

Chicken Breasts with Maple Mustard Sauce and Toasted Breadcrumbs

Author: Adapted from a recipe in Food and Wine, Jan. 2010

<http://www.foodandwine.com/recipes/maple-glazed-chicken-breasts-with-mustard-jus>



1 tablespoon unsalted butter
 1 cup fresh bread crumbs
 1 tablespoon Italian parsley
 Salt and freshly ground pepper
 1 tablespoon extra-virgin olive oil
 4 boneless skinless chicken breast halves
 1 tablespoon extra-virgin olive oil
 1/4 cup shallot, minced
 2 tablespoons maple syrup (not imitation)
 1 tablespoon sherry vinegar
 1/2 cup chicken stock
 2 tablespoons Dijon mustard
 2 tablespoons Italian parsley, for garnish

Per Serving (excluding unknown items): 288 Calories; 12g Fat (37.9% calories from fat); 29g Protein; 15g Carbohydrate; 1g Dietary Fiber; 76mg Cholesterol; 504mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Description: The toasted bread crumbs make this, so don't skip that part.

1. Lay the chicken breasts (shiny side up) between two pieces of plastic wrap and pound the breasts until they are thinner, about 1/2 inch thick. Don't pound the thin end area.
2. In a large ovenproof skillet, melt the butter. Stir in the bread crumbs and cook over moderate heat until golden, about 4-6 minutes. Stir in the parsley and season with salt and pepper. Transfer to a plate and let cool. Wipe out the skillet.
3. Add the olive oil to the skillet and heat until shimmering. Season the chicken with salt and pepper and add it to the skillet. Cook over moderately high heat until the chicken is golden brown, 3 minutes. Turn pieces over and brown on the other side. Allow the chicken to continue cooking for about 3-4 minutes, then remove the pieces from the pan and place on a cutting board. Using tongs to hold the chicken, slice the breasts into 2-3 pieces each and let them rest.
4. Return the skillet to the burner. Add the second tablespoon of olive oil and add the minced shallot. Cook over medium heat until the shallots are just turning golden (don't burn). Add the maple syrup, chicken broth and vinegar to the pan; bring to a boil. Place the chicken pieces back into the pan, cover and simmer for 3-4 minutes until the chicken is cooked through. Remove the chicken to warmed plates. Add the mustard to the juices in the pan and season with salt and pepper. The sauce will thicken up beautifully while the mustard heats. Spoon the sauce over the chicken. Top with the bread crumbs with more Italian parsley sprinkled on, and serve.