

This recipe was created especially by Chef Cody James of Manhattan Catering LLC.

French Cut Chicken Breasts With White Wine Dijon Sauce

To serve 2.

Cut chicken breast as seen on video, with wing attached. If you are unable to do this, just use a skin on chicken breast or ask your butcher to cut this for you.

Salt and pepper chicken on both sides. Sauté chicken breasts in 2 tbsp olive oil till golden brown. Place in baking pan and place breasts in 350 degree oven for 20 minutes or until meat closest to bone is firm.

Dijon White wine sauce:

½ small red onion, julienned
2 cloves of garlic minced
6 leaves of fresh basil, chiffonade (roll herbs into a bunch/cut into thin strips)
1 tbsp Dijon mustard
2 oz white wine
2 oz heavy whipping cream
1 tbsp butter
Salt and fresh ground pepper to taste

Utilizing sauté pan from chicken, sauté garlic and onions till glacé (till clear/soft). Incorporate Dijon mustard and white wine. Bring to simmer. Add cream and bring to simmer again, add butter. Melt butter completely and then add fresh basil leaves. Salt and Pepper to taste. Add pan dripping from baked chicken into sauce, incorporate. Serve over mashed potatoes with sauce over top, accompanied by your choice of vegetables.

