
Coq Au Vin

Description

Pronounced "coke ah vee", this traditional French chicken stew is easy to prepare, but still good enough for company. To lighten things up, this version is prepared with white wine rather than the traditional red.

Total time: 1 hr 15 min Yield: 4 Servings

Ingredients

- 4 chicken thighs (bone in, skin on)
- 4 chicken drumsticks (bone in, skin on)
- 1 tsp garlic salt
- fresh ground black pepper
- 3 Tbsp extra virgin olive oil
- 2 clove garlic (finely chopped)
- 1 small bulb fennel (bulb part only, trimmed and sliced into $\frac{3}{4}$ " pieces; can substitute with one stalk of celery)
- 1 small onion (diced)
- 4 carrots (peeled and cut into $1\frac{1}{2}$ " pices)
- 8 new potatoes (halved)
- 1 tsp thyme
- 1 bay leaf
- 2 cup white wine (Riesling does really well)
- 3 cup chicken broth
- zest of one lemon
- parsley (chopped; for garnish)

Prep Time: 1 hr 15 min Total Time: 1 hr 15 min

Instructions

Preheat oven to 450° F. Season chicken with garlic salt and pepper, then heat a pan with the oil and brown the chicken pieces. Remove and place chicken in a baking dish with edges. Without cleaning the pan, sauté the garlic for 30 seconds, then add the fennel and onion. Continue cooking for 3 minutes or until they're starting to soften. Add to baking dish, along with the rest of the ingredients (except parsley). Bake in oven for 35 to 40 minutes. To finish, remove chicken and veggies from pan and bring the sauce to a boil on the stove and reduce to about 2 cups, then pour over the chicken and sprinkle with parsley

Recipe brought to you by:

Chef Michi Holland

Source:

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