Author Essay



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Little Bitty Lies is a comic Southern novel about all the important things in life: marriage and divorce, mothers and daughters, friendship and betrayal, small-town secrets, and one woman's lifelong quest for home and the perfect recipe for chicken salad.

Now, I'm not going to give it all away, but I will share the perfect recipe for chicken salad with you right now. The rest, you'll have to read the book for.

Beyond the Grave Chicken Salad

5 lbs. chicken breasts 2 quarts water parsley sprigs

1 large onion, quartered 1 tsp. seasoned salt

2 chicken bouillion cubes

In large pot, bring water and seasoning to boil, add chicken, lower heat and simmer 40 min. Remove from heat, cool. Shred chicken and refrigerate.

Dressing:

½ cup bottled Italian salad dressing
1 cup Duke's mayonnaise
1 Tbsp. white vinegar
1-1/2 tsp. celery seed
2 Tbsp. sugar
1/8 tsp. salt
dash paprika.

Blend well together.

For salad:

Toss shredded chicken with one cup of dressing and let stand at least one hour to marinate.

Combine remaining dressing with:

½ cup sour cream 1 Tbsp. honey

Add to chicken and mix well. May add canned water chestnuts, blanched almonds or chopped pecans.