

Coq au Vin

Cuisine: French

Food category: Poultry



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Program steps

1	Combination	50 %	Termination by time	01:00 hh:mm	140 °C	100 %	
2	Golden touch				230 °C	100 %	

Ingredients - number of portions - 2

Name	Value	Unit
chicken legs	4	pcs
carrot	3	pcs
mushrooms	10	pcs
onion	2	pcs
bacon diced	100	g
dry red wine	0.5	l
port wine red	0.2	l
rosemary	1	pcs

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	405 kJ
Carbohydrate	0 g
Fat	44.5 g
Protein	1 g
Water	0 g

Directions

Cut the vegetables and the bacon but not too small and place in an AMT roaster and roast at 200°C for approx. 15 minutes. Now put the chicken legs in the roaster and fill up with red wine and port wine so that the skin of the legs is not covered. Season with a little salt, pepper and rosemary. Gently braise the legs for 1 hour at 140°C and 50% moisture in butter.

After an hour, cut out the legs and strain the sauce and reduce in a saucepan. If necessary, add a little butter just before serving.

While the sauce is reducing, put the legs back on the vegetables and spread with a little butter and crust the skin for about 5 minutes in Golden Touch mode.

Tip: Polenta is a great accompaniment. The roasted vegetables should also be eaten with it.

You can also add potatoes to the stewing process after 45 minutes, which simply cook with the stew and absorb the flavor of the sauce.