



Thank you for your support of  
Cops Helping Kids

Join us in celebrating with a "PAL-Tini Cocktail"

Fill your Grey Goose glass with ice

Add: 50 ml Grey Goose Strawberry-Lemongrass  
50 ml St Germain Elderflower Liqueur

Top with Premium Soda Water, Stir and garnish  
with Lemon, Lime or strawberry



# Walnut Hill College

Founded in 1974 as The Restaurant School

## **PAL Signature Chicken with Mustard and Cognac Cream**

Impress your family and friends with the *Police Athletic League's* special signature dish; *Chicken with Mustard and Brandy Cream*.

This dish will become your favorite. It is quick to prepare; your meal will be ready in 20 minutes. And, the preparation includes a dramatic flambé with brandy and a delicious mustard cream sauce.

### **Ingredients:**

- Two servings
- Two tablespoons of butter
- Dash of oil
- Two boneless, skinless and trimmed chicken breasts
- Salt and Pepper
- Four teaspoons of flour
- Two tablespoons of brandy
- Two tablespoons of Dijon-style brown mustard
- One cup of heavy cream

### **Directions:**

*Chef's tip: Prepare your "Mise en Place" which means "To put everything in its place". Have all of the ingredients ready, along with an 8-inch sauté pan, serving plates and any vegetables you plan to serve with the chicken.*

- Heat an 8-inch sauté pan and add the butter and a dash of oil

*Chef's tip: Adding a dash of oil will keep the butter from browning too much*

- Season chicken breasts with salt and pepper
- Dredge the chicken breast in flour; tapping off any excess
- When the butter and oil is hot place the chicken breast in the sauté pan

- Cook over medium-high heat
- When the chicken is lightly browned on one side, turn it to the other side
- Allow the chicken to cook on the other side
- The chicken should be lightly brown on both sides
- Place the chicken on a plate and keep warm
- Add the mustard
- Carefully flambé the mustard in the sauté pan with the brandy

*Chef's tip: Gently warm the brandy in a very small vessel. By gently warming alcohol it will promote a more dramatic flambé*

- As soon as the flames end add the cream and simmer until thick. It should coat the back of a spoon.
- Taste the sauce and season with salt and pepper
- Pour over chicken, garnish as desired and serve