

Coq au Vin (Ina Garten's version)

Author: Ina Garten's Back to Basics cookbook

Carolyn T's
Main Cookbook

Servings: 8



4 ounces bacon, or pancetta, diced
2 whole chickens, each cut in 8 pieces (7-8 pounds total)
Kosher salt and freshly ground black pepper
1/2 pound carrots, cut diagonally in 1-inch pieces
1 whole yellow onion, sliced
1 teaspoon chopped garlic
1/4 cup Cognac, or good brandy
1/2 bottle dry red wine, such as Burgundy, (375 ml)
1 cup chicken stock, preferably homemade
10 sprigs fresh thyme
2 tablespoons unsalted butter, at room temperature, divided
1 1/2 tablespoons all-purpose flour
1/2 pound frozen small whole onions
1/2 pound mushrooms, cremini, stems removed and thickly sliced

Serving Ideas: Serve in a wide bowl and sprinkle some chopped Italian parsley on top.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 970 Calories; 68g Fat (65.9% calories from fat); 70g Protein; 9g Carbohydrate; 2g Dietary Fiber; 359mg Cholesterol; 768mg Sodium. Exchanges: 0 Grain(Starch); 9 1/2 Lean Meat; 1 1/2 Vegetable; 7 1/2 Fat.

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Notes: According to Ina's recipe, this serves 6. Usually a 3 1/2 pound chicken would serve 4, so I upped the servings. I use chicken thighs - a combination of bone-in and boneless. In Ina's book recipe (this one came from the Food Network site), the Cognac is ignited when it's added to the pan. I don't know why that steps was removed from the online version.

1. Preheat the oven to 250 degrees F.
2. Heat the olive oil in a large Dutch oven. Add the bacon and cook over medium heat for 8 to 10 minutes, until lightly browned. Remove the bacon to a plate with a slotted spoon.
3. Meanwhile, lay the chicken out on paper towels and pat dry. Sprinkle the chicken on both sides with salt and pepper. When the bacon is removed, brown the chicken pieces in batches in a single layer for about 5 minutes, turning to brown evenly. Remove the chicken to the plate with the bacon and continue to brown until all the chicken is done. Set aside.
4. Add the carrots, onions to the pan and cook over medium heat for 10 to 12 minutes, stirring occasionally, until the onions are lightly browned. Add the garlic and cook for 1 more minute. Add the Cognac, ignite it with a long match and STAND BACK until the alcohol burns off. Turn off any fan when you do this step. Add the bacon, chicken, and any juices that collected on the plate into the pot. Add the wine, chicken stock, and thyme and bring to a simmer. Cover the pot with a tight fitting lid and place in the oven for 30 to 40 minutes, until the chicken is just not pink. Remove from the oven and place on top of the stove.
5. Mash 1 tablespoon of butter and the flour together and stir into the stew. Add the frozen onions. In a medium saute pan, add the remaining 1 tablespoon of butter and cook the mushrooms over medium-low heat for 5 to 10 minutes, until browned. Add to the stew. Bring the stew to a simmer and cook for another 10 minutes. Season to taste. Serve hot.