

We're doing a little spin this week on a French classic: a plant-based version of coq au vin, a traditional chicken in wine dish.

Instead of chicken, we've subbed fingerling potatoes (or "patatas") and a plethora of veggies and herbs, from soft carrots to mushrooms and rosemary. The sweet red wine reduction is also well balanced by a few dashes of our Colima Sea Salt - a coarse, crunchy, and moist sea salt that is unrefined, all natural, and packed with trace minerals. Harvested by hand just 16 weeks each year, its rich flavor adds a layer of depth incomparable to standard table salt.

*Note: If you're alcohol-free, simply sub veggie or chicken broth for the wine in this recipe.

Patatas Au Vin

Prep time: 10 minutes

Cooking time: 30 minutes

Serves: 2-3

Ingredients:

3-4 fingerling potatoes, cut into thick wedges
1 carrot, cut into thick slices
1 white onion, chopped finely
1 cup cremini mushrooms, sliced
2 garlic cloves, roughly chopped
¾ cup organic red wine (or equal amount of veggie or chicken stock)
1 ½ cups vegetable stock
1 tbsp plus 1 tsp gluten-free flour for thickening
2 tbsp AJK Avocado Oil
1 tsp paprika
1 tsp dried thyme
Colima Sea Salt and pepper to taste
Fresh rosemary for garnish

Equipment:

Deep saute pan

Instructions:

Season the potatoes with Colima salt, pepper, and paprika.

Heat olive oil in a saute pan on medium heat.

Toss the potato wedges in 1 tablespoon flour and fry until they turn golden. Turn them gently in the pan to avoid breaking. Remove from the pan and set aside.

In the same pan and oil, add onions and garlic and stir to cook until the onions are lightly caramelized.

Add mushrooms and carrots and continue to cook for 1-2 minutes.

Add thyme and a dash of salt and stir. Add the 1 teaspoon flour and cook for roughly 45 seconds.

Add the potatoes back in and stir until everything is coated well with the flour and thyme. Add wine and stock and stir until well combined.

Cover and cook on low for about 12-15 minutes. The sauce should thicken and the veggies and potatoes should be cooked through.

Serve garnished with fresh rosemary and a slice of baguette on the side for the full French experience.