

Kosher Deli Recipes

Crispy Mustard Chicken



Crispy Mustard Chicken is a terrific chicken recipe from Gail Gordon Oliver, editor of Edible Toronto. Feel free to follow the recipe as written or substitute another type of mustard, seasonings or bread crumbs according to your preferences. For a more exotic version, Gordon Oliver suggests replacing the herbs with curry powder, ground cumin and coriander or ginger.

Ingredients:

- **1/3 cup mustard, any variety or flavour (not powdered)**
- **2 tbsp. grapeseed oil or extra virgin olive oil**
- **1 clove garlic, minced, or 2 tsp. garlic powder**
- **1/2 tsp. dried oregano or thyme**
- **1/2 tsp. kosher salt**
- **1/4 tsp. freshly ground black pepper**
- **Pinch ground cayenne**
- **3 to 3½ pounds bone-in chicken parts or 1 whole chicken cut in eighths**
- **1 cup spelt crumbs, dry bread crumbs, or panko, plus more if needed**
- **Optional: honey, for dipping**

In a small bowl, stir together the mustard, oil, garlic, oregano, salt, pepper and cayenne. Using a pastry brush, evenly coat all sides of the chicken pieces. (If desired, the coated chicken can be placed into a covered container and refrigerated for up to 24 hours.)

Preheat the oven to 400° F. Line a baking sheet with parchment paper. Lightly grease the parchment paper.

In a shallow dish, add the crumbs. Dip one piece of chicken into the crumbs, coating well on all sides. Place the chicken, skin side up, on the baking sheet. Repeat with the remaining chicken pieces.

Bake until the chicken is lightly browned and no longer pink inside, about 35 to 40 minutes. Serve with honey for dipping.

Makes: 4 servings