

Coq au vin



Ingredients

1.6kg chicken pieces, skin removed
1/4 cup plain flour
Olive oil spray, to pan-fry
12 French shallots, peeled
1 large carrot, peeled, finely chopped
2 celery sticks, finely chopped
50g bacon, finely chopped
3 garlic cloves, thinly sliced
500ml (2 cups) red wine
125ml (1/2 cup) liquid chicken stock

Method

Step 1

Dust chicken in flour. Shake off excess. Spray a flameproof casserole dish with oil. Heat over high heat. Cook half the chicken for 2 minutes each side or until golden. Transfer to a plate. Repeat with remaining chicken.

Step 2

Reduce heat to medium. Cook shallots, carrot, celery and bacon for 5-6 minutes or until soft. Stir in garlic for 1 minute. Add chicken, wine and stock. Bring to boil. Cover. Reduce heat to low. Cook for 1 hour or until chicken is tender.

Step 3

Remove chicken. Keep warm. Simmer liquid on high heat for 10 minutes or until reduced by half. Add chicken. Heat for 2 minutes.