

## Chicken with Mustard-Seeds and Onion Sauce

1997 Food & Wine cookbook pp. 187-188

Serves: 4

- 5 tablespoons vegetable oil
- 2 tablespoons yellow mustard seeds
- 1 onion, thinly sliced
- 2 garlic cloves, minced
- 1 ½ teaspoons minced fresh ginger
- 1-teaspoon turmeric
- ½ teaspoon honey (HdeH at least 1-2 tablespoons)
- 1/8-teaspoon cayenne pepper (HdeH Japanese spice)
- 1 cup chicken stock or canned low-sodium broth
- ½ cup crème fraiche or heavy cream
- Kosher salt and freshly ground black pepper  
(HdeH golden and black sun dried raisins for the dish and topping)
- 4 skinless, boneless chicken-breast halves
- All-purpose flour, for dredging
- 1-tablespoon chopper flat-leaf parsley or cilantro



1. IN a medium saucepan, warm 2 tablespoons of the oil over moderate heat. Add the mustard seeds and cover the pan. When the seeds begin to pop, remove the pan from the heat and wait until the popping has stopped, about 30 seconds. Uncover the pan; the seeds will be dark grey.
2. Return the pan to the heat and add the onion. Cook the onion over moderated heat, stirring, until softened but not browned, about 5 minutes. Add the garlic, ginger, turmeric, honey and cayenne and cook, stirring, until fragrant, about 3 minutes.
3. Add the chicken stock and boil over high heat until reduced by half about 5 minutes. Add the crème fraiche and cook over moderately high heat, stirring occasionally, until the sauce lightly coats the back of a spoon, about 4 minutes. Season the sauce with salt and black pepper.
4. Remove the tender from each piece of chicken. Cut the breast in half crosswise and lightly pound to an even thickness. Season them with salt and pepper, the dredge lightly in flour, shaking off the excess.
5. In a large skillet, heat the remaining 3 tablespoons of oil. Add the chicken in batches and brown over moderately high heat, about 2 minutes per side. Arrange the chicken on plates or a platter. Spoon the sauce over the top of the chicken and sprinkle with the parsley.

NOTE: The sauce can be refrigerated for up to two days. Bring it to room temperature and reheat before serving.