

Coq Au Vin

A classic French dish, Coq Au Vin translates to “chicken (or rooster) in wine.” For this quick version, the stew simmers right on the stovetop and is ready to eat in an hour!

Salad:

- 4 boneless skinless chicken breasts or thighs
- 2 strips thick cut bacon, cut into 1-inch pieces
- 2 cups chicken broth
- 2 cups dry organic red wine
- 2 TBSP grass-fed butter or ghee
- 2 TBSP tomato paste
- 2 medium carrots, chopped into 1-inch pieces
- 2 cups sliced cremini mushrooms
- 2 shallots, chopped (about 1/2 cup)
- 2 garlic cloves, minced
- 4 sprigs thyme
- 2 bay leaves
- 1/2 tsp sea salt + extra
- 1/4 tsp black pepper + extra



Directions:

- 1 Heat a large Dutch oven or pan with raised sides over medium heat. Add chopped bacon and cook 5-7 minutes or until bacon begins to brown around edges, stirring occasionally. Make space for chicken breasts in pan with bacon. Season chicken breasts with salt and pepper on each side. Add chicken breasts to pan. Brown chicken for 5 minutes, flip and cook an additional 5 minutes.
- 2 Melt butter in pan and add garlic, shallots, carrots and mushrooms. Cover with lid slightly cracked to vent. Cook and stir occasionally until vegetables begin to soften and caramelize, about 10 minutes.
- 3 Stir in tomato paste, chicken broth and red wine. Add sprigs of thyme, bay leaves, sea salt and pepper. Stir to combine. Bring to a boil and reduce heat to low. Simmer 30 minutes, until liquid has reduced slightly. Remove bay leaves and thyme. Serve hot.