

Coq Au Vin

Ingredients:

1 x 3 lb chicken trussed
1 large carrot
10 baby onions
10 button mushrooms
1 small clove of garlic
1 cup Ap flour
2 tb sherry vinegar
1 tbs salt
1 tbs black pepper
1/2 bottle of red wine (any leftover old wine will work)
spring of flat parsley

Method:

- cut the chicken into 4 inch square pieces and roll in flour, salt and black pepper
- heat up a casserole pan (cast iron, Staub) and lightly roast the chicken pieces on both sides
- dust off any of the excess flour
- add the halved vegetables and sherry or red wine vinegar, reduce the vinegar
- add the red wine and reduce by half then place in the oven for 25 min at 325F in a covered pot
- remove from oven and let sit for 10 min before serving sprinkle with flat parsley