

CHICKEN DIJON

Best with roasted new potatoes

INGREDIENTS

4-6 chicken thighs,
boneless or bone-in
1 TBSP rosemary
salt
pepper
3 TBSP butter
1 C dry white wine -
txakolina is nice
2 TBSP dijon mustard
1 TBSP capers
lemon

Optional:
1 C. buttermilk
salt

DIRECTIONS

1. If using boneless chicken, brine with 1 C buttermilk and 1 TBSP salt for at least 20 minutes, then pat dry. If using bone-in chicken, season with salt, pepper, and rosemary.
2. Brown chicken in heavy pan with 1 TBSP melted butter. When chicken is cooked, set aside to rest while you make the sauce.
3. Whisk together wine, dijon, and any leftover rosemary. There should be no lumps. Deglaze the pan you cooked the chicken in, then cook down into a nice sauce.
4. Add butter and capers. Cook until butter is melted.
5. Add chicken and a squeeze of lemon back into the pan. When the chicken is nicely coated, plate it and drizzle sauce over the top.
6. Best served with roasted potatoes and whatever green is in season - asparagus, broccoli, or anything else that compliments the meal and will soak up the sauce.

NOTES

If you don't have buttermilk, you can make soured milk with 1 C of regular milk and 1 TBSP of lemon juice or vinegar. I prefer boneless, skinless chicken thighs for this dish; you can pound them flat to 1/4 inch if you have extra time.