



Coq Au Vin

INGREDIENTS

- 700g Chicken Thigh (bone in) (170g piece x4)
- 100g Button Mushrooms
- 120g Pancetta (baton)
- 140g Spanish Onion (macedonie)
- 170g Carrot (rondelle)
- 3 large Garlic Cloves, (peeled and gently smashed)
- ½ Tbsp Tomato Paste
- 400ml Red Wine (i.e Burgundy)
- 200ml Chicken Stock
- 1 Bay Leaf
- 2 Sprigs Thyme
- 2 Sprigs Parsley (garnish, finely chopped)
- Salt & Pepper to taste



Serves: 4



Prep Time: 10 min



Cooking Time: 35 min

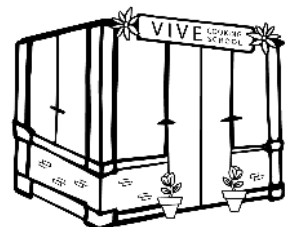
METHOD

1. Preheat a deep skillet/Dutch oven to medium-high heat, pat the chicken dry with paper towels and season with salt and pepper. Add the chicken skin-side down in a single layer (cook in batches, if necessary). Cook until the fat is rendered and the skin is crisp and golden-brown. Turn the chicken over and kiss on the pan for 1-2 minutes, before removing and setting aside.
2. Brown the mushrooms and pancetta on a medium heat. Add the onions and cook until onions begin to soften. Remove the pancetta, mushrooms and onions and set aside. Lightly saute the carrots then add the garlic and sweat out until fragrant. Add tomato paste with the bundle of herbs (thyme, parsley stalks & bayleaf) and cook for 1 minute. Then pour in the red wine and reduce slightly. Add the chicken stock and season with salt and pepper. Bring to the boil and return pancetta, mushrooms, onions and chicken (skin side facing up) back to the skillet and Lower the heat so that the liquid just barely simmers. Cover with lid and cook until chicken is cooked through (roughly 25 minutes).
3. Transfer the chicken pieces to a serving platter. Turn the heat up to high and reduce the sauce until you have a glossy, slightly thickened serving sauce.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool





4. Once the sauce is ready, Place the chicken pieces back into the sauce to reheat (if needed). Remove the bundle of herbs and serve each chicken thigh topped with a ladle of sauce and garnished with chopped parsley leaves.

Special Notes: Leftovers can be stored in an airtight container in the refrigerator for up to 3 days or can be frozen for up to 2-3 months. Mash potato or French crusty bread can also be served with this dish.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool

