

# Coq Au Vin

*Lousene Rousseau Brunner  
Casserole Treasury (1964)*

## Servings: 9

*2 (three pound) broiler-fryers, cut up  
2 teaspoons salt  
1/4 teaspoon ground cloves  
1/4 teaspoon pepper  
2 - 3 tablespoons tarragon vinegar  
1/2 pound salt pork, diced small  
12 small white onions, peeled  
3 tablespoons brandy, warmed  
1 bottle dry red table wine  
1 tablespoon sugar  
3/4 teaspoon fresh oregano, chopped  
1 tablespoon celery leaves, chopped  
8 - 10 baby carrots, cooked, barely  
tender  
24 button mushrooms, lightly sautee'd  
in butter  
chopped parsley (for garnish)*

Preheat the oven to 325 degrees.

Remove the backs, necks, wing tips and giblets and discard. Use only the better parts. Rub the chicken with a mixture of the cloves, salt and pepper. Sprinkle with the vinegar. Let stand for 20 to 30 minutes.

In a large heavy skillet, fry the pork. Brown the onion lightly in the fat. Skim out both the pork bits and the onions. Spread them in a large casserole.

Brown the chicken pieces in the remaining fat. Arrange them in the casserole.

Ignite the warmed brandy and pour it, flaming, over the chicken. When the flames die down, add the wine, sugar, oregano, celery leaves and carrots. Cover the casserole.

Bake for one hour.

Add the mushrooms 15 minutes prior to finish.

Sprinkle with parsley before serving.

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Per Serving (excluding unknown items): 311 Calories; 21g Fat (60.4% calories from fat); 7g Protein; 25g Carbohydrate; 5g Dietary Fiber; 22mg Cholesterol; 848mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 4 Vegetable; 4 Fat; 0 Other Carbohydrates.

Chicken

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	311	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	60.4%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	31.4%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	8.3%	<b>Riboflavin B2 (mg):</b>	.9mg
<b>Total Fat (g):</b>	21g	<b>Folacin (mcg):</b>	70mcg
<b>Saturated Fat (g):</b>	7g	<b>Niacin (mg):</b>	8mg
<b>Monounsaturated Fat (g):</b>	10g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	3g	<b>Alcohol (kcal):</b>	11
<b>Cholesterol (mg):</b>	22mg	<b>% Refuse:</b>	n.n%
<b>Carbohydrate (g):</b>	25g		
<b>Dietary Fiber (g):</b>	5g		
<b>Protein (g):</b>	7g		
<b>Sodium (mg):</b>	848mg		
<b>Potassium (mg):</b>	975mg		
<b>Calcium (mg):</b>	47mg		
<b>Iron (mg):</b>	23mg		
<b>Zinc (mg):</b>	2mg		
<b>Vitamin C (mg):</b>	18mg		
<b>Vitamin A (i.u.):</b>	1336IU		
<b>Vitamin A (r.e.):</b>	133 1/2RE		

**Food Exchanges**

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	4
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	4
<b>Other Carbohydrates:</b>	0

**Nutrition Facts**

Servings per Recipe: 9

**Amount Per Serving**

**Calories** 311                      **Calories from Fat:** 188

**% Daily Values\***

<b>Total Fat</b> 21g	32%
Saturated Fat 7g	37%
<b>Cholesterol</b> 22mg	7%
<b>Sodium</b> 848mg	35%
<b>Total Carbohydrates</b> 25g	8%
Dietary Fiber 5g	21%
<b>Protein</b> 7g	
<b>Vitamin A</b>	27%
<b>Vitamin C</b>	30%
<b>Calcium</b>	5%
<b>Iron</b>	128%

\* Percent Daily Values are based on a 2000 calorie diet.