



Chicken Dijon

A new to me recipe that I came across in [Food & Wine](#), I needed something unique to satisfy some seriously bored tastebuds. It's so easy to get into a cooking rut, making those tried and true recipes that are satisfying and filling, and never stepping out of our comfort zone. This one satisfied my need for something new on all levels, and was a big hit, to boot.

Ingredients

- ✓ 1 teaspoon coriander seeds
- ✓ 2 tablespoons extra-virgin olive oil
- 2 large chicken breasts
- ✓ Salt and freshly ground pepper
- ✓ 1/4 cup finely chopped onion
- ✓ 4 garlic cloves, minced
- ✓ 1 1/2 cups low-sodium chicken broth or water
- ✓ 2 tablespoons whole-grain mustard
- ✓ 3 tablespoons crème fraîche or sour cream
- ✓ 2 teaspoons chopped tarragon

Directions

1. In a large skillet, toast the coriander seeds over moderately high heat until fragrant, about 2 minutes. Transfer the seeds to a mortar and let cool. Crush the seeds coarsely with a pestle.
2. In the same skillet, heat the olive oil until shimmering.
3. Wash and pat dry the chicken breasts.
4. Add them to the skillet and cook over moderately high heat, turning, until golden brown all over, about 10 minutes. Set aside.
5. Add the onion and cook, stirring occasionally, until softened, about 3 minutes.
6. Add the garlic and cook for 1 minute.
7. Add the broth and crushed coriander and bring to a boil.
8. Add the chicken back into the pan. Cover and cook over moderately low heat until the chicken is cooked through, about 15 minutes.
9. Transfer the chicken to a platter, cover and keep warm.
10. In a small bowl, whisk the mustard with the crème fraîche and tarragon.
11. Whisk the mixture into the skillet and simmer the sauce over moderate heat until thickened, about 5 minutes.
12. Return the chicken to the skillet and turn to coat.
13. Serve the chicken with crusty bread and a crisp Sancerre