



Red Wine Sauce

By Matt Healy

Prep time
15 mins

Cook time
20-30 mins

Total time
45 mins

Chef Skills: Sauce making

Ingredients

- 200g chicken wings
- 2 banana shallots
- 200g button mushrooms
- ½ bottle of good quality red wine (Malbec or Cabernet Sauvignon)
- 250ml chicken stock
- 250ml beef stock
- Thyme

Equipment

- Small saucepan
- Large saucepan
- Chopping board
- Fine sieve
- Sharp knife

Before you click play

- Get out all equipment & weigh all ingredients
- Finely slice shallots and mushrooms
- Prepare the chicken and beef stocks

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Method

1. Put a large saucepan on a high heat with a little oil and add the shallots. Cook for 1 - 2 minutes, then add the mushrooms.
2. Using the heel of a sharp knife, cut the chicken wings into small chunks
3. Once the shallots and mushrooms have caramelised, add the chicken wings. Add a little more oil if it looks dry. Stir together, add a little thyme and stir again.
4. Deglaze by adding a splash of red wine to the pan and, using a wooden spoon, scrape all of the caramelised bits off the bottom of the pan.
5. Add the rest of the red wine, bring to the boil and reduce by $\frac{2}{3}$.
6. Once the red wine has reduced, add the chicken stock and deglaze again. Then add the beef stock, stir well and turn the heat up high to reduce by half.
7. Once the sauce has reduced by half, strain through a fine sieve into a smaller saucepan. Put the sauce back on a high heat and continue to reduce for 5 - 7 minutes or until the sauce coats the back spoon.