

Treasure Barrel

French Mustard Chicken – Classic Poulet à la Moutarde

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Medium** Difficulty	**French** Cuisine

Ingredients

The Chicken

- [ ] 1 lb bone-in, skin-on chicken thighs (4 pieces)
- [ ] 1 tbsp olive oil
- [ ] 1 tbsp unsalted butter
- [ ] Salt and freshly ground black pepper, to taste

The Sauce

- [ ] 1 medium shallot, finely chopped
- [ ] 3 cloves garlic, minced
- [ ] 1/2 cup dry white wine
- [ ] 1 cup heavy cream
- [ ] 3 tbsp Dijon mustard
- [ ] 1 tsp whole grain mustard (optional, for texture)
- [ ] 1 tsp fresh thyme leaves (or 1/2 tsp dried)

Instructions

1. Start by patting your chicken thighs dry with a paper towel—it's the secret to a good sear, honestly. Season both sides generously with salt and freshly ground black pepper.
2. Heat that olive oil in your skillet over medium-high heat. Place the chicken skin-side down and let it sizzle for 3–4 minutes until it's a lovely golden brown, then flip and sear the other side for about 2 minutes. Once they look right, move them to a plate and set them aside for a bit.
3. Turn the heat down to medium and melt the butter in that same skillet. Sauté your chopped shallot until it's translucent, which takes about 2 minutes, then stir in the minced garlic for another 30 seconds. It smells wonderful at this point, yeah.
4. Now, deglaze the pan with the dry white wine. Use your spoon to scrape up all those browned bits from the bottom—that's where the flavor lives. Let the liquid bubble away until it's reduced by about 80%, usually 3–4 minutes.
5. Whisk in the heavy cream, Dijon mustard, whole grain mustard, and thyme. Keep it at a gentle simmer and let the sauce thicken up just a bit for about 2–3 minutes.
6. Slide those seared chicken thighs back into the skillet, spooning that creamy sauce right over them. Cover the pan and let them simmer away until the internal temperature reaches 165°F, which should take about 15–18 minutes.
7. Now, look, if you're like me and love a crispier skin, you can pop the whole skillet into a preheated 375°F oven for 8–10 minutes for a better finish.

8. Remove the skillet from the heat and move the chicken and sauce to a platter. Let it rest for 5 minutes—it's hard to wait, I know, but it's worth it.

9. Give the sauce a little taste. Feel free to add a pinch more salt, pepper, or a bit more mustard if you're feeling bold.

10. Serve it hot, maybe garnished with some fresh herbs or extra thyme. It's just lovely alongside buttered noodles, roasted asparagus, or a crisp green salad.

Nutrition per serving

480 kcal	32 g	9 g	34 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using bone-in thighs keeps the meat much juicier than breasts would.
- The whole grain mustard is optional, but it adds such a nice rustic texture to the sauce.
- Don't rush the reduction of the wine, as it concentrates the flavor.