

BON APPETIT HON

bowmerese for enjoy your meal

Honey Mustard Chicken Breast

John Bishop and Dennis Green's Recipe as posted on Washingtonpost.com

- 1/2 cup dry white wine
- 1/4 cup honey
- 1/2 cup grainy mustard (I really like Inglehoffer's Original Stone Ground Mustard)
- 1/2 cup vegetable oil
- 6 small bone-in, skin-on chicken breast halves (or 1 whole, 3 pound chicken cut up, or 3 large bone-in, skin-on chicken breasts cut in halves crosswise)

Combine the wine and honey in a small saucepan over medium heat. Bring almost to a boil then whisk in the mustard, oil, and a pinch of pepper until well mixed. Remove from the heat and let cool completely.

Put chicken in a zip top plastic bag, add the marinade, and refrigerate overnight.

Heat oven to 400 degrees. Line a sheet pan with parchment paper to keep the chicken from sticking.

Remove chicken from the marinade, discarding marinade, and place on the baking sheet skin side up. Roast until chicken reaches 175 degrees, 20 minutes to an hour depending on the size of your pieces.

If serving this dish warm, allow to rest 5 minutes.

honey mustard chicken breast was posted by wendi on 2 october 2009 at bonappetithon.com