

The Gypsy Chef

Rachel Ray's Quick Coq au Vin

2 whole boneless skinless chicken breasts, about 1 1/2 pounds
sea salt and freshly ground pepper
1/2 cup flour for dredging, on a plate
1 celery stalk, diced
1 carrot, peeled and diced
1/3 cup extra virgin olive oil
1/2 medium yellow onion, peeled and diced
2 cloves garlic, minced
1 package mushrooms, sliced
1 1/2 cups good quality red wine
1 cup chicken broth
1/2 bunch fresh thyme
Slices of baguette, buttered and toasted
handful of parsley, chopped

Cut breasts into large chunks and season with salt and pepper.

In a large skillet heat oil until hot.

Dredge chicken pieces in flour, shake off excess and place in hot oil.

Do not crowd the pan, or the chicken will not brown.

Saute until brown, and remove.

Once all the chicken is brown add the carrot, celery, onion, garlic and thyme, saute until soft. Add the mushrooms and saute until they release their juice.

Add the red wine, scraping up bits from the bottom of the pan.

Add the chicken broth and stir in the tomato paste, bring to a boil.

Add the chicken. Reduce heat and allow to simmer until the broth has thickened.

About 10 minutes.

Serve over croutons, sprinkle with chopped parsley.

bon appétit
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