



## Coq Au Vin (Rooster in Wine)



This is a classic French fricassee. While that sounds fancy, it is simply a delicious white stew.

### Ingredients

- ♦ 1.5 kg chicken cut into 8 pieces
- ♦ 2 carrots sliced
- ♦ 2 celery stalks sliced
- ♦ 18 shallots peeled and left whole
- ♦ 1 bouquet garni (1 bay leaf, 4 sprigs thyme, 4 sprigs parsley tied with string)
- ♦ 1 tablespoon coarsely ground black pepper
- ♦ 750 ml red wine
- ♦ 2 tablespoons plain flour
- ♦ 4 tablespoons olive oil
- ♦ 200 g streaky bacon rashers cut into pieces
- ♦ 350 g small mushrooms

Serves 6

### To Cook

Preheat the oven to 180°C/350°F/Gas Mark4

Place the chicken, carrots, celery, onions, bouquet garni and pepper into a large bowl. Pour over the wine. Leave it to stand overnight or at least for a few hours in the fridge.

Drain the chicken and vegetables, reserving the wine. Pat dry the chicken pieces. Heat half the oil in a heavy based frying pan. Add the chicken and brown well all over. Remove the chicken to a casserole dish. Add the carrots, celery and onions to the pan and cook for 5 minutes or so until lightly coloured. At this point stir in the flour and gradually add the reserved wine and bring to the boil, stirring constantly. Pour this mixture directly over the chicken. Cover and cook in the oven for 1 hour or so until the chicken is tender.

Meanwhile, heat the remaining oil in a pan and fry the bacon pieces for a minute or so, before adding the mushrooms for a further 5 minutes.

When the chicken is cooked remove the casserole from the oven. Add the bacon and mushrooms and sprinkle with freshly chopped herbs if desired.