



414-443-1414

www.michaelfeker.com

From the Kitchen of Chef Michael Feker

IL MITO is located at 6913 W North Ave, Wauwatosa

IL MITO'S GLUTEN FREE CITRUS MUSTARD BREAST OF CHICKEN

Serves 4

Ingredients

- 4 6-oz breast of chicken, organic preferred
- Cornstarch for dredging (8 tablespoons)
- 3 cloves of garlic, diced
- 2 tablespoon of Olive oil
- 1 tablespoon butter
- 1 bunch of Italian parsley, chopped
- 2 large sprigs of fresh thyme, chopped
- 2 sprig of fresh oregano, chopped
- Zest of 2 lemons
- Juice of 2 lemons
- 1/2 cup white wine
- 1/2 cup of balsamic
- 1 cup chicken stock/broth
- 2 tablespoon of whole grain Dijon mustard
- Kosher salt
- Freshly ground black pepper

Directions

1. Combine your cornstarch, 1 teaspoon of salt, generous amount of fresh ground pepper and mix well.
2. Place each breast of chicken in the seasoned cornstarch, dredge both sides well and set aside.
3. Meanwhile, preheat a frying pan on high heat and melt your butter and olive oil.
4. Once your oil is heated and you see shimmers, place the chicken in the pan and cook 1 minute per side.
5. Remove the chicken and set aside.
6. Then reduce heat, add garlic and your herbs and sauté for 30 seconds. Deglaze the pan with your white wine and cook for two minutes or to a glaze. Add lemon juice and cook to a glaze. Add balsamic and cook to a glaze. Add chicken broth and immediately return your chicken into the liquid.
7. Whisk in the mustard and cook for a few minutes on a gentle simmer.
8. Turn off, cover and let rest for a few minutes. (About two minutes)
9. Plate and get Fekerized!