

Coq Au Vin

Serves 10

This recipe was suggested by Steve Wilson. It makes a nice red wine sauce. The original recipe is from the Food Network. I use cornstarch to thicken the sauce to make this gluten free and I add some dark soy sauce to make it darker.



Ingredients:

- 10 slices of bacon
- 2 lb. boneless chicken breasts
- 1 1/2 lb. boneless chicken thighs
- 1/2 tsp. salt
- 1/4 tsp. freshly ground pepper
- 1 medium onion
- 20 pearl onions
- 2 large shallots
- 1 head of garlic (12 cloves)
- 1 lb. sliced button mushrooms
- 4 Tbsp. cornstarch (divided)
- 2 tsp. tomato paste
- 1 bottle (750 ml) of red wine e.g. pinot noir
- 1 1/2 tsp. chicken bullion
- 6 sprigs fresh thyme or 1 tsp. dried thyme
- 1 bay leaf
- 1 Tbsp. dark soy sauce

Equipment

- Butcher's twine
- Dutch oven
- Serving platter

Coq au Vin:

☑	Directions	Time (min)
	In the Dutch oven, fry bacon until crisp. Remove to paper towel.	
	Mince one onion	2
	Peel and mince two shallots	3
	Using twine, tie 6 sprigs of fresh thyme into a bundle	1
	Season chicken pieces with salt and pepper	2
	Brown chicken in bacon fat a few pieces at a time at high heat. Transfer to a large plate or bowl	15
	Peel and mince 12 cloves of garlic	5
	Remove fat from Dutch oven, reserving 4 Tbsp.	1
	Preheat oven to 350 degrees	
	Add shallots, onions, 20 pearl onions, and garlic. Cook until soft.	4
	Add mushrooms and cook	5
	Combine 2 Tbsp. cornstarch with 2 Tbsp. water	1
	Add the mixture of cornstarch and 2 tsp. tomato paste, and stir	1
	Combine 1 1/2 tsp. chicken bullion with 1 1/2 cups warm water.	1
	Slowly add a bottle of red wine and 1 1/2 cups chicken stock. Stir constantly	3
	Add bundle of thyme, 1 bay leaf	1
	Crumble bacon into pot. Bring liquid to a boil	1
	Put lid on Dutch oven. Place in the oven to bake.	30
	Test chicken temperature to confirm it is above 160 degrees	1
	Remove chicken to a large bowl. Cover with foil.	2
	Return pot to medium-low heat. Skim fat from liquid	1
	Simmer to thicken sauce. Add 1 Tbsp. dark soy and remaining cornstarch liquid if needed.	15
	Return chicken to heat through. Transfer to serving platter and serve	5
	Total: 1 hr. 35 min	