



## Out of the Lunch Box: MasterChef's Chicken and Cabbage Slaw **Bánh Mì**

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There was stiff competition on Fox's show, **MasterChef**, where Gordon Ramsay sought out America's best home cooks. Now delicious recipes from the series are offered up in the [MasterChef Cookbook](#) (\$17). Author JoAnn Cianciulli offers up a tasty Vietnamese chicken and cabbage slaw sandwich for your kiddo's lunch. "Vietnamese bánh mì sandwich shops and food carts have taken the country by storm! The contrasting flavors and textures of the sandwich — as well as its relatively low cost — make it a popular lunchtime grab-and-go. In the United States, bánh mì is sometimes referred to as a 'Saigon sub,'" she said. "If you are pressed for time, skip the first step of poaching the chicken. Instead, buy a whole rotisserie chicken from your market deli."

### **Vietnamese Chicken and Cabbage Slaw Sandwich (Bánh Mì)**

Adapted from *MasterChef Cookbook*

Serves 4

## INGREDIENTS

2 (6-ounce) bone-in, skin-on chicken thighs, rinsed and patted dry  
1 (4-ounce) bone-in, skin-on chicken breast, rinsed and patted dry  
2 bay leaves  
Kosher salt  
1/2 teaspoon whole black peppercorns  
Juice of 1 lime  
1 tablespoon chili sauce, such as Sriracha  
1 tablespoon olive oil  
2 teaspoons fish sauce  
1 teaspoon sugar  
Freshly ground black pepper  
2 large carrots, peeled and cut into match sticks  
2 cucumbers, halved, seeded, and cut into match sticks  
1/2 head green cabbage, cored, and thinly shredded, about 2 cups  
8 fresh Thai basil leaves, hand-torn  
3 demi-baquette or 2 large baguettes cut into 4 pieces  
2 tablespoons whole cilantro leaves, for garnish

## DIRECTIONS

To prepare the cabbage salad, put the chicken in a pot and cover with water. Toss in the bay leaves and add 1 teaspoon of salt and the peppercorns. Heat just to boiling, lower to a gentle simmer, and cook for 10 to 15 minutes. Remove the pot from heat and cover with a tight-fitting lid. Let the chicken poach in the hot water until cooked through and moist, about 15 minutes. Remove the chicken to a cutting board to cool.

In a large mixing bowl, combine the lime juice, oil, chili sauce, fish sauce, and sugar. Use a small whisk or fork to blend and dissolve the sugar.

Add the cabbage, carrots, cucumbers, and basil. Once the chicken is cooled enough to handle, shred it into small strips, discarding the skin and bones. Add the chicken to the slaw, and toss thoroughly to distribute the ingredients evenly; season with salt and pepper. Set aside in the refrigerator to allow the flavors to come together for 15 to 20 minutes.

To serve: Slice the baguettes open lengthwise, leaving one side of the bread as a hinge. Open the bread up and remove a little of the inside to hollow out a space. Pile the chicken and cabbage slaw evenly along the bread. Garnish with cilantro leaves.