



"Quick" Coq au Vin

Adapted From Cooking Light Chicken

BAH Note: One reason my Coq au Vin was not so quick is because I was using bone in thighs which take longer to cook than boneless. Using boneless will certainly cut down on the cooking time but I really prefer using bone in thighs. I also thought the au Vin needed more Vin. So once I was satisfied that the chicken was cooked through, I removed it from the pan, added more wine and then reduced the sauce to make it a bit richer and concentrate the flavors. I probably added about 45 minutes to Cooking Light's recipe but most of it did not require me to be standing guard at the stove.

- 1/4 cup all purpose flour
- 1 teaspoon dried thyme
- 6 boneless, skinless chicken thighs
- 1 tablespoon olive oil
- 4 cups sliced mushrooms
- 2 cups sliced carrot
- 1/3 cup diced Canadian bacon
- 1 to 2 1/2 cups dry red wine
- 1 cup chicken broth
- 1 tablespoon tomato paste
- kosher salt

Combine the flour, dried thyme, and 1/2 teaspoon kosher salt in a plastic bag, add the chicken, and shake to coat.

Heat the olive oil in a dutch oven over medium heat. Shake the excess flour from the chicken and add it to pan. Work in batches, to avoid steaming the chicken, if you need to. Cook for 10 minutes or until browned on both sides. Remove the chicken from the pan and cover to keep warm.

Add the mushrooms, carrot, and Canadian bacon to the pan and cook for two minutes. Stir in the chicken broth, 1 cup of wine, and tomato paste. Cook for ten minutes. Return the chicken to the pan and simmer for approximately 15 minutes or until the chicken is done. If using bone in thighs, this could be more like 20 to 30 minutes.

Taste the sauce, adding kosher salt to taste. The chicken and sauce can be served at this point. To make the sauce a bit richer and fuller, remove the chicken and cover to keep warm. Add 1 to 1 1/2 cups more red wine to the pan and cook over high flame to reduce by half. Return the chicken to the sauce to warm back through and serve.