

Coq Au Vin
Chef Gary Donlick, Bistro Niko
Serves 4

8 each Chicken Legs, trimmed of excess fat
4 cups Red Wine (dry)
¼ cup Thyme
2 each Bay leaves
2 large Carrots, ½ inch dice
2 stalks Celery, ½ inch dice
1 large Onion, ½ inch dice
1 head Garlic, ½'d horizontally
3 tbsp Flour
6 cups Veal or Beef Stock
1 pound Button Mushrooms
1 cup Pearl Onions, peeled
2 tbsp Tomato Paste
3 tbsp Chives, minced
As needed Vegetable oil

In large pan, mix chicken legs, diced onions, carrots & celery, garlic, thyme, bay leaves. Cover with red wine and marinate overnight.

Next day, remove chicken from marinate (reserve red wine & vegetables). Preheat Dutch oven or casserole pan large enough to hold chicken.

Season chicken with salt and fresh ground pepper and sauté in vegetable oil until well colored about 8 to 10 minutes. Remove meat and discard cooking oil. Add fresh oil and sauté reserved vegetables from marinate. Cook until lightly colored about 8 minutes. Add tomato paste, cook 2 minutes. Add flour, cook 2 minutes. Add reserved red wine from marinate, bring to a simmer and stir with wooden spoon to release fond from bottom of pan. Cook until wine is reduced half. Add veal or beef stock and bring to simmer. Return chicken legs back to pan and simmering again. Cover with lid or aluminum foil. Place pan in 350 degree oven and cook until tender, about 1 ½ hours.

While chicken is cooking, Blanch pearl onions in simmering (salted) water for about 5 minutes until tender.

In large sauté pan over medium high heat, cook button mushrooms in vegetable oil until lightly browned. Add pearl onions to pan and cook until lightly browned. Reserve.

Remove chicken from cooking liquid, strain liquid into another pan, reserve vegetables (remove bay leaves and garlic).

Bring cooking liquid to a simmer, skim sauce to remove excess fat. Simmer until the liquid is reduced by half. Add browned mushrooms, pearl onions and reserved vegetables. Allow to simmer slowly for 10 minutes and return chicken to pot. Bring back to simmer and the coq au vin is ready to serve. Garnish with minced chive.

Talking Points:

- What does Coq au vin mean?
 - Chicken cooked in wine
- How long is coq au vin marinated?
 - Marinate for 24 to 48 hours to develop deep flavor and color in the chicken.
 - The marinate is used to cook the chicken and becomes the sauce
 - Secret is to allow the chicken to air dry in refrigerator for several hours before searing

- The beauty of this dish is the sauce. Like many classic French dishes, the sauce is the best part of dish
- What type of wine is used?
 - Can be any wine. White works but full bodied dry red wine like Shiraz, Cabernet or Merlot is best
- How long to cook?
 - 1 ½ hours.