

Coq Au Vin

6-8 Servings



Kansas City

INGREDIENTS

Stew

- 6 lb. chicken thighs, bone in
- 1 cup bacon, thick cut diced or cubed
- 2 cups carrots, peeled & diced medium
- 2 cups celery, diced medium
- 1 cup yellow onion, peeled & diced small
- 1 cup pearl onions, peeled, whole
- 2 cups mushrooms, cremini, cut in half
- 4 cups potatoes, baby fingerling, raw, cut in medium chunks
- 2 tbsp. fresh thyme, chopped
- 1 tbsp. fresh rosemary, chopped
- 3-4 cups dry red wine, French pinot noir
- ½ cup brandy
- ¼ cup tomato paste
- ¼ cup garlic cloves, peeled, minced
- Salt and Black Pepper, to taste
- 3-5 quarts chicken stock – enough to more than cover.
- 3 each bay leaf
- Butter, as needed for finishing
- Oil, as needed for cooking
- ½ cup fresh parsley, chopped

Roux

- 1 cup butter
- 1 cup flour

Optional

- 1 tbsp. flour

Garnishes

- 1 Baguette, fresh baked
- ¼ cup fresh chopped parsley
- Optional - fresh cracked pepper & fresh gray sea salt

METHOD OF PREPARATION

Stew:

1. In large pot, on high heat, add 1-2 tablespoons of oil and add chicken seasoned with salt & pepper to pan. Begin searing until edges of meat are golden dark brown. 2-4 minutes.
2. Remove the chicken from pan and place to rest on plate.
3. Add bacon, both onions, carrots, and celery to pan with oil; sauté. Allow to cook for 2-3 minutes.
4. Add mushrooms & garlic to pan and cook for 1 minute.
5. Deglaze with red wine & ¼ cup of brandy. Stir the food particles from bottom of pan. Allow to simmer for 2 minutes.
6. Add potatoes & chicken back to pot; add stock (as needed), fresh herbs, bay leaf and tomato paste. Mix and season to taste. Place lid on pot and simmer with small bubbles. Do not rapid boil. Turn heat to low / medium low. Needs to simmer for 1-2 hours minimum.

Roux:

1. In sauté pan on medium high heat, add butter; melt and simmer. Once melted, slowly stir in enough flour with wooden spoon until resembles consistency of wet sand.
2. Cook on low until it smells like lightly toasted nuts. 5-10 minutes.
3. Remove from pan and place in dish and reserve cold until ready.

Complete Stew:

1. Remove lid and taste. If too thick add more chicken broth and or water.
2. Add ¼ cup of brandy and allow to simmer.
3. While stew is simmering, whisk in roux only 2Tbsp. at a time. Once thick stop adding the roux. It may not need all the roux that is made.
4. Once done, remove from heat and whisk in cold butter, fresh parsley, and season to taste with salt & pepper and maybe more brandy if needed.

Plating:

1. In entrée shallow bowl, ladle 1-3 cups of chicken stew, garnish with fresh chopped parsley and baguette.
2. Add optional garnish of fresh cracked pepper & sea salt.
3. Suggested to serve with glass of Pinot Noir wine from Burgundy France.
4. Enjoy!

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CHEF NOTES

- Can use chicken breast or boneless skinless thighs in place of bone in chicken thighs.
- For gluten free, omit roux and baguette.

Bon Appétit!

— Chef Kyle Williams

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