

# Recipe

## Coq au Vin

- 1 ea Whole rooster (coq)/ Use a hen if smaller amount is needed
- 1ea Carrot, peeled and diced
- 1ea Celery stalk, diced
- 1ea Yellow onion, skin removed and diced
- 3 cups Red wine
- 3 cup Chicken stock
- 1 tsp Black peppercorns
- 3 ea Stems of parsley
- 3 ea Cloves of garlic
- 3 ea Strips of bacon cut into slivers
- 1ea Bay leaves
- Seasoned flour (for chicken)
- 3 cups Flour
- 1 tsp Ground black pepper
- 1 tsp Kosher salt

When buying the rooster ask the butcher to break it down into breast, legs and thighs (you should get two of each). Having him do it will save you time and less of a mess. First step is to mix the seasoned flour in a large enough bowl that you can add all the chicken with the flour and not make a mess. Once flour is mixed with black pepper, salt and cayenne, add the rooster. Toss the meat in the flour until all is evenly coated.

Place a large shallow pan on the stovetop and turn heat on to medium. Once pan is warm add sliced bacon. Cook the bacon slow so that the fat is rendered. When the bacon is cooked remove the bacon but leave the oil. If the bottom of the pan is not coated with oil add 2 T of olive oil (or just enough to coat the pan). Now being very care full gently add the rooster to the hot oil. Cook until golden brown then turn the meat over and let other side cook until golden brown. Once both sides are golden brown remove from grease and place on a paper towel (that is on a plate or pan). This will remove any extra oil left on rooster.

In a braising pot or deep roasting pan add the chicken, red wine, bacon, all vegetables, and herbs and seasonings. Cover and place in refrigerator over night. You can cook right away but flavor is enhanced if marinated over night. When ready to cook, pre-heat oven to 350 degrees F. Add the chicken stock to the rest of ingredients, cover with a lid or aluminum foil, and bake for 3 hours. When removing aluminum foil or lid be care full of the steam that will be released. To check if meat is done use a thermometer. The temperature should be over 150. To serve, remove chicken, place on a platter and ladle some of the pan juices over.





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