

Coq au Scrumpy

7 REGULAR

4 PUREED

Blend to a smooth consistency upon completion



527Kcal
Per Serving

CONTAINS



MAY CONTAIN



This recipe serves 8.

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (618g)
Energy	356kJ/85kcal	2202kJ/527kcal
Fat	4.2g	26g
of which saturates	1.2g	7.7g
of which monounsaturates	0.4g	2.5g
of which polyunsaturates	0.2g	1g
Carbohydrate	4.6g	28g
of which sugars	3.5g	22g
of which polyols	0g	2g
of which starch	0g	2g
Protein	6.6g	41g
Salt	0.23g	1.4g
Vitamin A (ret eq)	160ug (20%)	988ug

In Collaboration with



www.eatingwithdignity.org

Coq au Scrumpy

Source of and High in Protein, Source of Vitamin A

Many thanks to Sheppy's Cider for sharing this recipe; it is a delicious, flavoursome casserole and works well when pureed.

The recipe listed below serves 6 people.



Shopping List

- 4 oz pancetta, cubed
- 8 chicken thighs
- 16 oz carrots, sliced
- splash of cognac
- butter
- 4 pints dry scrumpy
- few sprigs thyme
- flour to thicken
- 1 lb mushrooms
- 1 small sprig of rosemary
- 2 apples, peeled and sliced
- 1 celery stick, sliced
- 4 large onions
- chicken stock
- salt and pepper



Directions

1. Fry pancetta in a little butter until browned and all fat given up. Take from pan and keep aside.
2. Season thighs both sides with salt and pepper and fry in pancetta fat until brown and crispy, keep aside.
3. Slice onions and fry in pancetta fat until brown and crispy and keep aside.
4. De-glaze pan with cognac and flambé to burn off alcohol.
5. Add onions, chicken, pancetta, carrots, mushrooms, celery and apple.
6. Add a little stock and the thyme/rosemary sprigs.
7. Cover with as much of the scrumpy as is needed.
8. Simmer on the stove-top for an hour.
9. Mix flour with pancetta fat to make a thickening roux and add this slowly to the pot, stirring well between each addition until it reaches the right consistency.
10. Simmer for 10 minutes, taste and season if necessary.