

## Pan-Fried Mustard Chicken—from Cook What You Love, by Bob and Melinda Blanchard

- 3 Tablespoons Dijon mustard
- 3 Tablespoons whole-grain mustard
- 3 Tablespoons heavy cream
- 2 egg yolks
- 1 cup all-purpose flour
- Salt and freshly ground pepper, to season
- 1 cup dried breadcrumbs
- 4 boneless chicken breast halves (2 ½-3 pounds total)
- Olive oil, for sautéing

In a small bowl, whisk together the mustards, cream, and egg yolks. Pour into a plate or small platter. Set aside.

In another plate, put the flour and season it with salt and pepper.

Put the breadcrumbs in a plate.

Cut the chicken breasts in half horizontally so they are each about ¼-inch thick.

Dredge each piece in flour first, then the mustard mixture (you might have to remove some before dredging in bread crumbs), and finally the bread crumbs.

In a large sauté pan, heat enough olive oil to cover the bottom generously over medium-high heat. Cook the chicken, leaving it undisturbed, until golden brown on both sides and just cooked through, 3-4 minutes on each side.