke Salad, making a lovely tea sandwich filling. For best flavor and texture, use young watercress shoots in early Spring or new growth in Fall.

Yield: 4 cups chicken salad

### INGREDIENTS:

¼ cup sour cream

¼+ cup mayo

½ tablespoons Dijon mustard

¼ cup grated Parmesan cheese

1 teaspoon lemon juice

1/8 teaspoon garlic powder

1 teaspoon chopped, fresh tarragon (or ½ teaspoon dried)

1 – 1 ½ cups artichoke hearts (frozen or water packed; not marinated), drained, rinsed, patted dry, finely chopped

2 cups cooked chicken, finely diced

1 stalk celery, finely diced

1 green onion, finely diced

1/8 – ¼ teaspoon Kosher salt, to taste

1/8 teaspoon freshly ground black pepper

soft, thin-sliced sandwich bread (white, wheat, rye, pumpernickel, sour dough, brioche)

### DIRECTIONS:

#### Make Salad:

1. In small mixing bowl, place the sour cream, mayo, mustard, cheese, lemon juice, garlic powder, and tarragon. Whisk together to combine thoroughly.
2. In a large mixing bowl, place the chopped artichoke hearts, chicken, celery, green onions, salt and pepper. Add the dressing and mix gently, but well. Taste and adjust seasonings as needed.

3. Place the chicken salad into a sealed container and chill for at least 1 hour and up to 2 days.

#### Assemble Tea Sandwiches:

1. Lay slices of soft sandwich bread flat on cutting board. Cleanly cut off the crusts with a sharp knife.
2. Spread a thin layer of butter on one side of each slice of bread, all the way to the edge.
3. Place a small amount of filling on one slice of bread and spread in a thin layer to the edge of the bread.
4. Place the other slice of bread on top (butter-side down), pressing gently to seal together.
5. Cut sandwiches into desired shapes – squares, triangles, circles, other – using a sharp knife or cookie or biscuit cutter. (As a general rule, sandwiches should be approximately “two fingers thick”.)
6. Arrange tea sandwiches on a serving plate or platter. If not serving immediately, place a lightly moistened paper towel or tea towel over top to avoid drying out.



#### **More Filling Ideas for Watercress Tea Sandwiches:**

- cucumber, radish, watercress, butter, herb cream cheese, salt, pepper
- apple, brie, watercress, butter
- goat cheese, watercress, butter, finely chopped pecans
  - mortadella, watercress, butter, olive spread
  - smoked salmon, cucumber, watercress, butter, savory cream cheese
  - turkey or chicken, avocado, watercress, butter, pesto mayonnaise
  - smoked trout, watercress, butter, dill-chive mayonnaise
  - crab, shrimp or tuna salad, watercress, butter
  - radish, watercress, butter, salt, pepper

