

Coq au Vin

Serves 4

What you'll need:

| Main ingredients | Fresh/ frozen | Store cupboard |
|--|--|--|
| <ul style="list-style-type: none">• 6-8 chicken pieces, skin on, bone in• Bacon lardons or pancetta, about 200g• Round shallots, around 8-12 | <ul style="list-style-type: none">• Mushrooms, about 200g• Garlic, 3-4 cloves | <ul style="list-style-type: none">• Tomato purée, 2 tbsp• Olive oil, 1 tbsp• Bottle of red wine• Stock, about 500ml• Fresh or dried thyme• A bay leaf• Salt & pepper |

Method:

1. On a high heat start by reducing a whole bottle of red wine in a saucepan, this takes about 10 mins, but I haven't timed it exactly so best to go by eye. Once done, just turn off the heat and leave it until you need it later
2. In a large frying pan or ovenproof casserole pan sear the seasoned chicken in a little olive oil. 3-4 mins on each side. Remove from pan and set aside
3. In the same pan, crisp up the lardons, then add the shallots and brown these too (I sliced mine in half to reduce the cooking time), add the chopped garlic, cook for a minute or so before adding the tomato purée, thyme and bay leaf. Cook for a few more minutes moving everything around in the pan so it doesn't catch on the bottom. Sprinkle in a tbsp of flour (optional, it thickens the sauce a little)
4. Pour in the stock, red wine reduction and the chicken. Bring to the boil and simmer until chicken's cooked through - About 25 mins. As preferred, I finish mine off in the oven, 160 fan)
5. Serve with your choice of greens. Some steamed and buttered 'earthy' kale or cavolo nero would be delicious with this

Notes & tips

hob/ oven you can cook this dish entirely on the hob, but I finished it off in the oven

chicken the skin won't remain crispy once it's been cooked in the red wine sauce, and you might want to remove it prior to serving/ eating

red wine some would say 'If you can't drink it you shouldn't cook with it', I agree but I'd rather save a good bottle for a special occasion. I like to have a couple of non expensive bottles in the cupboard that I keep for cooking (white and red)... I used a Malbec this time, I think it was from Aldi - you don't need to use expensive fancy french stuff - unless you want to of course, cheers to that!

