

Rhode Island Red Cockerels



A young male chicken

Our chickens free range on grass and broadleaf plants plus a nutritionally balanced feed. They are fed **no antibiotics** and enjoy lots of space and humane conditions.

At about 1.5 lbs each, our small reds are perfectly sized for an individual meal. The meat is lean and flavorful.

How to cook our heritage chicken:

We recommend slow cooking methods to bring out the flavor of this traditional breed.

Defrost in the refrigerator for 1-2 days before cooking. This will allow the meat to relax and become tender.

RECIPE:

Slow Cooked Cockerel in Wine (quickie version of the french Coc Au Vin)

- 2 tablespoons unsalted butter
- One young cockerel (1.5 lbs. cut up) Cut in half or in quarters
- 6-8 slices bacon (optional for extra flavor)
- 1 slice air-cured ham, diced (optional for extra flavor)
- 1 medium onion
- kosher salt and freshly ground black pepper
- 1 1/2 cups hearty red wine
- herbs dash each of (thyme, bay, parsley)
- 1 cloves garlic, green germ removed (or minced garlic)
- 1-3 cups chicken stock (enough to cover the chicken for slow cooking)

Can be cooked with a few carrots and/or potatoes in the broth.

For thickening the sauce:

- 1 Tsp flour
- 1 Tsp butter

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Preparation:

Melt the butter in a medium heavy stockpot or deep frying pan over medium heat. When the butter is hot, brown the cockerel on all sides.

Dice the onion

Remove the chicken from the pan and add the bacon. Brown it on all sides.

When the bacon is browned, add the onion to the pan and sauté about 2 minutes

Add the chicken (and ham if used) back to the pan and season with salt and pepper.

Pour the wine over all.

You can add some carrots and/or potatoes to cook with your chicken if desired.

Stir in the herbs and the garlic; pour in just enough chicken stock to cover the chicken.

Bring the liquid to a boil, reduce the heat so it is simmering, cover and cook until the chicken is tender but not falling from the bone (1 hour to 1½ hours).

When chicken is tender, make the sauce below.

Make the sauce:

Blend the butter and flour in a small bowl to a homogeneous paste. When the chicken is cooked, about ¼ cup of the cooking juices into the flour and butter mixture, then pour that mixture into the pan holding the chicken. Stir it in and let it cook, stirring, until the sauce is thickened. Taste for seasoning and remove from the heat.

Ideally, let the dish sit from 1-8 hours, or overnight, before serving. However, I only let mine sit for half an hour and it was still tasty.

Feel free to play around with this recipe to fit your personal taste. I have cooked it without the bacon or ham and never missed it.

The above recipe can also be cooked in a crock-pot, after the initial browning, for about 3-4 hours or until chicken is fully cooked.