

## NUTRITION: Lazza's Kitchen

### Coq Au Vin (Chicken with wine)

Lazza is still trying out new recipes  
Today - he makes his first ever Coq au Vin

Various legends trace Coq Au Vin to ancient Gaul and Julius Caesar, but the recipe was not documented until the early 20th century.

It is generally accepted that it existed as a rustic dish long before that. A somewhat similar recipe, "*poulet au vin blanc*", appeared in an 1864 cookbook.



The chicken is marinating in the bowl

400g shallots (or onions)  
3 garlic cloves  
600ml of red wine  
Chicken Breasts (skinless and boneless)  
Oil and Butter: salt and black pepper  
3 tablespoon of plain flour  
350g of lardons (or bacon cut up)  
400g button mushrooms  
1 tablespoon of tomato puree  
1 tablespoon of brown sugar

In a bowl, marinate the chicken in the sliced shallots/onions, crushed garlic, pinch of salt, crack of black pepper and the red wine. Leave for an hour to soak. Then strain over a saucepan, separating the chicken, and also separating the shallots. In a deep frying pan, cook the chicken in the oil and 50g butter until browned. Then set aside the chicken.

Boil the red wine in the saucepan. Add the flour (mixed with 150ml water). Mix well and put aside. Add bacon to the frying pan, cook for 5 minutes, then add shallots, cook for 10. Add the hot wine sauce and tomato puree and sugar, to bacon. Cook for five minutes then add chicken. Then pour into an ovenproof dish and cook in oven at 160C for around 30 minutes. Half way through, cook the mushrooms in butter and add to the dish. Serve with mash and veg. Lovely!!!



Wow!!! Totally delicious.  
The smell from the kitchen (which was mostly the red wine) was terrific.

It was such a mix of onion and mushrooms, with the chicken and red wine.

Very proud of myself with this one.

During this pandemic I decided to try a new hobby - cooking.  
Something I have never really experimented with. And it is going so well.

Why not try out some new recipes and foods yourself?

This was a great and very tasty meal to prepare.

I stun myself every week. If I can do it, so can you. Try something new!!!