



COQ AU VIN

Serves 4

Coq Au Vin is French for 'Rooster in wine' and although this recipe uses cooked rotisserie chicken as a quick alternative to the traditional rooster, it is just as flavoursome and heartening as all French Food tend to be. This simple and rustic dish will turn your weekday meal into a French Celebration!

Equipment	Ingredients	Nutrients
<ul style="list-style-type: none"> • Vegetable Peeler • Chopping Board • Non Slip Mat • Sharp Knife • Measuring Jug • Measuring Spoons • Kitchen Roll • Measuring Spoons • Garlic Press • Plastic Cups • Scissors • Tongs • Skillet • Wooden spoon • Serving Spoon • Foil containers OR Serving Dish 	<ul style="list-style-type: none"> • 1½ cup peeled baby carrots OR 2 carrots sliced • 180ml chicken stock • 1½ tbsp. tomato paste • 5 slice thick-cut bacon • 250g small button mushrooms • 2 tsp. minced garlic • 2 tsp. chopped fresh rosemary • 2 tsp. fresh thyme • 1 bag frozen pearl onions OR 4 shallots halved • 250ml dry white wine • 1 cooked rotisserie chicken • 3 tbsp. chopped parsley 	<p>Button Mushrooms are loaded with the nutrients our bodies need to generate energy and repair cells. Mushrooms are one of the few 'plants' that is a rich source of Vitamin D.</p> <p>Chicken is one of the most common type of poultry in the world and provides us with protein which helps build our muscles. It also provides us with a good range of essential vitamins and minerals. To reduce the fat content, it is best to remove the skin.</p>

Carbohydrates - Gives us energy	Protein - Builds our bodies	Fibre - Sweeps our tummies
		

Allergens:
Celery ; Cereals (Gluten) ; Wheat ; Sulphites
Presence of allergens can vary by brand – always check product labels.

Method

1. Cut the rotisserie chicken into small joints.
2. If using baby carrots – wash thoroughly with a vegetable brush and cut the tip and tail off. If using large carrots, peel the skins off, top and tail and cut into 1 inch long pieces. Place carrots in a microwave-safe bowl with 1/2 cup water; cover bowl with vented plastic wrap. Microwave on high 4 to 5 minutes, until crisp-tender; drain.
3. Cut the top and bottom off the shallots and peel the outer layer of skin off. Then cut into halves or 1 inch thick pieces if shallot is large.
4. Using a damp cloth, wipe the mushrooms clean and cut in half.
5. If using a chicken stock cube - Make up the chicken stock with boiling water as per package instructions. Measure out the chicken stock and tomato paste and mix well. Set aside.
6. Using a plastic Cup and scissors, snip the herbs into confetti like pieces.
7. Measure out the wine.
8. Meanwhile, in a large, deep nonstick skillet or frying pan, cook bacon until crisp; remove with a slotted spoon onto a paper towel to drain excess fat.
9. Then add shallots or onions to the bacon dripping and cook for 3 minutes. Add the mushrooms, minced garlic, rosemary, and thyme to the pan and cook on medium heat for a further 6 minutes, or until lightly browned.
10. Raise heat to high then add the wine to skillet and deglaze, scraping up browned bits from bottom of skillet with a wooden spoon. When wine boils, add broth mixture, stirring to incorporate.
11. Add chicken pieces and carrots; bring to a boil, reduce heat to medium-low, cover, and simmer 5 - 10 minutes, turning chicken once or twice. Transfer to a serving platter. Sprinkle with bacon and parsley.

Based on recipe from web site: http://www.delish.com/cooking/recipe-ideas/recipes/a30093/coq-au-vin-chicken-recipes/?click=recipe_sr

Next time why not try adding different types of vegetables such as sweet corn or peas to increase your 5-A-Day. Remember your 5-A-Day should be made up of a 'Rainbow' of vegetables and fruit. You could try this recipe with cooked turkey instead – why not try it with your leftover Christmas Turkey and turn it into a dish that will have everyone saying 'Ooohh-lal-lal'!

Skills learnt today: You have: peeled ; cut ; steamed ; snipped ; pan fried ; drained ; simmered ; stirred.

