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INGREDIENTS

CHICKEN

5 chicken legs

6 chicken thighs

1 cups of AP flour for dredging

3 TBSP of Avocado oil

SAUCE

2 TBSP of Avocado oil

1 chopped sweet onion

3 cups of quartered button mushrooms

2 TSP of garlic puree or 3 chopped garlic cloves

2 cup of red wine (Cabernet Sauvignon)

1 TSP of thyme

1 ½ cups of chicken stock

2 bay leaves

2 TBSP of roux (to thicken sauce)



COQ AU VIN

By Caterina Romano's kitchen

DIRECTIONS

1. Remove the skin for chicken legs and thighs. Pat dry and season with salt and pepper.
2. Dredge the chicken pieces in the flour and shake off the excess.
3. In a cast iron pan, heat the oil over medium-high heat. Brown the chicken pieces until golden brown on all sides. Remove the chicken pieces and set aside.
4. In a Dutch oven heat the oil, add the onion, sprinkle with salt and sauté for a few minutes.
5. Add the mushrooms, sprinkle with salt and sauté until the water has evaporated from the mushrooms.
6. Add the garlic and when fragrant add the thyme and wine. Allow the wine to reduce to half.
7. Add the chicken pieces, cover with chicken stock and bay leaves. Bring to a simmer, cover and cook slowly for 45 minutes.
8. If the sauce is too thin add the roux and mix well. If you do not have the roux, melt 1 TBSP of corn starch in ¾ cup of water and add a little at a time until the desired sauce thickness.
9. Remove the bay leaves. Serve on a bed of mashed potatoes.

ENJOY THE COQ AU VIN