



Chicken Paillard with Lemon Dijon Sauce *(adapted from Idaho a la Carte)*

1 whole chicken breast cut in half with skin and bone removed
2 tablespoons flour
1/4 teaspoon Herbs de Provence
1/4 teaspoon marjoram
Lemon Pepper
Sea Salt
2 tablespoons vegetable oil
1/4 cup vermouth
1/2 cup chicken broth
1 heaping tablespoon Dijon mustard
1/4 teaspoon grated lemon rind
2 tablespoons whipping cream

Wash and dry chicken breasts and pound between 2 sheets of plastic wrap to a third inch thickness. Season both sides with Herbs de Provence, marjoram, lemon pepper and salt. Dredge in flour. Heat oil over medium high heat in heavy sauté pan (or cast iron) and add chicken. Cook covered for 2 minutes on one side and 3 on the other. Remove from pan and keep warm. Add vermouth to pan and stir, scraping up browned bits from the bottom. Let reduce (about 30 seconds), then add chicken broth, Dijon mustard and lemon rind. Cook until reduced and thickened (about 5 minutes). Remove from heat and add cream. Serve chicken with sauce on top. Serves 2