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Triangle woman’s Curry Chicken Salad wins “Summer Salad of the South: Kickin’ Chicken Salad Challenge” at the N.C. State Fair

RALEIGH – Sarah Hester of Knightdale won the N.C. State Fair’s Home Chef Challenge titled the “Summer Salad of the South: Kickin’ Chicken Salad Challenge” presented by House of Raeford Farms. Hester’s Curry Chicken Salad earned \$500 in prize money. This is the first year Hester has competed in the fair’s cooking competitions, and she also won this year’s “Make-Ahead Lunch” challenge.

Lisa Brescia of Cary placed second, earning \$300 for her “Thai Meets Indi Curry Salad.” Third place and \$200 went to Pamela Cash of Youngsville for her traditional chicken salad.

The winning recipe follows:



Curry Chicken Salad

Makes 3-4 servings

Ingredients:

- About 2 lbs. chicken
- ¼ cup mayonnaise
- ¼ cup plain Greek yogurt
- 2 tablespoons red wine vinegar
- ½ tablespoon Dijon mustard
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon curry powder
- 1 rib celery, diced
- ¼ medium red onion, diced
- ½ cup golden raisins

Instructions:

- In a separate pot, bring chicken breast to a rolling boil until cooked through or to an internal temperature of 165 degrees F.
- While the chicken is cooking, dice the celery and onion.
- In a separate bowl, whisk mayonnaise, yogurt, vinegar, mustard, salt, pepper and curry powder.
- Dice onion and celery.
- Once chicken is cooked, dice or shred to desired texture.
- In one large bowl, combine cooked chicken, onion, celery and mayonnaise mixture.
- Let cool and serve.

Best served after refrigeration 4-6 hours or overnight.

