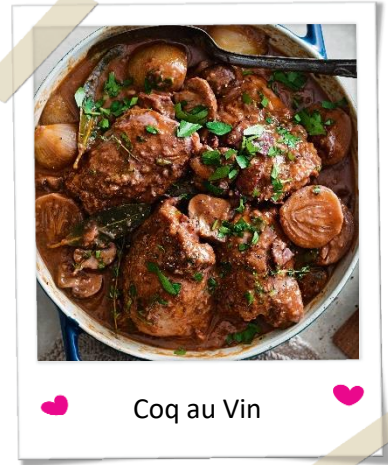


Coq au Vin

Ingredients

200g	Olive oil
100g	Butter
2nos	Large chickens
100g	Streaky bacon (or beef bacon)
2pkt	Smoked chicken sausages
100g	White button mushrooms
100g	Small shallots
60g	Plain flour
750g	Chicken stock
250g	Red Wine
To taste	Salt and Black pepper
3 sprigs	Tarragon



Method

1. Cut chicken into appropriate pieces and season with salt and pepper.
2. In a frying pan, sear the chicken pieces in oil and butter but no need to cook through. Remove and set aside.
3. Fry the bacon, sausage, shallots and mushrooms in the same pan and remove.
4. Add flour to the pan and cook till a brown roux is achieved.
5. Slowly add the red wine and stock and cook to a smooth sauce. Adjust the seasoning.
6. Rearrange the chicken pieces and all other ingredients back in the pan, pour the sauce over the pan, put the tarragon sprigs on top.
7. Cover and cook in oven for 35 mins at 180 C.