

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING CHEESE-STUFFED CHICKEN CUTLETS WITH MUSTARD SAUCE

SALAD COURSE:

ARUGULA, PEAR & WALNUT SALAD WITH LEMON-HONEY VINAIGRETTE

INGREDIENTS

4 cups baby arugula
1 ripe pear, thinly sliced
1/3 cup toasted walnuts, roughly chopped
1/4 cup shaved Parmesan (or pecorino)
2 tbsp extra-virgin olive oil
1 tbsp fresh lemon juice
1 tsp honey
1 tsp Dijon mustard
Salt and freshly ground black pepper to taste

PREPARATION

Whisk olive oil, lemon juice, honey, Dijon, salt and pepper until emulsified.
In a large bowl, toss arugula with half the vinaigrette.
Add pear slices and toasted walnuts; toss gently.
Finish with shaved Parmesan and drizzle the remaining vinaigrette to taste.

PRESENTATION

Serve on chilled plates; arrange arugula in a loose mound, fan pear slices on top, sprinkle walnuts and finish with Parmesan shavings. Serve immediately so leaves stay crisp.

ENTRÉE — CHEESE-STUFFED CHICKEN CUTLETS WITH MUSTARD SAUCE (USING CHICKEN BREAST HALVES, BONELESS SKINLESS)

INGREDIENTS

4 boneless, skinless chicken breast halves (about 6–8 oz each)
4 oz mozzarella or fontina, sliced (or 4 tsp herbed goat cheese)
4 thin prosciutto or ham slices (optional)
Salt and pepper
1 cup all-purpose flour
2 large eggs, beaten
1 cup panko breadcrumbs (seasoned with 1 tsp dried parsley, pinch of salt)

3 tbsp olive oil + 2 tbsp butter for cooking
Toothpicks or kitchen twine

MUSTARD SAUCE

1/2 cup heavy cream
2 tbsp Dijon mustard
1 tbsp whole-grain mustard
1/4 cup dry white wine or low-sodium chicken stock
1 shallot, minced
1 tbsp butter
Salt and pepper

PREPARATION

Butterfly each breast: slice horizontally almost through and open like a book. Pound lightly between plastic wrap to even thickness (~1/4–1/2"). Season inside with salt and pepper.

Place a slice of cheese (and prosciutto, if using) on one half of each butterflied breast; fold closed and secure edges with toothpicks or tie with twine to form neat cutlets.

Dredge each stuffed cutlet in flour, shake off excess, dip in beaten egg, then coat evenly with panko. Press crumbs gently to adhere.

In a large skillet over medium heat, warm 3 tbsp olive oil + 2 tbsp butter. Sear cutlets 3–4 minutes per side until golden and cooked through (internal temp 165°F/74°C). Transfer to a warm plate and tent with foil. Remove toothpicks before serving.

FOR THE MUSTARD SAUCE:

in the same skillet, melt 1 tbsp butter; sauté shallot 1–2 minutes until translucent. Deglaze with white wine or stock, reduce by half. Whisk in cream and both mustards; simmer 2–3 minutes until slightly thickened. Season to taste. If desired, strain for a smooth sauce.

PRESENTATION

Place a cutlet centered on the plate. Spoon warm mustard sauce over and around the cutlet. Garnish with a small sprig of thyme or chopped chives. Serve immediately.

SIDE DISH 1 — GARLIC-PARMESAN ROASTED BABY POTATOES

INGREDIENTS

1½ lb baby potatoes, halved
3 tbsp olive oil
3 garlic cloves, minced
2 tbsp grated Parmesan
1 tsp dried rosemary or 1 tbsp fresh chopped rosemary
Salt and pepper

Fresh parsley, chopped (for garnish)

PREPARATION

Preheat oven to 425°F (220°C). Toss potatoes with olive oil, garlic, rosemary, salt and pepper. Spread in a single layer on a rimmed baking sheet.

Roast 25–30 minutes until golden and tender, shaking pan halfway. Toss with Parmesan and return to oven 2 minutes to melt.

PRESENTATION

Pile potatoes beside the chicken; sprinkle with chopped parsley and extra Parmesan. Serve hot.

Side Dish 2 — Sautéed Green Beans with Lemon & Almonds

INGREDIENTS

1 lb green beans, trimmed

1 tbsp olive oil + 1 tbsp butter

1/4 cup sliced almonds (toasted)

Zest and juice of 1/2 lemon

Salt and pepper

PREPARATION

Blanch green beans in boiling salted water 2–3 minutes until bright green and slightly tender; plunge into ice water to stop cooking. Drain.

In a skillet, heat oil and butter, add green beans and toss 2–3 minutes to heat through. Add lemon zest, lemon juice, toasted almonds, salt and pepper; toss to combine.

PRESENTATION

Arrange a neat bundle or line of green beans beside the cutlet. Scatter remaining almonds on top and add a lemon wedge on the side.

Dessert — Honey-Mascarpone Berry Cups

INGREDIENTS

8 oz mascarpone cheese

2 tbsp honey (plus extra for drizzling)

1/2 tsp vanilla extract

1 cup mixed fresh berries (strawberries, blueberries, raspberries)

4 small mint leaves (garnish)

Optional: shortbread cookie crumbs or crushed amaretti

PREPARATION

Whisk mascarpone with honey and vanilla until smooth.

Spoon into 4 small serving glasses. Top each with mixed berries. Drizzle a little extra honey and sprinkle cookie crumbs if using.

PRESENTATION

Serve in small clear glasses so layers show. Garnish each with a mint leaf and a light dusting of finely grated lemon zest for brightness.

WINE PAIRING**ETHERO ALBARIÑO WHITE WINE**

A bright, aromatic Albariño complements the creamy cheese and mustard sauce, refreshes the palate after the rich stuffed chicken, and pairs nicely with the lemony green beans and the honey-berry dessert.