

Chicken Dijon

This is our standard "quick and easy" chicken dish. Serve this with rice, a green vegetable, and a nice Sauvignon Blanc, Pinot Blanc, or Pinot Grigio.

Serves 3 as a main course.

1. Remove all fat and skin from the breasts. Don't use boneless breasts, since the bones provide more flavor.

Sprinkle the breasts with salt and pepper. Place breasts on broiling pan. Brush one teaspoon oil on each breast, then flip them over (skin side down).

Broil 3-4 inches from the irons, five minutes on each side.

***3 chicken breast halves with ribs
canola oil***

2. While the chicken is broiling, combine the mustard and white wine. After the initial broiling, remove the chicken from the oven.

Paint the mustard mixture on the skin side of the breasts, and sprinkle the cracker crumbs on top.

Move oven rack up to the highest level. Broil about one minute, until nicely browned - don't let them burn!

***1/3 cup crushed cracker crumbs (or panko)
2 1/2 Tb Dijon mustard
1 1/2 Tb white wine***

3. Set the oven to 350 degrees. Bake the breasts for 10 more minutes, until they are done.

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RG NOTES

1. Reduced quantity of crumbs
2. Must use two ovens! Takes too long to change heat level in one oven to go from broiling to baking at 350 degrees!

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