

Auriga Wine Cellars

February 2007 Wine Club Recipe



Pairs well with both the 2005 Red Giant or
2002 Zinfandel

Pecan-Breaded Chicken Breasts With Dijon Mustard Sauce

Total Time: 25 Minutes or less

Serves 4

Finely ground pecans are used instead of flour to coat these savory chicken breasts. The resulting flavor and texture are irresistible.

Ingredients

8 Tablespoons butter (1 stick)
3 Tablespoons Dijon Mustard
6 ounces pecans, finely ground (about 1 ½ cups)
8 Skinless, boneless chicken breasts, pounded to ¼ inch thickness – you can also ask the butcher to put these through a tenderizer and it works well
1 Tablespoon vegetable oil
2/3 cup sour cream, light can be used too
½ teaspoon salt
¼ teaspoon freshly ground pepper

Directions

Hint: if you have a food processor or a dedicated coffee grinder for spices these work well for the pecans. Be careful not to overgrind, they should be fine, but not powdery.

1. In a small saucepan, melt 6 tablespoons of the butter. Whisk in 2 tablespoons of the mustard until blended; scrape into a shallow dish. Place pecans in another shallow dish.
2. Dip the chicken first in the butter/mustard mixture, then dredge in the pecans to coat.
3. In a large frying pan, heat the remaining 2 Tablespoons butter in oil over medium heat. Add chicken and cook 3 minutes a side, until lightly browned and tender. Remove to a serving platter and cover with foil to keep warm. Continue until all the chicken is cooked.
4. Discard all but 2 Tablespoons of fat from the pan and reduce heat to low. Add sour cream, whisk in remaining 1 Tablespoon of mustard, salt and pepper. Cook until heated through, do not boil.

Serve sauce over chicken.

Serve with a side of rice, noodles or favorite pasta.