

Chicken in Red Wine Sauce (Coq au vin)

Ingredients	Notes
• One 3.5 lb chicken cut into 8 pieces	• Can use value packs of thighs
• 1 large Spanish onion peel & cut into 8 wedges	•
• 1 large carrot, peeled and cut on the 1" bias	•
• 12 cloves of garlic peeled & halved lengthwise	•
• 750 ml of full-bodied red wine	• Any Italian jug wine will do
• 4 plum tomatoes, cut crosswise into 1 inch rounds	•
• Course salt	•
• Freshly ground black pepper	•
• sugar	• Splenda will work
• All-purpose flour, for dredging	•
• 1 cup olive or veg oil	•
• 3 Tbls tomato paste	• I like the toothpaste tube style which keeps better
• 1 cup low sodium chick broth or stock	•
• ¼ cup distilled white vinegar	•
• 1 package dried porcini mushrooms rinsed	•
• 1 Tbls chopped fresh thyme	•
• 2 bay leaves	•

Preparation

1. Wash chicken pieces in cold water, pat dry with paper towels. Put chicken in deep container large enough to hold in single layer. Scatter onion, carrot and garlic over chicken pieces. Cover with the red wine. Cover container and chill in fridge for four hours or overnight
2. About 30 minutes before starting to cook toss tomatoes in bowl and season with salt, pepper and a pinch of sugar. Set aside at room temperature
3. Remove chicken from fridge. Use tongs or slotted spoon to transfer chicken pieces to a plate and set aside. Pour the liquid and veggies into a fine mesh strainer set over bowl and reserve them separately. Let all ingredients come to room temp (about 20 min)
4. Preheat oven to 325 degrees. Pat chicken dry with paper towels. Season with salt and pepper, then dredge in flour, shaking off excess. Set aside.
5. In an oven proof pot large enough to hold chick in single layer heat oil, add chicken and brown on both sides (about 10 minutes). Transfer chick to a plate and set aside
6. Discard all but 2 Tbls of fat add reserved veggies (including tomatoes) and cook over mod heat until lightly browned (about 10 min)

7. Stir in tomato paste, then add the reserved red wine marinade, the chicken broth, white vinegar, dried porcini, thyme, bay leaves, 1 ½ Tbls salt and 1 teasp of black pepper. Stir and bring to a boil over high heat.
8. Return the chick to the pot, cover and braise in the oven until a sharp knife inserted to the bone reveals no red within (about 40 minutes). Remove chicken pieces and arrange on serving dish. Cover with foil to keep warm
9. Strain the sauce and discard the veggies. Return the sauce to pot and reduce over high heat 5 minutes, skimming off any fat that rises to the surface. If not serving immediately, let cool, cover and refrigerate the chicken and sauce separately for a few days (do not freeze). Reheat separately before proceeding.
10. to serve, spoon some sauce over the chicken pieces.

Serves 4 with one chicken or up to 8 depending on number of chicken thighs (two per person)

Recipe from One – Pot Meals by Tom Valenti