



Coq au Vin

READY IN



45 min.

SERVINGS



4

CALORIES



1132 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 cooking wine dry red hearty (Pinot Noir or Burgundy)
- ☐ 4 cups less-sodium chicken broth fat-free divided
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 garlic cloves halved
- ☐ 2 large leeks

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

Equipment

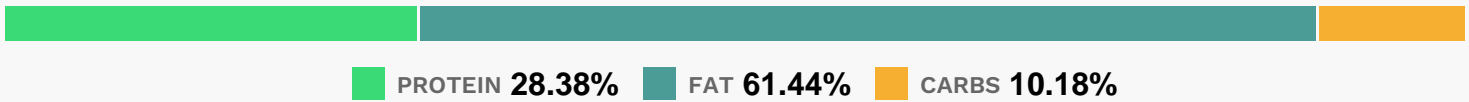
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

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'Arlot 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



Properties

Glycemic Index:73.25, Glycemic Load:6.46, Inflammation Score:-10, Nutrition Score:45.653042917666%

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 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 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: 1132.4kcal (56.62%), Fat: 63.15g (97.15%), Saturated Fat: 20.87g (130.41%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 20.2g (7.35%), Sugar: 5.51g (6.12%), Cholesterol: 310.97mg (103.66%), Sodium: 1650.62mg (71.77%), Alcohol: 29.99g (100%), Alcohol %: 3.71% (100%), Protein: 65.63g (131.27%), Vitamin B3: 29.54mg (147.69%), Selenium: 63.02µg (90.03%), Vitamin A: 4201.23IU (84.02%), Vitamin B2: 1.37mg (80.46%), Phosphorus: 758.82mg (75.88%), Vitamin B6: 1.42mg (71.21%), Vitamin K: 71.51µg (68.1%), Vitamin B12: 3.85µg (64.09%), Vitamin B5: 6.36mg (63.6%), Copper: 0.89mg (44.29%), Iron: 7.75mg (43.08%), Folate: 162.57µg (40.64%), Potassium: 1404.65mg (40.13%), Zinc: 5.46mg (36.4%), Vitamin C: 26.17mg (31.72%), Vitamin B1: 0.44mg (29.66%), Manganese: 0.59mg (29.59%), Magnesium: 102.51mg (25.63%), Fiber: 3.33g (13.3%), Calcium: 98.96mg (9.9%), Vitamin E: 0.72mg (4.83%), Vitamin D: 0.52µg (3.46%)