

Poulet à la Moutarde: A Classic French Mustard Chicken Recipe

4 boneless chicken thighs (about 1.5-2 lbs)



TIME
7 min

TEMP
165°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

- 4 boneless chicken thighs (about 1.5-2 lbs)
- 2 tbsp Dijon mustard
- 1 tbsp whole-grain mustard
- 2 tbsp olive oil
- 1 medium shallot, finely chopped
- 2 cloves garlic, minced
- 1/2 cup dry white wine (see notes below)
- 1/2 cup low-sodium chicken stock
- 1/2 cup heavy cream
- 2 tsp fresh thyme leaves (or 1/2 tsp dried)
- Salt and freshly ground black pepper
- Fresh chopped parsley (for garnish)

Swaps and Notes:

Chicken: I highly recommend using bone-in, skin-on chicken thighs for the best flavor and moisture, but this recipe works well with boneless thighs as specified. If you use chicken breasts, be careful not to overcook them, as they can dry out easily.

Mustard: Using a good quality Dijon mustard is essential here. Look for brands like Maille or Edmond Fallot for an authentic flavor. The whole-grain mustard adds a wonderful texture and a less intense mustard flavor, so don't skip it!

Wine: A dry white wine is key. I suggest a Chardonnay or Sauvignon Blanc. If you prefer not to cook with wine, you can substitute it with an equal amount of additional chicken stock, but you will miss out on some of the complexity the wine brings.

Thyme: Fresh thyme adds a beautiful fragrance. If you only have dried, use about a third of the amount.

Dairy-Free Option: You can swap the heavy cream for full-fat coconut milk or a dairy-free cream alternative for a similar creamy texture.

Instructions:

Prep the Chicken: Pat the chicken thighs dry with paper towels. This helps get a great sear. Season both sides generously with salt and fresh black pepper.

Sear the Chicken: In a large skillet or sauté pan, heat the olive oil over medium-high heat. Place the chicken thighs, skin-side down, in the pan. Sear for 5-7 minutes, until the skin is golden brown and crispy. Flip the chicken and sear the other side for 3-4 minutes. Remove the chicken from the pan and set it aside.

Sauté the Aromatics: Reduce the heat to medium. Add the finely chopped shallot and minced garlic to the pan. Sauté for 2-3 minutes until they soften and become fragrant. Add the fresh thyme and stir briefly.

Deglaze the Pan: Pour in the white wine, scraping the bottom of the pan with a wooden spoon to release all the flavorful browned bits. Let it simmer for about 2 minutes to reduce slightly.

Build the Sauce: Stir in the Dijon mustard and whole-grain mustard until they are fully incorporated. Pour in the chicken stock and mix well.

Simmer the Chicken: Return the seared chicken to the pan, nestling the thighs into the sauce. Bring the sauce to a gentle simmer. Cover the pan, reduce the heat to low, and let it cook for 25-30 minutes, or until the chicken is cooked through and tender (an internal temperature of 165°F / 74°C).

Finish with Cream: Remove the chicken from the pan and set it aside. Stir the heavy cream into the sauce. Let the sauce simmer, uncovered, for about 5 minutes to thicken. Return the chicken to the pan to coat it in the beautiful, creamy sauce. Taste and adjust the seasoning with salt and pepper as needed.

Serve: Plate the chicken thighs and spoon the rich, creamy sauce generously over the top. Garnish with fresh chopped parsley.

Tips for Success:

High-Quality Ingredients: This dish relies on the quality of its simple ingredients. Use a good olive oil, a decent dry wine, and authentic Dijon mustard for the best results.

Don't Rush the Searing: Searing the chicken properly is crucial for building a deep, rich flavor. The browning on the skin and the bottom of

the pan is what makes the sauce so delicious.

Low and Slow: The key to tender chicken is to cook it low and slow. The gentle simmer will ensure the meat is juicy and not tough.

Don't Overthicken the Sauce: Be careful not to reduce the sauce too much after adding the cream. A gentle simmer for a few minutes is all it takes to reach a beautiful, velvety consistency.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: Approx. 550 calories

DIRECTIONS

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9. **Tips for Success: High-Quality Ingredients:** This dish relies on the quality of its simple ingredients. Use a good olive oil, a decent dry wine, and authentic Dijon mustard for the best results.
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11. **Low and : Slow:** The key to tender chicken is to cook it low and slow. The gentle simmer will ensure the meat is juicy and not tough.
12. **Don't : Overthicken the Sauce:** Be careful not to reduce the sauce too much after adding the cream. A gentle simmer for a few minutes is all it takes to reach a beautiful, velvety consistency.
13. **Serving Suggestions and Pairings:** This dish is traditionally served with mashed potatoes, rice, or crusty French bread to soak up every last drop of that incredible sauce. For a simple vegetable side, you can't go wrong with steamed green beans (haricots verts) or a light, butter lettuce salad.
14. **This dish pairs beautifully with wine and cheese from the same region.** A crisp Bourgogne blanc (like a Mâcon-Villages or Pouilly-Fuissé) is an ideal pairing, as its creamy texture and acidity perfectly complement the tangy mustard sauce. For a red wine alternative, a light Bourgogne Pinot Noir works well. For cheese, a slice of aged Comté will echo the richness of the dish without overpowering it.
15. **Nutritional Information (Per Serving):** Please note: This is an approximation and can vary based on the specific ingredients used.
16. **Calories:** Approx. 550 calories
17. **Protein:** 35g
18. **Fat:** 40g
19. **Carbohydrates:** 5g
20. **This recipe is a great source of protein and provides a satisfying amount of healthy fats.** It's a comforting meal that will fuel you up without weighing you down.
21. **Storage and Leftover Tips:** Leftover Poulet à la Moutarde is fantastic! Store it in an airtight container in the refrigerator for up to 3 days. To reheat, gently warm it in a skillet over low heat, or in the microwave. You may need to add a splash of chicken stock or cream to loosen the sauce as it can thicken in the fridge.
22. **More Recipes You Will Love:** If you enjoyed this cozy, comforting dish, you'll love some of my other hearty recipes. For a classic comfort food experience, you can't go wrong with my Classic Spaghetti Recipe with Homemade Sauce. If you're looking for another great chicken dish, my These Chicken Enchiladas are My Go-To for Cozy Crowd-Pleasing Dinners are always a hit. And for something a little different, be sure to try my recipe for This Cajun Chicken Sausage Gumbo is My Favorite Bowl of Southern Comfort.

23. Final Thoughts: This Poulet à la Moutarde recipe is more than just a meal; it's an experience. It's a testament to the fact that you can bring a touch of French elegance to your own dinner table with minimal effort. It's perfect for a weeknight dinner or for a casual dinner party with friends.
24. Give this recipe a try, and let me know in the comments how it turns out for you. I'd love to hear your thoughts and any customizations you made! And if you're looking for more delicious recipes, be sure to follow me for my latest creations. Happy cooking!

SWAPS & NOTES

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Look for brands like Maille or Edmond Fallot for an authentic flavor.

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TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/poulet-a-la-moutarde-a-classic-french-mustard-chicken-recipe/>