



# Coq au vin

(Serves 4)

## Ingredients

1 chicken size 16  
(cut into 6)  
2 bottles pinot noir  
1 beetroot (small)  
2 carrots  
2 onions (medium size)  
2 celery sticks  
½ head garlic  
3 bay leaves  
5 sprigs thyme  
1 tbsp black peppercorns  
2 tbsp sugar  
50ml red wine vinegar  
100ml veal jus  
4 tbsp flour  
100ml veg oil  
Salt and pepper

## Sauce

1 small beetroot  
(small dice)  
½ carrot (small dice)  
½ onion (small dice)  
½ stick celery (small dice)  
1 tbsp sugar  
250ml pinot noir  
250g fresh chicken livers  
cleaned and finely diced

## Grandmother Garnish

200g button mushrooms  
100g keizer fleisch, batons  
6 red shallots, peeled, root  
trimmed neatly (intact)  
1 tbsp butter  
1 tbsp sugar  
Pinch salt  
100ml chicken stock  
Cartouche

Dice all vegetables into large pieces, place in a roasting tray that holds 2lt of wine. Lightly roast the vegetables until you have a light colour, then add the peppercorns, thyme, sugar and bay leaves. Deglaze with the wine and bring to simmer, remove from the heat and place into a bowl and cool in the fridge.

Once the marinade for the chicken is cold put the pieces of chicken in the marinade and place a light weight on top so it will all marinate evenly. Leave the chicken in the marinade overnight.

Remove the chicken from the marinade and leave for a few minutes to dry. Strain the vegetables out of the wine and lightly sweat in a roasting tray, once it has a light colour add the marinade

and also the red wine vinegar, bring to a simmer and turn off. Lightly dust the chicken in flour and season, place into a frying pan and sear until golden brown; remove from the pan and place into a casserole dish. Add the liquids and cover with silicone paper and cook at a low simmering point for 30 mins or until cooked.

Remove half of the cooking liquid from the tray and set aside.

## Sauce

In a medium size pot lightly sweat the vegetables then add the sugar and continue to cook for a further 1 minute on a medium heat, add the red wine in three parts reducing lightly each time. Then add the cooking liquid in three parts and reduce to consistency. Once you have the right consistency remove from the heat and whisk the chicken livers in and continue whisking for about 30 seconds, but keep tasting so the livers don't over power the sauce. Strain two times and keep aside until required.

Note: We use the chicken livers to thicken the sauce instead of blood, which was traditionally used to thicken the sauce.

## Grandmother Garnish

In your copper pot on medium heat, seal your shallots with the butter, getting a good golden caramelisation on the skin. Add sugar and salt to caramelise further to achieve a high glaze, add your stock and cook very slowly until shallots are cooked just through. Cool off the heat in liquid.

In a large heavy based pan, in a little olive oil, sauté your bacon and achieve a golden surface, following with your mushrooms also achieving a good golden colour (do not stew your mix!). Add your shallots at the end to heat through and remove from heat.

It is traditionally served with large fresh pasta. Place this grandmother garnish on top of the chicken and sprinkle with coarsely cut parsley.