
Coq Au Vin III

Julianne Hagen

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

3 1/2 pounds broiler-fryer chicken, cut up
1/2 cup flour
1 teaspoon salt
1/4 teaspoon pepper
6 slices bacon
6 small onions
1/2 pound mushrooms, washed, trimmed and sliced
4 carrots, halved
1 cup chicken broth
1 cup red burgundy wine
1 clove garlic, crushed
1/2 teaspoon salt
bouquet garni

Wash the chicken and pat dry.

In a bowl, mix the flour, salt and pepper. Coat the chicken with the flour mixture.

In a large skillet, fry the bacon until crisp. Remove and drain. Brown the chicken in the hot bacon drippings. Push the chicken to one side. Add the onions and mushrooms. Cook and stir until the onions are tender. Drain the excess fat.

Crumble the bacon and stir in the carrots, chicken broth, wine, garlic, salt and the garni. Cover. Simmer for approximately one hour or until the chicken is tender. Skim the excess fat. Remove the bouquet garni before serving.

(NOTE: The bouquet garni is 1/2 teaspoon thyme, one bay leaf and two sprigs of parsley tied in a cheesecloth bundle.)

Chicken

Per Serving (excluding unknown items): 920 Calories; 23g Fat (21.9% calories from fat); 38g Protein; 146g Carbohydrate; 25g Dietary Fiber; 32mg Cholesterol; 4698mg Sodium. Exchanges: 3 Grain(Starch); 2 Lean Meat; 18 Vegetable; 2 1/2 Fat.