

## **Low FODMAP Coq Au Vin Blanco with Poblano Peppers**

**LOW FODMAP   GLUTEN-FREE   DAIRY-FREE   IBS FRIENDLY**

### **Let's FODify It!**

The smell of slow braised chicken with red wine, bacon, garlic and white pearl onions takes me right back to my mother's kitchen for weekend family dinners. This is a classic French dish, and because I am a fan of fusion foods, I began to make my American Southwest version with white wine and poblano peppers. Red wine can overwhelm the mellow flavor of the buttery peppers which is why I use an oaky chardonnay.

This low FODMAP recipe uses a slow cooker to infuse chicken breasts, carrots, green parts of scallions, homemade low FODMAP garlic-infused oil, low FODMAP chicken stock, white wine, bacon, potato and diced poblanos. The flavors blend beautifully, with a splash of fresh lemon juice for a sparkly finish.

This recipe requires 3 poblano peppers that have been roasted and prepped to remove the skins, seeds, and stems. View our previous article for step-by-step instructions with photos here: [How To Roast And Prep Green Chiles](#).

This slow cooker version requires 5 1/2 to 6 hours to cook, so be sure to plan accordingly.

**Serves: 4 to 5**

### **INGREDIENTS:**

3 medium (300 g total) fresh poblano peppers, roasted and prepped, small diced  
2 tablespoons extra virgin olive oil  
2 cloves garlic, sliced into 4 pieces each  
1 cup (50 g) thin sliced scallions, green parts only  
5 medium (approx. 450 g total) carrots, peeled and cut into 1/2-inch (1.3 cm) pieces  
1 large (300 g) russet potato, peeled and cut into 1/2-inch (1.3 cm) cubes  
4 pieces thick cut bacon  
3/4 teaspoon (4 g) fine sea salt  
3/4 teaspoon fresh ground black pepper  
1 1/2 pounds (680 g) skin-on, boneless chicken breasts or bone-in thighs  
1 1/2 cups (355 ml) low FODMAP chicken stock  
1 cup (237 ml) white wine  
1/2 teaspoon dried thyme  
1 1/2 tablespoons cornstarch; gluten-free if you are following a gluten-free diet  
1 1/2 tablespoons cold water  
1 teaspoon fresh lemon juice  
5 cups (930 g) cooked white or brown rice, hot and ready when your Coq Au Vin is ready to plate

**METHOD:**

Set a 6-quart (5.7 L) slow cooker to low heat and cover with lid.

Pour the oil into a large nonstick skillet over medium low heat. When the oil shimmers, add the garlic pieces. Stir with a spatula to slowly infuse the garlic flavor into the oil. When the garlic is just golden, remove all pieces from the skillet and discard. This leaves you with low FODMAP garlic-infused oil as the fructans in garlic are not oil soluble.

Pour the oil into the cooker. Add the scallion greens, carrots and potatoes.

Return the skillet to the burner over medium low heat. Add the bacon and cook until crisp, turning often with tongs. This should take about 8 minutes. Place the bacon pieces on paper towels to drain. Reserve the pan drippings. When the bacon has cooled, break it into 1-inch (2.5 cm) pieces and place in the cooker.

Dust both sides of the chicken with salt and pepper. Bring the bacon drippings to medium high heat. Add the chicken skin side down and sear for 3 to 4 minutes or until they are golden brown. Transfer the chicken to a plate. (If your chicken breasts are very large, cut them in half crosswise before seasoning and searing).

Add the chicken stock, wine and thyme to the skillet. Using a silicone spatula, scrape the bottom of the pan as you stir to release the flavorful brown bits. When the liquids just begin to bubble, pour into the slow cooker.

Place the seared chicken over the veggies. Spoon the diced poblanos around the chicken.

Cover and slow cook on low for 5 1/2 to 6 hours or until the chicken is fall-apart tender.

Using a slotted spoon, scoop the chicken and veggies into a large serving dish and cover with a lid or foil to keep warm. Pour the cooker liquids into a large saucepan over medium high heat. Create a slurry by mixing the cornstarch with cold water in a small bowl. When the liquids are just boiling, pour in the slurry and whisk to thicken. This will take about 3 minutes. Taste for salt and adjust if needed. Finish by stirring in 1 teaspoon fresh lemon juice.

Pour the thickened gravy over the chicken. Serve immediately with white or brown rice.

**TIPS:**

Depending on how much cooking liquid your Coq Au Vin yields, you may need to add an additional slurry of 2 teaspoons cornstarch and 2 teaspoons cold water to thicken to your liking.

This dish will keep in the refrigerator for up to 3 days when stored in an airtight container.

When stored in an airtight freezer container, it will keep in the freezer for up to 2 months.

This is also a great dish for meal prepping; divide it into individual portions and freeze in airtight freezer containers.

While poblanos are generally a mild heat chile that have tested to be low in FODMAPs, Monash advises that some people with IBS may be sensitive to the capsaicin they contain. You may need to limit how much chile you eat if your IBS symptoms are triggered after consuming.



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