

COQ AU VIN

EQUIPMENT

LARGE MIXING BOWL, CHEF'S KNIFE, LARGE CASSEROLE DISH,
WOODEN SPOON, LARGE FLAT TRAY, SMALL SAUCEPAN, STRAINER

INGREDIENTS

1 WHOLE CHICKEN, 1 BOTTLE OF RED WINE, 3 DICED SHALLOTS, 1 DICED CARROT,
2 DICED CELERY STICKS AND CELERY LEAVES, 4 BAY LEAVES, 6 SPRIGS OF THYME, 2GM PEPPERCORNS,
3 DICED MIDDLE BACON RASHERS, 4 WHOLE SHALLOTS, 12 BUTTON MUSHROOMS, PARSLEY, SALT,
PLAIN FLOUR, GROUND WHITE PEPPER, OLIVE OIL

METHOD

IN A LARGE MIXING BOWL PLACE DICED VEGETABLES, BAY LEAF, PEPPERCORNS, THYME AND WINE

REMOVE THE BACKBONE AND RIBS FROM THE CHICKEN, CUT THE CHICKEN INTO 8 PORTIONS AND PLACE IN THE WINE MIX

COVER AND MARINATE FOR 24 HOURS

THE FOLLOWING DAY STRAIN THE WINE INTO A POT AND PLACE OVER MEDIUM HEAT AND BRING TO THE BOIL

PUT A LARGE CASSEROLE DISH ON THE STOVE OVER MEDIUM HEAT

REMOVE THE CHICKEN FROM THE VEGETABLES AND PAT DRY WITH PAPER TOWEL

PLACE SOME FLOUR ON A TRAY AND SEASON WITH SALT AND PEPPER AND LIGHTLY COAT EACH CHICKEN PIECE WITH THE FLOUR

POUR A LITTLE OLIVE OIL IN THE CASSEROLE DISH AND SEAL THE CHICKEN UNTIL BROWN ON BOTH SIDES AND SET ASIDE

ADD DICED BACON AND SAUTÉ FOR 2 MINS THEN ADD WHOLE SHALLOTS AND THE RESERVED VEGETABLES AND COOK FOR A FURTHER 3-4 MINS

ADD THE WINE AND THE CHICKEN AND PLACE IN A PRE-HEATED OVEN COMBI MODE 145 DEGREES FOR 30 MINS

AFTER 30 MINS REMOVE FROM THE OVEN AND STIR IN BUTTON MUSHROOMS, RETURN TO THE OVEN FOR A FURTHER 15 MINS

REMOVE FROM THE OVEN SPRINKLE OVER CHOPPED PARSLEY AND SERVE IMMEDIATELY

HINTS & TIPS

- SHOULD YOU NOT WISH TO BREAK DOWN YOUR OWN CHICKEN ASK YOUR BUTCHER TO DO IT FOR YOU OR JUST USE CHICKEN MARYLANDS
- LEAVING THE BONES IN THE CHICKEN GIVE THE DISH MORE FLAVOUR
- TRADITIONALLY THIS IS SERVED WITH FRESH PASTA TOSSED WITH PARSLEY AND OLIVE OIL, IT'S ALSO GREAT WITH MASH POTATOES