



Chicken with Dark Beer (Coq à la Bière)

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 chicken thighs bone-in
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon canola oil
- ☐ 0.8 cup carrots peeled chopped
- ☐ 0.8 cup celery chopped
- ☐ 2 chicken breast halves bone-in
- ☐ 2 skin-on chicken drumsticks

- ☐ 1 cup beer dark
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 sprigs parsley fresh
- ☐ 3 sprigs thyme sprigs fresh
- ☐ 3 tablespoons hendrick's gin dry
- ☐ 3 juniper berries crushed
- ☐ 8 ounce mushrooms halved
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots chopped (3 medium)
- ☐ 0.3 cup greek yogurt greek-style
- ☐ 2 teaspoons citrus champagne vinegar

Equipment

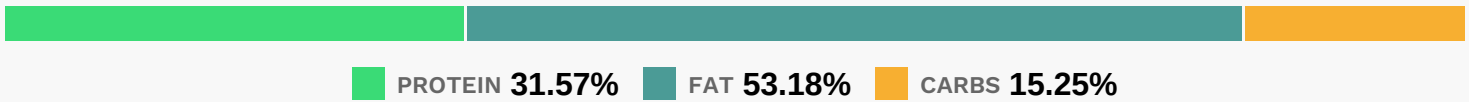
- ☐ frying pan
- ☐ kitchen thermometer
- ☐ cheesecloth

Directions

- ☐ Combine first 3 ingredients; sprinkle evenly over both sides of chicken.
- ☐ Heat butter and oil in a large deep skillet over medium-high heat.
- ☐ Add chicken to pan; saut 5 minutes on each side or until browned.
- ☐ Remove pan from heat.
- ☐ Pour gin into one side of pan; return pan to heat. Ignite gin with a long match; let flames die down.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add celery, carrot, shallots, and juniper berries to pan; saut 5 minutes or until vegetables are tender, stirring occasionally.
- ☐ Add mushrooms.

- ☐ Place thyme, parsley, and bay leaf on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Add cheesecloth bag to pan. Return chicken to pan, nestling into vegetable mixture. Stir in beer; bring to a simmer. Cover, reduce heat, and simmer 45 minutes or until a thermometer inserted in the meaty parts of chicken registers 16
- ☐ (Breasts may cook more quickly. Check them after 35 minutes, and remove them when they're done; keep warm.)
- ☐ Discard cheesecloth bag.
- ☐ Remove chicken from pan; keep warm.
- ☐ Place pan over medium heat; stir in yogurt. Cook 1 minute or until thoroughly heated (do not boil, as the yogurt may curdle).
- ☐ Remove from heat; stir in vinegar. Taste and adjust seasoning, if desired.
- ☐ Place 1 chicken breast half or 1 drumstick and 1 thigh on each of 4 plates; top each serving with about 3/4 cup sauce and vegetable mixture.
- ☐ Sprinkle with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:115.58, Glycemic Load:6.49, Inflammation Score:-10, Nutrition Score:26.828695924386%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

Nutrients (% of daily need)

Calories: 492.15kcal (24.61%), Fat: 26.62g (40.95%), Saturated Fat: 8.42g (52.61%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 14.33g (5.21%), Sugar: 5.29g (5.87%), Cholesterol: 157.47mg (52.49%), Sodium: 542.69mg (23.6%), Alcohol: 6.06g (100%), Alcohol %: 1.92% (100%), Protein: 35.54g (71.09%), Vitamin A: 4547.08IU (90.94%), Vitamin B3: 14.19mg (70.93%), Selenium: 48.24µg (68.91%), Vitamin B6: 1.05mg (52.39%), Vitamin K: 43.44µg

(41.37%), Phosphorus: 410.8mg (41.08%), Vitamin B2: 0.56mg (32.92%), Vitamin B5: 3.09mg (30.87%), Potassium: 905.26mg (25.86%), Zinc: 2.61mg (17.41%), Vitamin B1: 0.26mg (17.11%), Copper: 0.32mg (16.17%), Vitamin B12: 0.92µg (15.29%), Magnesium: 60.98mg (15.25%), Manganese: 0.28mg (13.76%), Folate: 54.62µg (13.65%), Iron: 2.24mg (12.46%), Vitamin C: 9.79mg (11.87%), Fiber: 2.84g (11.36%), Vitamin E: 1.35mg (9.01%), Calcium: 65.83mg (6.58%), Vitamin D: 0.28µg (1.87%)