
Old Bay Chicken with Tartar Sauce

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Preparation Time: 20 minutes

Start to Finish Time: 20 minutes

1 1/4 pounds (4 to 6) chicken cutlets

FOR THE RUB

2 tablespoons olive oil

1 tablespoon grainy mustard

grated zest of two lemons

2 tablespoons Old Bay seasoning

2 teaspoons sweet paprika

1/4 teaspoon cayenne pepper

FOR THE TOPPING

1/2 cup mayonnaise

1 tablespoon lemon juice

2 tablespoons chopped parsley

2 tablespoons finely chopped cornichons

2 tablespoons grainy mustard

2 tablespoons chopped dill pickle

2 tablespoons chopped capers

Place the cutlets between two sheets of plastic wrap. Pound with a heavy skillet or the flat side of a meat mallet until an even 1/2-inch thickness. (Rub)

Make the marinade: In a bowl, whisk the olive oil, mustard, lemon zest, Old Bay, paprika and cayenne pepper. Rub on the chicken and set aside while you make the topping.

Make the topping: In a bowl, combine the mayonnaise, lemon juice, parsley, cornichons, grainy mustard, dill and capers. Refrigerate until ready to serve.

Preheat a grill to medium-high and oil the grates. Season the chicken with salt and pepper. Grill until browned and well marked, 2 to 3 minutes. Flip and grill until the chicken is cooked through, about 2 more minutes.

Place the chicken on serving plates. Spoon the topping over the chicken. Serve with any additional topping on the side.

Yield: 4 to 6 servings

Chicken

Per Serving (excluding unknown items): 1083 Calories; 124g Fat (96.2% calories from fat); 5g Protein; 6g Carbohydrate; 1g Dietary Fiber; 39mg Cholesterol; 1627mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 14 Fat; 0 Other Carbohydrates.