



JP's KITCHEN

BROUGHT TO YOU BY [LINK COMMERCIAL MORTGAGES](#)

COQ AU VIN

INTRODUCTION

Coq au vin means, "Rooster in wine". This dish flourished in an era where an abundance of wine production made wine the water of the common peasant (in some places it may have been safer to drink than water). Rooster has always been known as the "poor man's poultry" as it is inexpensive and an inferior quality meat.

An overnight red wine marinade makes the tough, chewy flesh of old roosters (that have reached their "use by" date) an acceptable table fare...while their feathers may find a new life as feather dusters. Since the early part of last century, Coq au vin has been popularized to become what is today one of the greatest and best known dishes in modern French cuisine despite originating in ancient Gaul around the time of Emperor Julius Caesar.

Legend has it that when the Gauls and Romans were facing off for a critical battle, the Gauls presented the Romans with a rooster (fighting coq) as a sign of their defiance and will to fight to the death. The Romans, to show their sophistication and superiority...and that they weren't afraid, cooked the rooster and invited the Gauls to dine with them: this event in antiquity is thought to have been the birth of the dish that we call Coq au vin.

In recent times, it has become common to use chicken in this dish (and still call it "Coq" au vin); however, it is the gentle breakdown of the connective tissue of the tough old rooster during long, slow cooking that makes le coq superior to the finer fleshed chicken in this case. A kindred dish to Bouffe Bourguignon, it is also made with burgundy wine (the inexpensive and lower quality wine...leaving the good stuff for drinking). It's best to marinade the dissected rooster before cooking, bathing overnight in a red wine and vegetable marinade so that the tannins penetrate into the skin and flesh to give it the rich purple colour.

In this recipe, we shall be frying off the marinated rooster in a little butter and the fat from the spec to crisp and intensify the colour of the rooster's skin. We will also be sweating the vegetables in butter and finally construct it in a clay, ceramic, or iron pot for a long, slow braising in the oven. The best way to enjoy Coq au vin, and any similar dish with a deep, flavoursome sauce is to serve it on a bed of garlic potato mash surrounded by a pool of the lovely cooking sauce. It's the perfect autumn-winter dish but in truth, I love it all year-round. The rich, flavour of this dish is perfectly married up with a medium-bodied Bourgogne, a lovely southern Rhone like a Chateaufort du Pape or even a Cabernet Sauvignon.

I am sure you will enjoy cooking this dish, simple to cook, and of course enjoy devouring and savouring the delicious flavours afterwards. Do write to me and let me know what you think.

INGREDIENTS

Le Coq

- 1 Rooster (ask butcher to cut into 4 pieces: 2 x breast + 2 x Maryland, thigh deboned)
- 12 button mushrooms
- 12 small French shallots
- 3 rashers of thickly cut bacon or spec
- 2 large carrots (one for the marinade, the other for the pot)
- 2 celery stalks (one for the marinade, the other for the pot)
- 1-2 bottles of inexpensive Burgundy (shiraz), Merlot, or even a Cabernet
- ½ a small glass of Cognac or Armagnac
- 1 small leek
- ½ a red onion
- Bouquet garni: 3 bay leaves, 1 sprig of parsley, 1 sprig of thyme
- 2-3 tablespoons of butter
- 1 tablespoon olive oil
- 4 tablespoons of plain flour (gluten free if required)
- Salt & Pepper

METHOD

Prepare the Rooster

- Season the rooster with salt and pepper
- Roughly cut the red onion, 1 carrot, 1 celery stalk, and the leek
- In a large metal or ceramic bowl, combine the rooster, roughly cut vegetables, red wine, bay leaves, parsley, and thyme then cover with plastic and leave refrigerated for 12-24 hours
- Remove the rooster and set aside; drain the wine, reserve the liquid and discard the solids.

Sauté the ingredients

- Cut the bacon into thick lardons, then cut the carrot and celery diagonally into chunky pieces
- In a non-stick frying pan on medium heat, fry bacon lardons in a tablespoon of olive oil to slightly crisp, then set aside
- In the same frying pan, sauté the onions in the bacon fat and a tablespoon of butter until they begin to caramelize, set aside; repeat with the carrots & celery and then the mushrooms
- Pat both sides of rooster pieces with flour, sauté in 2 tablespoons of butter until golden crisp
- Pour over the Cognac/Armagnac and flambé while stirring until flames subside.



INGREDIENTS

The Garlic Potato Mash

4 medium-large brush potatoes (Sebago)

4 cloves of garlic

2 tablespoons of butter

1-2 tablespoons of milk

2 tablespoons of olive oil

Finely milled sea salt

Finely milled black pepper

METHOD CONTINUED

Construct and cook

- Into a ceramic or iron pot, place the sautéed rooster, bacon, and vegetables in rough layers
- Pour over the reserved marinade liquid and top up with more wine if needed to fully immerse
- Cover with the lid and place the pot in a pre-heated oven (160 °C) and let stew for 2 hours.

Prepare the garlic potato mash

- Peel and cut the potatoes into cubes of even dimensions for even cooking
- Smash the garlic cloves with the flat blade of a knife and remove peel
- Gently boil potatoes and smashed garlic in salt water for circa 15 minutes, until soft
- Drain the potatoes, add salt, pepper, butter, and milk.
- Mash & whisk by hand or electric whisk, add olive oil a little at a time checking consistency.

Serve

- On a plate, place a large spoon of potato mash, a piece of the rooster, some cooked vegetables then spoon over the cooking sauce
- Sprinkle over some coarsely chopped parsley
- Enjoy with a glass of Bourgogne, Pinot Noir, or even a Cabernet Sauvignon...as you desire.

BON APPETIT - I HOPE YOU ENJOY...JP