



Choco Fever Dream

French Mustard Chicken Recipe

15 min
Prep time

4
Servings

35 min
Cook time

Medium
Difficulty

50 min
Total time

French
Cuisine

Ingredients

Chicken Prep

- ☐ 4 bone-in, skin-on chicken thighs (about 1 ½ pounds total)
- ☐ 1 teaspoon sea salt
- ☐ ½ teaspoon freshly ground black pepper
- ☐ 2 tablespoons extra-virgin olive oil

The Creamy Sauce

- ☐ 2 tablespoons unsalted butter
- ☐ 1 small onion, finely minced
- ☐ 2 cloves garlic, minced

- ☐ 1 cup dry white wine (such as Chardonnay)
- ☐ 1 cup heavy cream
- ☐ 2 tablespoons Dijon mustard
- ☐ 1 teaspoon whole grain mustard
- ☐ 1 tablespoon fresh thyme leaves
- ☐ 1 teaspoon lemon zest
- ☐ 1 teaspoon fresh lemon juice

Finishing Touches

- ☐ 2 tablespoons fresh parsley, chopped
- ☐ Salt and pepper, to taste

Instructions

- 1** First things first, go ahead and preheat your oven to 375°F (190°C). Now, take a moment to pat those 4 bone-in, skin-on chicken thighs dry with some paper towels—this is the secret to a good sear, honestly. Season both sides generously with 1 teaspoon sea salt and ½ teaspoon freshly ground black pepper.
- 2** Heat 2 tablespoons extra-virgin olive oil in a large oven-proof skillet over medium-high heat. Once it's shimmering, place the chicken skin-side down. Let them sear until they're a beautiful golden brown, usually about 3-4 minutes. Flip them over and sear the other side for 2 minutes, then just set the chicken aside for a bit.
- 3** Turn the heat down to medium. Melt 2 tablespoons unsalted butter in that same skillet and toss in your 1 small onion, finely minced, and 2 cloves garlic, minced. Cook them, stirring gently, until the onion looks translucent—about 3 minutes. It smells wonderful at this stage, doesn't it?
- 4** Now, we deglaze. Pour in 1 cup dry white wine (such as Chardonnay). Use a wooden spoon to scrape up all those lovely browned bits from the bottom of the pan—that's where the real flavor lives. Let the wine simmer and reduce by half, which takes about 3 minutes.

- 5 Whisk in 1 cup heavy cream, 2 tablespoons Dijon mustard, 1 teaspoon whole grain mustard, 1 tablespoon fresh thyme leaves, 1 teaspoon lemon zest, and 1 teaspoon fresh lemon juice. Stir it all together until the mustard is fully emulsified into the sauce. Let it simmer for 5 minutes until it thickens up just a touch.
- 6 Gently return the seared chicken thighs to the skillet, nestling them right into that creamy sauce. I like to spoon a bit of the sauce over each piece just to make sure they're well coated.
- 7 Slide the skillet into your preheated oven. Bake it uncovered for 20–25 minutes. You're looking for the sauce to be bubbly and the chicken to reach an internal temperature of 165°F (74°C).
- 8 Take the skillet out and let it rest for 5 minutes. Trust me, the patience is worth it. If you're feeling indulgent, spoon a bit more of that sauce over the chicken one last time.
- 9 Just before serving, sprinkle 2 tablespoons fresh parsley, chopped, over the top. It adds such a fresh burst of color, wow.
- 10 Serve it up immediately while it's hot. If you have leftovers, just pop them in an airtight container in the refrigerator for up to 4 days or the freezer for up to 3 months.

Nutrition per serving

540 kcal

Calories

36 g

Protein

9 g

Carbs

38 g

Fat

Tips & notes

- Keeping the skin on the thighs helps lock in moisture and adds a lovely crisp texture against the creamy sauce.
- Using an oven-proof skillet saves you from washing an extra pot and keeps all the pan drippings in the sauce.
- The lemon zest and juice provide a necessary brightness to cut through the richness of the heavy cream.