



Coq au vin with garlic croissant puffs

READY IN



80 min.

SERVINGS



6

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 3 medium onion cut into 6 or 8 wedges
- ☐ 4 garlic clove sliced
- ☐ 200 g crimini mushrooms
- ☐ 12 fillet chicken thighs skinless cut into 3
- ☐ 400 ml red wine such as merlot
- ☐ 300 ml chicken stock see
- ☐ 2 tbsp tomato purée
- ☐ 2 bay leaves

- ☐ 1 large thyme leaves
- ☐ 1 tbsp butter soft
- ☐ 2 tbsp flour plain
- ☐ 25 g butter soft
- ☐ 2 garlic clove crushed finely
- ☐ 2 tbsp parsley chopped
- ☐ 1 tsp thyme sprigs fresh
- ☐ 250 g croissants
- ☐ 200 g frangelico smoked
- ☐ 200 g frangelico smoked

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ casserole dish

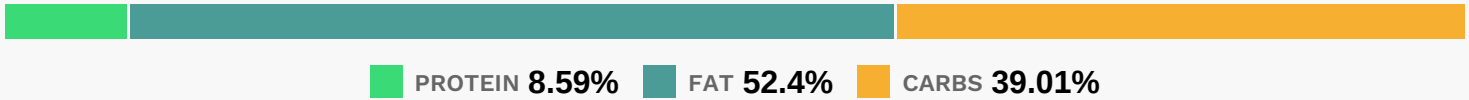
Directions

- ☐ Heat the oil in a large flameproof casserole dish. Fry the onions, garlic, mushrooms and lardons together for a few mins.
- ☐ Add the chicken, stir briefly over the heat, then pour in the wine, stock, brandy (if using), and tomato pure. Stir in the bay leaves and thyme with seasoning. Bring the mixture to the boil, then cover the pan, turn down the heat and simmer for 40–45 mins until the chicken is tender but still holding its shape. Beat the butter with the flour to make a paste.
- ☐ Add to the pan and stir continuously until the flour mixture disappears. Leave to cool. To make the croissant puffs, beat the butter with the garlic and herbs. Unravel the croissant dough, press together the diagonal serrated lines to seal, then cut along the remaining serrated lines to make 3 rectangles.
- ☐ Spread the butter onto the rectangles, roll up and slice each one into 4 pieces. Turn each puff on its side and place on a baking tray. Press each spiral down slightly to flatten them. To freeze: Open-freeze the croissant puffs, then pack into a rigid container, interleaved with cling

film to stop them sticking to each other.

- ☐
- Bake from frozen on a baking tray at 200C/180C fan/gas 6 for 15 mins (if cooking straight away, bake for 10–12 mins). Pack the coq au vin into freezer bags. Use within 2 months. Thaw completely, then reheat in a pan until bubbling.
- ☐
- Serve with seasonal veg.

Nutrition Facts



Properties

Glycemic Index:77.67, Glycemic Load:15.15, Inflammation Score:-8, Nutrition Score:12.636086898006%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 1.34mg, Petunidin: 1.34mg, Petunidin: 1.34mg, Petunidin: 1.34mg Delphinidin: 1.36mg, Delphinidin: 1.36mg, Delphinidin: 1.36mg, Delphinidin: 1.36mg Malvidin: 9.36mg, Malvidin: 9.36mg, Malvidin: 9.36mg, Malvidin: 9.36mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 4.83mg, Catechin: 4.83mg, Catechin: 4.83mg, Catechin: 4.83mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg Apigenin: 2.83mg, Apigenin: 2.83mg, Apigenin: 2.83mg, Apigenin: 2.83mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 381.18kcal (19.06%), Fat: 19.56g (30.1%), Saturated Fat: 9.1g (56.88%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 30.23g (10.99%), Sugar: 9.14g (10.16%), Cholesterol: 45.38mg (15.13%), Sodium: 286.12mg (12.44%), Alcohol: 7.17g (100%), Alcohol %: 3.32% (100%), Protein: 7.22g (14.43%), Selenium: 21.48µg (30.69%), Vitamin K: 25.68µg (24.46%), Vitamin B2: 0.37mg (21.83%), Manganese: 0.43mg (21.58%), Vitamin B1: 0.27mg (18.01%), Vitamin B3: 3.58mg (17.9%), Folate: 66.31µg (16.58%), Phosphorus: 144.77mg (14.48%), Copper: 0.29mg (14.45%), Potassium: 471.6mg (13.47%), Vitamin B6: 0.25mg (12.66%), Vitamin A: 628.21IU (12.56%), Iron: 1.96mg (10.9%), Vitamin B5: 1.04mg (10.36%), Fiber: 2.54g (10.17%), Vitamin C: 7.94mg (9.62%), Vitamin E: 1.33mg (8.83%), Magnesium: 29.58mg (7.4%), Zinc: 1.07mg (7.11%), Calcium: 52.8mg (5.28%), Vitamin B12: 0.12µg (2.07%)