

Fast & Fabulous: Quick Coq au Vin!

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Adapted from Debra F. Weber, Your Guide to French Cuisine

Serves: 4-6

INGREDIENTS

- 1/3 cup all purpose flour
- 2 Tablespoons fresh thyme, chopped
- 1 teaspoon Kosher salt
- 8 boneless, skinless organic chicken thighs
- 2 Tablespoons good olive oil
- 1 lb. Cremini mushrooms, trimmed & sliced
- 4 oz. prosciutto, torn into strips
- 1 cup dry red wine
- 2 cups organic chicken broth
- 1 1/2 Tablespoons tomato paste
- Egg noodles cooked according to package directions
- 1/3 cup Italian flat leaf parsley, chopped

INSTRUCTIONS

1.) In a large zip-lock plastic bag (1 gallon or larger), add the flour, thyme and salt and shake the bag to mix well. Add the chicken and shake to coat thoroughly.
2.) Heat oil in a large, deep skillet over med-high heat. Add chicken (preferably in one batch) and cook on both sides until golden brown - approximately 10 minutes. Remove chicken to a plate.
3.) To the same pan add the mushrooms and bacon and saute for 5-8 minutes, until both have browned.
4.) Stir in the wine, broth and tomato paste. Bring mixture to a boil and then reduce heat and simmer for 10-15 minutes.
5.) Return chicken to the pan and cook for 10 minutes.
6.) Serve chicken over a bed of egg noodles and garnish with the chopped parsley

