



UCCOOK

Creation's Coq au Chardonnay

with exotic mushrooms, leeks & fresh parsley

Creation Winery's take on the classic French dish, coq a vin, uses a full-bodied, subtly spicy Chardonnay as the flavour base. With layers of sun-kissed pear and peach, plus hints of piquant vanilla, this reduced wine sauce perfectly complements the rich polenta, pan-fried vegetables, and mini chicken fillets. Plat délicieux!


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Creation Winery

 Adventurous Foodie

 Creation Wines | Creation Chardonnay 2022

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Ingredients & Prep

125g	Mixed Exotic Mushrooms <i>trimmed at the base</i>
150g	Free-range Chicken Mini Fillets <i>pat dry & cut into bite-sized chunks</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	Creation Chardonnay Wine
100ml	Polenta
45ml	Crème Fraîche
4g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

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

1. SAUTÉ AWAY Place a deep pan over a medium heat with a drizzle of oil and a knob of butter. When hot, add the trimmed mushrooms and fry for 4-5 minutes until golden, shifting occasionally. Season to taste. Remove from the pan, cover to keep warm, and set aside. Return the pan to a medium-high heat with a drizzle of oil and a knob of butter. When hot, add the chicken chunks and fry for 2-4 minutes until golden and cooked through. Season to taste. Remove from the pan and set aside.

2. MAKE THE MIREPOIX 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.

3. FINISH THE COQ AU VIN Once the wine has almost all evaporated, pour in 150ml of boiling water and the loosened cornflour. Simmer for 5-6 minutes until slightly reduced and thickened. In the final 1-2 minutes, add the cooked chicken back to the sauce. Season to taste.

4. PERFECT POLENTA While the sauce is reducing, place a pot over high heat. Pour in 500ml of boiling water and add half a teaspoon 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, and the crème fraîche. Stir until well combined and silky smooth.

5. A FIVE-STAR FEAST! Make a bed of the creamy polenta. Top with the saucy coq au chardonnay. Sprinkle over the golden mushies and the picked 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	505kj
Energy	121kcal
Protein	7g
Carbs	14g
of which sugars	2.3g
Fibre	1.6g
Fat	3.5g
of which saturated	1.8g
Sodium	26mg

Allergens

Dairy, Allium, Alcohol

Cook
within 3
Days