

Coq au Vin

Yield: 5 servings

Dairy-free

RECIPE CUSTOMIZATION

To make it gluten-free, swap flour for gluten-free version (check label for correct ratio)

To make it low-FODMAP, omit garlic

Ingredients

1 Tbsp avocado oil

5 chicken legs, skin-on, bone-in (thigh and drumstick)

Salt, kosher (to taste)

¼ cup all-purpose flour

6 oz thick-cut bacon, cut crosswise into ½ inch slices

3 carrots, peeled and diced

3 celery stalks, diced

1 onion, diced

2 cups dry red wine

4 oz tomato paste

3 cups chicken stock

3 Tbsp thyme leaves, fresh

1 Tbsp rosemary leaves, chopped

8 oz assorted wild mushrooms, such as oyster and maitake, cleaned, cut into bite-size pieces (about 6 cups)

Directions

1. Preheat oven to 350°F.
2. Heat the avocado oil (1 Tbsp) in an oven-proof pot over medium-high heat.
3. Season the chicken with salt. Toss the chicken in a large bowl with the flour to lightly coat all surfaces of the chicken.
4. Cook the chicken in batches until browned (5–6 minutes per side). Transfer the chicken to a plate.
5. Add the bacon to the pot. Cook until rendered.
6. Add the carrots, celery, and onion. Cook until the onion is translucent (7–8 minutes).
7. Stir in the tomato paste (4 oz). Cook for 2–3 minutes.
8. Add the wine (2 cups). Boil for 10 minutes until the wine is reduced by half.
9. Return the chicken to the pot.
10. Add the chicken stock (3 cups), thyme (3 Tbsp), rosemary (1 Tbsp), and mushrooms (8 oz) to pot. Bring to a simmer.
11. Cover the pot. Transfer it to the oven.
12. Braise until the chicken is tender (about one hour and 15 minutes).



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Nutrition Facts

Serving size 1 (19oz)

Amount Per Serving **539g**

Calories **631**

% Daily Value

Total Fat 35g **54%**

Saturated Fat 5.4g **27%**

Cholesterol 106mg **17%**

Sodium 1334mg **56%**

Total Carbohydrate 51g **17%**

Dietary Fiber 8g **32%**

Sugars 8g

Protein 30g **60%**

Vitamin A **134%**

Vitamin C **23%**

Calcium **7%**

Iron **20%**