

Sautéed chicken with spinach and creole mustard sauce

Adapted from Food and Wine, October 1989

Serve 3

- 3 chicken breasts
- ¾ pounds of spinach, large stems removed, thoroughly rinsed but not dried, or 1 package (10 ounces) frozen leaf spinach, thawed
- ½ cup heavy cream
- 1 ½ tablespoons Creole Mustard
- 1 tablespoon sour cream
- 3 tablespoons mild olive oil
- ¼ cup all-purpose flour
- 1 tablespoon unsalted butter
- ½ tablespoon sesame seeds
- ¼ cup low-sodium chicken broth



Photography Henri T. de Hahn

1. Using a mallet or the flat side of a cleaver, pound the chicken breasts to a ¼-inch thickness. Set aside.
2. In a large saucepan, cover the fresh spinach and cook over moderate heat for 1 minute. Squeeze dry and set aside (if using frozen spinach, wash, cook accordingly and drain water).
3. In a small saucepan, combine the cream, mustard and sour cream. Whisk over low heat and keep warm, whisking occasionally while you prepare the chicken.
4. In a large heavy skillet, heat 1 tablespoon of the olive oil over moderately high heat. On a plate, combine the flour and ½ tablespoon plus ½ tablespoon of Creole Seasoning. Lightly dredge the chicken in the seasoned flour and shake off any excess. When the oil is hot, add 1 piece of the chicken to the pan and cook until firm but barely cooked through, about 1 minute on each side. Transfer to a platter, cover loosely with aluminum foil and keep warm in a low oven. Repeat with the remaining olive oil and chicken.
5. When all the chicken has been cooked, drain any excess oil from the skillet. Add the butter and sesame seeds and cook over moderately high heat, stirring, until the seeds are browned and fragrant, about 2 minutes. Add the remaining 1 teaspoon Creole Seasoning and cook for 2 minutes. Add the chicken broth and spinach and cook the mixture until it is nearly dry, about 5 minutes longer.
6. To serve, ladle a scant 1/8 cup of the warm mustard sauce onto the warmed dinner plates. Spoon the spinach onto the sauce and top with the chicken.