



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Coq Au Vin Blanc

Serves 4

Preheat oven 325°F

3 lb chicken
2 tablespoons butter
2 slices bacon, sliced
1 medium white onion, chopped
2 cloves of garlic, minced
2 ripe tomatoes, diced
1 cup chicken broth
1 cup dry white wine
2 tablespoon flour
2 bay leaves
Handful of fresh basil, leaves picked
Handful fresh parsley, leaves picked
Sea salt and freshly ground black pepper, to taste

In a heavy bottomed oven proof casserole with lid, melt butter over medium high heat .

Add bacon and fry for 3 minutes then add onion and garlic - sauté until onion is soft

Remove bacon and onion from casserole and set aside

Add chicken and brown on all sides then remove from casserole and set aside

Add chicken broth to the casserole and bring to a boil

Place flour and wine in a lid fitted jar and shake well

Whisk wine mixture into boiling broth to make a thin sauce

Add bay leaves, basil and parsley and season to taste

Stir in bacon mixture then place chicken on top

Cover casserole and place in preheated oven for 2 hours - chicken should be falling off the bone

Divide chicken into 4 pieces.

Serve with pan sauce.