

# Coq au vin

Ingredients required for 4 persons

**Preparation time** 45 minutes

**Difficulty** medium

## Ingredients

1	clove of garlic
4	corn-fed chicken breasts
600 g	fresh vegetables (carrots, stalk celery, kohlrabi, zucchinis, turnip, tomatoes)
2	red onions
2 Scheiben	bacon
250 ml	red wine
	thyme, rosemary, mustard seeds, pepper, allspice, Condimento Bianco (sparkling wine or white wine as alternative)
	salt and pepper
400 g	small potatoes
	olive oil
	smoked paprika spice oil
	fresh herbs for garnishing



## Preparation

Heat a generous amount of coconut oil in a roasting pan. Add two cloves of garlic. Sear the chicken breasts from both sides and put on the side.

Chop one part of the vegetables (carrots, two red onions, celery and kohlrabi) into large pieces and add to the roasting pan along with the bacon. Pour over with 1/4 l red wine. Place thyme, rosemary and the spices (mustard seeds, pepper, allspice) in a tea strainer and immerse in the red wine. Allow to boil down a little and remove the tea strainer.

Sprinkle the chicken breasts with salt and pepper and place on the vegetables in the roasting pan. Bake at 180 °C top / bottom heat for 20 to 30 minutes. Meanwhile, prepare the remaining vegetables: Peel kohlrabi, turnip and carrots and cut all vegetables into small dice. Roast the turnip with salt and sugar in a pot over high heat first. Pour over with Condimento Bianco (you can also use white wine or sparkling wine instead) to keep it from burning. After 3 minutes, add the rest of the vegetables and cook until tender. In the meantime, cook the potatoes in a pot with salted water.

While the other vegetables are cooking, cut the tomatoes into small pieces and place in the pot. Season to taste with smoked paprika spice oil.

Drain the potatoes. Sauté in a pan with olive oil over moderate heat until golden brown. Make sure that the peel stays intact so that the oil does not soak into the potatoes.

For the sauce, remove the chicken breasts from the roasting pan. Mix the vegetables and the gravy with a hand blender. Season with smoked paprika spice oil, salt and pepper.

Serve one breast on each plate, add vegetables, potatoes and some sauce. Garnish with fresh herbs.