

Pecan-Crusted Chicken with Mustard Sauce (for 4)

Recipe Cookbook: Food and Wine Quick from Scratch

Chapter: Chicken and Other Birds

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Prep Time: 15 minutes

Cooking Time: 11 minutes

INGREDIENTS:

1 C pecans
2 TBS cornstarch (makes crust crisper than flour!)
1 tsp dried thyme
1 tsp paprika
1 1/2 tsp salt
1/8 tsp + a pinch cayenne pepper
1 egg
2 TBS water
4 boneless skinless chicken breasts (about 1-1/3 pounds in all)
3 TBS cooking oil
1 C mayonnaise
2 TBS grainy mustard, or Dijon mustard
1/2 tsp white wine vinegar
1/2 tsp sugar
2 TBS fresh parsley, chopped

DIRECTIONS:

In a food processor, pulse pecans with cornstarch, thyme, paprika, 1 1/4 tsps salt & 1/8 tsp cayenne till nuts are chopped fine. Transfer mixture to medium bowl.

Whisk together egg & water in small bowl. Dip each chicken breast into egg mixture & then into nut mixture.

In a large nonstick frying pan, heat oil over moderate heat. Add chicken to the pan & cook 5 minutes. Turn & continue cooking till chicken is golden brown & cooked through (5-6 more minutes).

Meanwhile, in a small bowl, combine the mayonnaise, mustard, vinegar, sugar, parsley, a pinch of cayenne, and remaining 1/4 tsp salt. Serve chicken with the mustard dipping sauce.

Wine Recommendation: The combination of sweet pecans & mustard lends itself to either a crisp sparkling wine or a stainless-steel-fermented Sauvignon Blanc from California.