

2006. 3. 21. 화. 평일

Crumb-Coated Dijon Chicken

- 2 tablespoons butter or margarine ^(반한 알갱이) → 큰대접 볼에.
- 2 tablespoons Dijon mustard
- $\frac{1}{2}$ teaspoon 1 clove garlic, minced or pressed
- $\frac{4 \text{ Table}}{\text{spoon}} = \frac{1}{4}$ cup panko (Japanese-style bread crumbs) = 빵가루 → 큰대접 볼에.
- 1 tablespoon each grated Parmesan cheese and minced parsley
- 2 whole chicken breasts (about 1 lb. each), skinned, boned, and split (닭가슴살 껍질 벗겨)

Dijon Sauce

Mix $\frac{1}{4}$ cup mayonnaise and 2 tablespoons Dijon mustard.

$\frac{4 \text{ Table}}{\text{spoon}}$

- 1 In large bowl, blend butter, mustard and garlic. In another bowl, mix panko, cheese, and parsley.
- 2 Place in panko mixture. Place chicken in a single layer, crumb side Dip chicken in butter mixture to coat; then dip skinned side of each up, in a shallow rimmed baking pan.
- 3 Bake, uncovered in a 500 degree oven until crumbs are golden and meat in thickest part is no longer pink when slashed (about 15 minutes). Meanwhile, prepare Dijon Sauce. Serve breast whole or cut crosswise into thick slices. Accompany with sauce.

Makes 4 servings

- 닭가슴살을 마스터드 볼에 넣어 뒤집어가며 소스 묻히고
- 다시 빵가루 볼에 넣어 가루 묻힌
- 500°에 넣어 bake.
- 위약나 전량인 (cut해본다) .

