



'French Chicken' with Dijon Mustard and Scallions

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This chicken is only slightly more involved than grill-roasting or roasting a chicken and the pay-off is 100%. The Dijon mustard crust is rich with white wine and savory scallions and finished with crunchy Panko bread crumbs for a chicken dish that is juicy and succulent with addictive flavor-packed skin.

I love the old-fashioned broiled tomato. It is simple, delicious and brightens every plate. This mustard sauce and the breadcrumbs make the best version of the dish so I added it to the recipe and grill them while the chicken rests. If you don't like tomatoes, skip them.

Serves 2-4

Grilling Method: Direct/Medium Heat

Ingredients:

- 1 chicken, about 4 pounds each, preferably Amish or organic
- Olive oil
- Kosher salt
- Freshly ground pepper
- 2 tablespoons white wine or 1 tablespoon white wine vinegar
- ½ cup strong Dijon mustard
- 4 tablespoons unsalted butter, melted
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- Pinch of cayenne pepper
- 3 scallions, sliced thinly
- ½ cup panko or fresh white bread crumbs
- 2-4 tomatoes, cut in half (optional)

Method:

1. Preheat the grill.
2. Remove whole chicken from packaging and pat dry with paper towels.
3. Using poultry shears or a very sharp knife cut on each side of the backbone and remove it.
4. Turn chicken breast-side up and break the breastbone by striking it sharply with a blunt object.



5. Open two sides of the chicken as if you were opening a book, and lay it flat. Tuck the wing tip under the upper wing and brush all over with olive oil. *These days, you can buy a spatchcocked chicken and that eliminates the need to butcher it yourself.*
6. Brush all over with EVOO and season with salt and pepper.
7. Place chicken in the center of the grill skin-side up.
8. Meanwhile, assemble mustard sauce by whisking mustard and white wine—or white wine vinegar—together. Slowly drizzle oil and butter in the mixture to blend. Add thyme, cayenne pepper and scallions and mix to combine.
9. Reserve 4 generous teaspoons for tomatoes if making.
10. After 30 minutes spread mustard sauce all over the top of the chicken. Grill for ten minutes.
11. Sprinkle the chicken with Panko breadcrumbs and grill for 5-10 more minutes or until juices run clear and the thickest part of the thigh registers 180°F, not touching the bone.
12. Let the chickens rest for 10 minutes before carving them.
13. During the final 10 minutes of cooking time—or while the chicken rests, spread each tomato half with reserved mustard sauce and sprinkle with the Panko breadcrumbs.
14. Grill for 10 minutes or until top is crunchy and tomato is warmed through.
15. Serve with the chicken

NOTE: This recipe can be made indoors in the oven by placing the spatchcocked, a.k.a. butterflied, chicken on a rack set into a sheet pan and oven roasting it in a preheated 350°F oven.