Rabbit Stew

Also Known As

Lauren Starling Hope

Course	Yield	Type of Food	Main Ingredient
Entrée	12 servings	Game	Rabbit

Comments

This is a great rabbit recipe.Lauren Starling Hope is a wonderfully imaginative chef. She is currently plying her trade in beautiful Savanah Georgia.

Prep Time **Cooking Time** **Ethnic Origin**

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Pre-Heat? ☐ Yes **Temperature** **Grease Pan?** ☐ Yes

Measure		Ingredient
		Marinade
4		rabbits
2	qt.	red wine
4		bay leaves
16		allspice berries
2		cinnamon sticks
		Braising liquid
		Extra virgin olive oil as needed
3	lb.	onion whole, cippolini or pearl
		flour, all purpose as needed
2		oranges, juiced
1	qt.	red wine
1	qt.	plum tomatoes, chopped
4		bay leaves
2		cinnamon sticks

Instructions

Fabricate rabbits (cut into its component parts) and marinate them overnight.
Blanch the onions and peel them.
Heat some extra virgin olive oil in a large pot and sauté the onions till they caramelize lightly, then remove and reserve.
Remove the rabbits from the marinade, discard the marinade, and pat them dry. Season with salt and pepper, and coat lightly with flour.
Add additional extra virgin olive oil to the pot and brown the rabbit parts in batches. Remove them and reserve.
Deglaze with the wine and reduce by ¾. Add the orange juice, tomatoes, bay leaves, cinnamon sticks, onions and rabbit pieces. Bring to a boil, turn down to a simmer, cover and braise, approx. 1 hour and 15 minutes.
Remove the bay leaves and serve.

This recipe is from Herbs & Spice & Everything Nice Cookbook 3rd Edition. Copyright © 2003 - 2008 All rights reserved Call 513 421 4800 or e-mail Chef@HerbsSpice.com to get your copy of this cookbook.