



Asiago-Crusted Chicken with Mustard-Glazed Carrots

Mustard-Glazed Carrots:

1	pound	Baby carrots
1	cup	Water
1	tablespoon	Unsalted butter
1	tablespoon	Olive oil
2	tablespoon	Brown sugar
1½	tablespoons	Dijon mustard
1½	teaspoon	Kosher Salt
½	teaspoon	Black Pepper, freshly ground
2	tablespoon	Fresh Chives, chopped

Pommery Mustard Sauce:

1½	cup	Heavy cream
¼	cup	Whole grain mustard
½	teaspoon	Kosher salt
½	teaspoon	Black Pepper, freshly ground

Asiago-Crusted Chicken:

¾	cup	Asiago cheese, shredded
¼	cup	Japanese breadcrumbs (Panko)
1	tablespoon	Fresh flat-leaf parsley, chopped
½	cup	Flour, all purpose
1	large	Egg
2	tablespoon	Water
4	breast half	Boneless skinless chicken
1½	teaspoon	Kosher salt
1½	teaspoon	Black Pepper, freshly ground
¼	cup	Olive oil

To prepare the carrots, in a large sauté pan, combine the carrots, water, butter, olive oil, sugar, and mustard over medium heat. Bring to a boil, then decrease the heat and simmer, stirring often, for 8 to 12 minutes, until the water has evaporated and the carrots are coated with a glaze. Check the carrots for doneness; if they are not tender, add a little more water and cook for a few minutes more. Season with the salt and pepper and sprinkle with the chives.

To prepare the sauce, pour the cream into a small saucepan over medium heat and bring to a boil. Stir in the mustard, salt, and pepper and decrease the heat to a simmer.



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Cook, stirring occasionally, for 10 to 15 minutes, until reduced by half. The sauce should coat the back of a spoon. Taste and adjust the seasoning as necessary.

To prepare chicken, place the cheese and breadcrumbs in a food processor and pulse to combine. Transfer to a shallow bowl and stir in the parsley. Pour the flour onto a plate. Whisk the egg and water together in a separate shallow bowl.

Liberally season the chicken breasts on both sides with salt and pepper. Dredge in the flour and shake off any excess. Dip in the egg wash, then coat on all sides with the Asiago breadcrumbs.

Place a large, nonstick sauté pan over medium-high heat and add the oil. When the oil shimmers, add the chicken and cook, turning once, for 4 to 5 minutes on each side, until golden brown on the outside and no longer pink on the inside.

Serve immediately, accompanied by the carrots and mustard sauce.

Serves 4.