

# Recipes

By  
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## FULL MEAL RECIPE FEATURING COQ AU VIN BLANC (WHITE WINE BRAISED STEWING HEN)

### SALAD COURSE:

#### FRISÉE, APPLE & WALNUT SALAD WITH DIJON VINAIGRETTE

#### INGREDIENTS (4 SERVINGS)

2 heads frisée or mixed bitter greens, washed and spun dry  
1 crisp apple (Granny Smith or Honeycrisp), thinly sliced  
1/2 cup toasted walnut halves, roughly chopped  
1/4 cup shaved Parmesan or Manchego  
2 tbsp chopped fresh chives  
3 tbsp extra-virgin olive oil  
1 tbsp Dijon mustard  
1 tbsp white wine vinegar  
1 tsp honey  
Salt and freshly ground black pepper to taste

#### PREPARATION

Whisk together olive oil, Dijon, white wine vinegar, honey, salt and pepper to make the vinaigrette.

Toss frisée, apple slices, and walnuts with most of the vinaigrette (reserve a little).

Taste and adjust seasoning.

Finish with shaved Parmesan and chives; drizzle remaining dressing.

#### PRESENTATION

Mound salad on chilled plates; arrange a few apple slices fanned on top and scatter extra walnuts and Parmesan for texture.

### ENTREE — COQ AU VIN BLANC (WHITE WINE BRAISED STEWING HEN)

#### INGREDIENTS (SERVES 4–6)

1 whole stewing hen (3–4 lb), jointed into pieces (or 6–8 pieces)  
Salt and pepper  
3 tbsp unsalted butter + 2 tbsp olive oil  
6 oz smoked bacon or pancetta, diced  
1 large onion, diced  
2 carrots, cut into 1/2-inch rounds

**3 garlic cloves, smashed**  
**8 oz button mushrooms, halved**  
**2 tbsp all-purpose flour**  
**1 1/2 cups Etheo Albariño White Wine (or another dry white)**  
**2 cups low-sodium chicken stock**  
**2 tbsp tomato paste**  
**2 sprigs fresh thyme, 2 sprigs parsley, 1 bay leaf (tied)**  
**1 tbsp lemon juice**  
**2 tbsp chopped flat-leaf parsley for finishing**

#### **PREPARATION**

**Season hen pieces with salt and pepper. In a heavy Dutch oven, heat butter + oil over medium-high. Brown hen pieces in batches until golden; transfer to plate. Add diced bacon/pancetta; cook until fat renders and starts to brown. Remove most of the fat, leaving a tablespoon.**

**Sauté onion and carrot until softened (5–7 minutes). Add garlic and mushrooms; cook 3–4 minutes.**

**Sprinkle flour over vegetables, stir 1–2 minutes to cook raw flour.**

**Deglaze with Albariño, scraping browned bits. Reduce by one-third (~3–4 minutes).**

**Stir in chicken stock and tomato paste, add herb bundle. Return hen pieces to pot, skin-side up. Bring to gentle simmer.**

**Cover and braise in oven at 325°F (160°C) for 1.5–2 hours (stewing hens need longer) until meat is tender and near-falling off the bone.**

**Remove hen pieces to warm platter. Strain sauce into a saucepan, skim fat if desired, and reduce over medium heat to slightly thicken. Stir in lemon juice and adjust seasoning.**

**Return sauce to hen pieces or spoon over; sprinkle with chopped parsley.**

#### **PRESENTATION**

**Arrange hen pieces on a deep platter, spoon the glossy sauce over and around. Garnish with fresh thyme sprigs and chopped parsley. Serve family-style so guests can take tender pieces.**

#### **SIDE DISH 1 — HERBED POTATO DAUPHINOISE**

##### **INGREDIENTS (4–6)**

**2 lb Yukon Gold potatoes, peeled and sliced 1/8-inch**  
**1 1/2 cups heavy cream**  
**1/2 cup whole milk**  
**2 garlic cloves, halved**  
**1 tsp fresh thyme leaves**  
**1/2 cup grated Gruyère or aged Cheddar**  
**Salt and pepper**  
**2 tbsp butter for baking dish**

## **PREPARATION**

Rub inside of an ovenproof dish with garlic and butter. Layer potatoes overlapping.

Heat cream with thyme, salt and pepper until just steaming. Pour over potatoes and press down so cream covers.

Top with grated cheese. Bake covered at 350°F (175°C) 45 minutes, uncover and bake 15–20 more minutes until golden and bubbly.

## **PRESENTATION**

Let rest 10 minutes, slice into wedges and serve beside the hen. Sprinkle a little fresh thyme on top.

## **SIDE DISH 2 — GREEN BEANS ALMONDINE WITH LEMON ZEST**

### **INGREDIENTS (4)**

1 lb French green beans, trimmed

2 tbsp butter

1/3 cup sliced almonds, toasted

1 small shallot, minced

Zest of 1 lemon

Salt and pepper

### **PREPARATION**

Blanch beans in boiling salted water 3–4 minutes until bright green and tender-crisp. Shock in ice water and drain.

In skillet, melt butter, sauté shallot until translucent, add beans and toss to heat through. Add toasted almonds and lemon zest, season.

### **PRESENTATION**

Serve in a shallow bowl alongside the hen; scatter a few extra almonds on top and a lemon wedge on the side.

## **DESSERT — PEAR TARTE TATIN WITH VANILLA MASCARPONE**

### **INGREDIENTS (6–8 SERVINGS)**

4 ripe but firm pears (Bosc or Bartlett)

1/2 cup unsalted butter

3/4 cup granulated sugar

1 sheet puff pastry, thawed

1 cup mascarpone

1 tbsp powdered sugar

1/2 tsp vanilla extract

## **PREPARATION**

**Peel, core and halve pears. In an ovenproof skillet, melt butter and sugar to a light caramel (watch closely).**

**Arrange pear halves, cut side up, into caramel. Cook 5–7 minutes to coat.**

**Cover pears with puff pastry, tucking edges. Bake at 375°F (190°C) 25–30 minutes until pastry is golden.**

**Let rest 5 minutes, invert onto a serving platter.**

**Whisk mascarpone with powdered sugar and vanilla until smooth.**

## **PRESENTATION**

**Serve slices warm with a quenelle or dollop of vanilla mascarpone and a light dusting of powdered sugar.**

## **WINE PAIRING RECOMMENDATION**

### **WINE: ETHERO ALBARIÑO WHITE WINE**

#### **WHY THIS WORKS:**

**Albariño's bright acidity, citrus and stone-fruit notes, and subtle saline/mineral character complement the white-wine braise of the Coq au Vin Blanc without overpowering the delicate but rich chicken and mushroom flavors. Its freshness cuts through the creamy potato dauphinoise and balances the caramelized pears for dessert. Using Ethero Albariño alongside the dish that uses white wine in cooking creates a harmonious flavor thread through the meal.**