



COOKING CLASSES
AT SUR LA TABLE

FOCUS SERIES
BRAISING:
COQ AU VIN

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Proteins

- ☐ 8 ounces thick-cut bacon
- ☐ 1 (4 to 5 pound) roasting chicken

Produce

- ☐ 1 large yellow onion
- ☐ 2 large carrots
- ☐ 2 large celery ribs
- ☐ 1 medium leek
- ☐ 1 head garlic
- ☐ 1 bunch thyme
- ☐ 1/2 pound pearl onions, fresh or frozen
- ☐ 1 pound fresh cremini or button mushrooms

Dairy

- ☐ 2 tablespoons unsalted butter

Pantry Items

- ☐ Kosher salt
- ☐ Freshly ground black pepper
- ☐ Tomato paste
- ☐ All-purpose flour
- ☐ 3 cups low-sodium chicken broth
- ☐ 1 bay leaf
- ☐ Peppercorns
- ☐ Vegetable oil

Dry/Canned Goods

- ☐ 1 bottle (750 ml) medium to full-bodied dry red wine, such as Burgundy, Beaujolais, or Syrah
- ☐ 1/3 cup sherry vinegar

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Chef's knife
- ☐ Paring knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Tongs
- ☐ Wooden spoon
- ☐ Vegetable peeler
- ☐ Slotted spoon or spider
- ☐ Colander
- ☐ Fine-mesh strainer (if using fresh pearl onions)

Cookware

- ☐ Dutch oven
- ☐ Oven-safe skillet
- ☐ Small stockpot (if using fresh pearl onions)
- ☐ Large saucepan

Bakeware

- ☐ Rimmed baking sheet

Other

- ☐ Paper towels
- ☐ Aluminum foil

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Coq au Vin

1. If using frozen pearl onions, thaw in a colander and drain.
2. If using fresh pearl onions, we will blanch and peel in class.
3. 30 minutes prior to class, remove bacon and chicken from refrigerator and allow to come to room temperature.
4. You are welcome to purchase chicken pieces. However, in class you will learn how to break down a chicken.
5. Wash and dry produce.

Finishing Steps:

At the end of the class your chicken may need to braise for longer. Continue simmering in oven until chicken is fork-tender.

COQ AU VIN

Yield: 8 servings

Literally translating to “rooster in wine,” coq au vin was developed on the farms of France as a means of making a flavorful meal from older poultry. Slowly braising the bird in red wine makes it tender and delicious. While Burgundy wine is traditional here, use a fruit-forward Syrah for a taste of the Rhone Valley.

8 ounces thick-cut bacon, cut into 1" dice
1 (4 to 5 pound) roasting chicken, cut into 8 serving pieces
Kosher salt and freshly ground black pepper
1 large yellow onion, cut into 1" dice
2 large carrots, peeled and cut into 1" dice
2 large celery ribs, cut into 1" dice
1 medium leek, white and light green parts only, cut into 1" dice
3 tablespoons tomato paste
1 head garlic, halved
1/3 cup all-purpose flour
1 bottle (750 ml) medium to full-bodied dry red wine, such as Burgundy, Beaujolais, or Syrah
2 to 3 cups low-sodium chicken broth
4 sprigs fresh thyme, plus leaves for garnish
1 bay leaf
2 teaspoons cracked black peppercorns
1/2 pound pearl onions, fresh or frozen
2 tablespoons unsalted butter
1 tablespoon vegetable oil
1 pound fresh cremini or button mushrooms, stems trimmed, quartered
1/3 cup sherry vinegar

Preheat oven to 350°F and position an oven rack in bottom position. Remove top two racks.

1. To a large Dutch oven set over medium heat, add bacon. Cook bacon until crispy and fat has rendered, 6 to 8 minutes. Using a slotted spoon or spider, transfer bacon to a paper towel-lined plate, reserve bacon fat.

2. **To sear chicken:** Increase heat to medium-high and season chicken generously with salt and pepper. Working in batches and using tongs, place chicken in Dutch oven and sear to a deep brown on all sides, about 6 minutes. Transfer chicken to a rimmed baking sheet.

3. **To prepare vegetables:** Add onion, carrot, celery and leek to Dutch oven and cook, stirring occasionally, until vegetables have browned, 6 to 8 minutes. Add tomato paste and garlic and

cook, stirring often, until tomato paste turns a deep red, 1 to 2 minutes. Sprinkle flour over vegetable mixture and cook, stirring to incorporate, 1 to 2 minutes.

4. Pour in wine and using a wooden spoon, scrape bottom of pan to release any browned bits. Cook until wine begins to thicken, 4 to 5 minutes. Return chicken to Dutch oven along with any accumulated juices from baking sheet. Add enough broth to barely cover chicken. Add thyme, bay leaves and peppercorns, stirring to combine. Cover Dutch oven and place in preheated oven. Braise chicken until it is fork-tender, about 45 to 55 minutes.

5. **To blanch pearl onions:** If using fresh pearl onions, blanch in rapidly boiling salted water until tender, 4 to 5 minutes. Drain in a colander and let cool. The trimmed ends and peel should slide off easily. Set aside. If using frozen onions, thaw and drain off excess liquid.

6. To a large skillet set over medium-high heat, add butter and oil. When butter melts, add pearl onions and mushrooms and sauté until lightly browned. Drizzle with sherry vinegar and season liberally with salt and pepper. Transfer skillet to oven when Dutch oven has 15 to 20 minutes cook time remaining, stirring occasionally until onions and mushrooms are golden brown and most of the liquid has evaporated. Remove pan from oven and set aside.

7. Remove Dutch oven from oven and using tongs, carefully transfer the chicken to a clean rimmed baking sheet. Cover loosely with foil to keep warm.

8. Strain braising liquid through a fine-mesh strainer into a large saucepan, pressing solids with a wooden spoon to release as much liquid as possible. Discard solids. Place saucepan over high heat and cook braising liquid until reduced and thickened, 10 to 12 minutes. Skim surface with a ladle to remove any excess fat. Taste and adjust seasoning with salt and pepper.

9. **To serve:** Place a piece of chicken in individual shallow serving bowls and ladle sauce over each. Garnish with pearl onions and mushrooms and sprinkle with reserved bacon pieces and thyme leaves. Serve immediately.

Recipe variations:

- **Serving suggestions:** Roasted potatoes, mashed potatoes, or rice.
- For more serving ideas, search surlatable.com for our Perfect Mashed Potatoes.