



Raspberry Wasabi Chicken Skewers

Serves up to 12 as a light bite

When Deb, *Leaf of Eve's* proprietor, first told me about this recipe I crinkled my nose; I just couldn't imagine how this flavor combination works. But it does, and is a terrific crowd pleaser. Nothing is easier than coating some chicken with a highly seasoned, flavorful mustard (we use Robert Rothschild Farms *Raspberry Wasabi Dipping Gourmet Mustard*) then throwing them on the grill, or in a pan, or in the oven! Make ahead and serve chilled, if it's easier. These are just delicious. To dress these up even more, simply dredge the coated chicken through some breadcrumbs (mix in a bit of grated parmesan cheese and parsley for another layer of flavor) and finish cooking the same way.

Ingredients:

2 pounds chicken tenderloin strips
1 cup Raspberry Wasabi Dipping Mustard, more as needed to coat
2 cups Panko bread crumbs (optional)
1 tablespoon fresh grated parmesan cheese (optional)
Fresh chopped parsley (optional)
Bamboo skewers (optional)

Prepare the chicken:

Rinse and pat dry the chicken strips. Place the Raspberry Wasabi Dipping mustard into a shallow bowl. If using the bread crumbs, place into another shallow bowl and toss in the parmesan cheese and parsley, tossing well to combine.

Dredge the chicken in the dipping mustard, lightly coating each piece. If using the bread crumbs, dip each piece of chicken into the breadcrumbs pressing gently to adhere. Place each prepared piece of chicken on a non-stick cookie sheet or tray in a single layer. Cover and hold in refrigerator until ready to cook.

Cook the Chicken:

Oven Baking:

Preheat Oven to 350° F. While the oven is preheating remove the chicken from the refrigerator and allow to come to room temperature. Place in the preheated oven and bake for about 6 to 8 minutes per side, until chicken is just cooked through. (You can turn on the convection oven function during the last half of the cooking to get a nice crisped edge to the chicken). Remove from oven and cool. When cool enough to handle, skewer. Serve immediately. You can also prepare ahead, refrigerate covered, bring to room temperature and serve cool.

Pan-Searing:

Heat 2 tablespoons of oil and 1 tablespoon of butter in a large, non-stick skillet over medium-high heat. When the butter has melted, reduce heat to medium and add the chicken strips to the skillet, keeping about 2-inches between each strip (in a crowded pan, meat will steam rather than sear). Cook, in batches if necessary, about 3 to 4 minutes per side until seared, and cooked through. Remove to a platter and when cool enough to handle, skewer. Serve immediately. You can also prepare ahead, refrigerate covered, bring to room temperature and serve cool.