



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Chicken Breasts with Cumin Cream –

6 boneless, skinless chicken breasts (about 6 oz. each)

1 cup of milk

2 cups of all-purpose flour

Salt and freshly ground black pepper to taste

1 tsp. ground cumin

2-3 cups of peanut oil

3 cups of heavy cream

1½ tbl. Dijon mustard

1 tbl. ground cumin

2 garlic cloves, smashed and peeled

¼ cup of chicken broth

Salt and freshly ground black pepper to taste

3 tbl. unsalted butter

1. Pound the chicken breasts slightly and cut them into thin strips. Soak the strips for 10 minutes in the milk. Drain. Combine the flour, salt, pepper and cumin. Toss the chicken in the seasoned flour to coat lightly. Place the chicken strips in a colander and shake to remove any excess flour.

2. Heat the oil in a deep frying pan or wok until hot but not smoking. Fry the chicken pieces for 3-4 minutes or until golden. Transfer to a warm platter lined with paper towels and keep warm in a low oven until ready to serve. If you wish, the strips may be refried for a scant minute just before serving.

3. Prepare the sauce. In a medium-sized saucepan, reduce the heavy cream by one third over high heat. Whisk in the mustard, cumin, garlic and chicken broth. Simmer the sauce for 5 minutes and then turn the heat to low and swirl in the butter, 1 tablespoon at a time, until well blended. Divide the sauce between 6 warm plates and top with mounds of crisp chicken pieces.

Credit: Susan Costner