



Coq au Vin

READY IN



45 min.

SERVINGS



4

CALORIES



1170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bacon cut into 1-inch pieces
- 4 bay leaves
- 0.8 teaspoon pepper black divided
- 0.5 cup calvados (apple brandy)
- 750 milliliter wine dry red hearty (Pinot Noir or Burgundy)
- 4 cups fat-skimmed beef broth fat-free divided
- 3 tablespoons flour all-purpose
- 2 garlic halved
- 2 large leek

- 24 ounce mushrooms stemmed
- 24 ounce mushrooms stemmed
- 12 parsley
- 4 pound roasting chickens
- 0.8 teaspoon sea salt divided
- 12 thyme leaves
- 3 tablespoons butter unsalted divided

Equipment

- bowl
- frying pan
- whisk
- dutch oven

Directions

- To make the bouquet garni, remove and reserve 8 leek leaves; remove white portion of leek leaves (reserve remaining leaves for another use). Flatten leek leaves.
- Place 3 thyme sprigs, 3 parsley sprigs, and 1 bay leaf lengthwise in each of 4 leek leaves. Top each filled leaf with one of the remaining leek leaves. Tie with string at 2-inch intervals.
- Rinse chicken with cold water; pat dry. Trim excess fat.
- Remove and reserve giblets; discard neck.
- Remove skin; cut chicken into quarters. Mince giblets; set aside.
- Sprinkle chicken pieces with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- Heat 1 tablespoon butter in a large Dutch oven over medium heat.
- Add chicken to pan; cook 10 minutes, browning on all sides.
- Remove from pan.
- Add bacon; cook until crisp. Return chicken to pan.
- Add bouquet garni, giblets, Calvados, 2 cups broth, wine, and garlic; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours.

- Remove chicken from wine mixture; cover and refrigerate. Cover and chill wine mixture 8 to 24 hours. Discard bouquet garni. Skim solidified fat from surface; discard.
- Combine mushrooms and 2 cups broth in a large nonstick skillet; bring to a boil. Partially cover, reduce heat, and simmer for 30 minutes. Uncover and cook 10 minutes or until liquid almost evaporates.
- Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Set aside.
- Bring wine mixture to a boil. Reduce heat, and simmer for 20 minutes.
- Combine 2 tablespoons butter and flour in a small bowl; work into a paste with fingers or a fork.
- Add 1/4 cup wine mixture, stirring with a whisk until well-blended.
- Add butter mixture to wine mixture; bring to a boil. Reduce heat, and simmer 10 minutes. Return chicken and mushrooms to pan. Bring to a boil; reduce heat, and simmer 10 minutes or until thoroughly heated.
- Wine Note: The quintessential French comfort food, Coq au Vin is traditionally served with a red Burgundy. An exemplary choice would be a sublime, earthy wine like Domaine de l'Arlet Nuits-St.- Georges Clos des Frets Premier Cur (\$50). But a more hearty Rhne wine such as Domaine Santa Duc Ctes-du-rhne (\$9
- would be nearly as good, and its price is a little more in keeping with the accessibility of the dish.

Nutrition Facts

PROTEIN 29.13% **FAT 58.92%** **CARBS 11.95%**

Properties

Glycemic Index:81.25, Glycemic Load:7.69, Inflammation Score:0, Nutrition Score:53.087391148443%

Flavonoids

Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg, Delphinidin: 7.95mg Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg, Malvidin: 49.91mg Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg, Peonidin: 3.52mg Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg, Catechin: 14.65mg Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg, Epicatechin: 20.28mg Apigenin: 6.54mg, Apigenin: 6.54mg, Apigenin: 6.54mg, Apigenin: 6.54mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg

Kaempferol: 1.26mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 1169.82kcal (58.49%), Fat: 63.72g (98.04%), Saturated Fat: 20.95g (130.94%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 24.05g (8.74%), Sugar: 8.88g (9.86%), Cholesterol: 310.97mg (103.66%), Sodium: 1659.12mg (72.14%), Alcohol: 29.99g (100%), Alcohol %: 3.18% (100%), Protein: 70.89g (141.78%), Vitamin B3: 35.68mg (178.4%), Vitamin B2: 2.05mg (120.69%), Selenium: 78.84µg (112.63%), Phosphorus: 905.1mg (90.51%), Vitamin B5: 8.91mg (89.07%), Vitamin A: 4201.23IU (84.02%), Vitamin B6: 1.6mg (80.06%), Copper: 1.43mg (71.34%), Vitamin K: 71.51µg (68.1%), Vitamin B12: 3.91µg (65.23%), Potassium: 1945.55mg (55.59%), Folate: 191.48µg (47.87%), Iron: 8.61mg (47.81%), Zinc: 6.34mg (42.3%), Vitamin B1: 0.58mg (38.84%), Vitamin C: 29.74mg (36.05%), Manganese: 0.67mg (33.58%), Magnesium: 117.82mg (29.45%), Fiber: 5.03g (20.11%), Calcium: 104.06mg (10.41%), Vitamin D: 0.86µg (5.73%), Vitamin E: 0.74mg (4.94%)