



UCOOK

Coq Au Vin Blanc

with mushrooms, leeks & truffle polenta


You have to give it to the French - every recipe sounds so romantic in their language. And the same is true for coq au vin blanc, which translates to chicken cooked in white wine (See what we mean?) This dish brings together the beautiful aromatics of sautéed vegetables, the indulgence of truffle oil, luxuriously creamy polenta and the classic cooked chicken, all tied together with famously French flavours.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Strandveld | Adamastor White Blend

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Ingredients & Prep

125g	Button Mushrooms <i>quartered</i>
1	Free-range Chicken Leg Quarter <i>drum & thigh separated</i>
5ml	Cornflour
100g	Leeks <i>trimmed at the base & halved lengthways</i>
1	Onion <i>½ peeled & roughly diced</i>
120g	Carrot <i>peeled (optional), trimmed & roughly diced</i>
30ml	White Wine
75ml	Polenta
50ml	Crème Fraîche
2,5ml	Truffle Oil
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. SAUTÉ AWAY Place a deep pan, with a lid, over medium heat with a drizzle of oil and a knob of butter. When hot, add the quartered mushrooms and fry for 4-5 minutes until golden, shifting occasionally. Season to taste. Remove from the pan and set aside.

2. DON'T BE CHICKEN Pat the chicken pieces dry with paper towel. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the chicken pieces and fry for 3-4 minutes per side until browned all over. Pop on the lid and fry for a further 10 minutes or until cooked through. Remove from the pan, season, and set aside.

3. WHILE IT'S COOKING... Boil a full kettle. In a bowl, loosen the cornflour with 10ml of cold water until smooth. Set aside. Rinse the halved leeks thoroughly and roughly chop. Return the pan to a medium-high heat with a drizzle of oil and a knob of butter. When hot, add the chopped leeks, the diced onion, and the diced carrot. Fry for 4-5 minutes until soft, shifting occasionally. Pour in the wine and simmer for 1-2 minutes until almost all evaporated.

4. FINISH THE COQ AU VIN Once the wine has almost all evaporated, pour in 150ml of boiling water and the loosened cornflour. Simmer for 6-7 minutes or until reduced to your desired consistency. In the final 2-3 minutes, add the cooked chicken and mushrooms to the sauce. Season to taste.

5. PERFECT POLENTA While the sauce is reducing, place a pot over high heat. Pour in 400ml of boiling water and add ½ a tsp of salt. Once boiling, slowly whisk in the polenta, stirring constantly until there are no lumps. Reduce to a low heat and cook for 5-8 minutes, whisking often, until the polenta is soft and the texture is thick and creamy. Turn off the heat, add a knob of butter, seasoning, the crème fraîche, and the truffle oil (to taste). Stir until well combined and silky smooth.

6. A FIVE-STAR FEAST! Make a bed of the creamy polenta. Top with the saucy coq au vin blanc. Garnish with the chopped parsley. Service, please!



Chef's Tip

When the polenta is too thick to whisk, use a wooden spoon to stir while it continues to cook.

Nutritional Information

Per 100g

Energy	567kJ
Energy	135kcal
Protein	7.6g
Carbs	10g
of which sugars	2.5g
Fibre	1.4g
Fat	6.6g
of which saturated	2.7g
Sodium	27mg

Allergens

Dairy, Allium, Alcohol

Cook
within 3
Days