

## Coq au vin Snack



Lightened version of classic French bistro dish.

Yield	4 gallons 50(10oz)servings
Serves	50
Preparation time	90 minutes
Cooking time	2 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
104	fl oz	3-1/4	qts	Red wine	
19	lb	4	trays	<u>Stouffer's® Lean Cuisine® Glazed Chicken</u>	prepared
8	fl oz	1	cup	Olive oil	
37	oz	3	qts	Onions	medium dice, roasted
37	oz	3	qts	Carrots	medium dice, roasted
37	oz	3	qts	Celery	medium dice, roasted
37	oz	3	qts	Parsnip	medium dice, roasted
37	oz	3	qts	Radishes	quartered, roasted
3	oz	1	cup	Parsley, raw	

### Preparation Steps

1. Reduce wine over medium low heat to 1/2 -3/4 of a cup. The wine must be highly reduced or else the color of the sauce will be unappealing. Combine with Glazed Chicken.
2. Add oil to sauté pan over medium high heat. Add onions, carrots, celery, parsnips, and radishes and sauté until hot.
3. Add Glazed Chicken and parsley. Toss and serve hot.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	261.6
Energy (Kj)	1129.7
Protein (g)	18.3
Carbohydrate, total (g)	16.9
Fats, total (g)	9.5
Sugars, total (g)	7
Fats, saturated (g)	1.7
Fiber, total dietary (g)	2.6
Sodium (mg)	468.8
Calcium (mg)	41.7
Cholesterol (mg)	42.3
Iron (mg)	1.6
Fats, monounsaturated (g)	5
Fats, polyunsaturated (g)	2.4
Vitamin A (µg_RAE)	231.7
Vitamin C (mg)	13.7

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.



# COQ AU VIN SNACK

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

€ ☐ Red wine 104 fl oz

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

€ ☐ White, yellow, or Spanish onions 5 lbs

€ ☐ Carrots 3 lbs

€ ☐ Celery 3.5 lbs

€ ☐ Parsnips 3 lbs

€ ☐ Radishes 3 lbs

€ ☐ Parsley, fresh 8 oz

### > Frozen

€ €

### > Protein

€

### > Dairy

### > Refrigerated

☐ LEAN CUISINE® Glazed Chicken 1 case

# COQ AU VIN SNACK

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Reduce 104 oz red wine over low heat to ½ cup. As it reduces it should be switched to a smaller pan.
- € ☐ Clean, medium dice, oil, season, roast 5 lbs of onions
- € ☐ Clean, medium dice, oil, season, roast 3 lbs carrots
- € ☐ Clean, medium dice, oil, season, roast 3.5 lbs celery
- € ☐ Clean, medium dice, oil, season, roast 3 lbs parsnips
- € ☐ Clean, medium dice, oil, season, roast 3 lbs radish
- € ☐ Chop 1 cup parsley
- € ☐ Reserve 4 trays LEAN CUISINE® Glazed Chicken thaw under refrigeration

### > Day of Service

- €€€ ☐ Cook glazed chicken according to package directions
- € ☐ Combine cooked glazed chicken and reduced wine

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Containers for holding vegetables and parsley cold (6)
- € ☐ Chaffer for holding glazed chicken hot (1)
- € ☐ ¼ cup scoops for vegetables (5)
- € ☐ Tsp for scooping parsley
- € ☐ Spoon for scooping chicken (3 pc) and sauce (2 oz)
- € ☐ Heatproof spatula
- € ☐ Serving spoon

€