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RACKS Recipes: Rabbit

Rabbit White Wine Stew

2 Rabbits; disjointed
3 T Butter
1 1/2 ts Salt; Optional
1/2 ts Freshly ground black pepper
2 T Flour
1/4 c Beef broth
1/2 c Dry white wine
4 sl Bacon; diced
12 sm White onions
1 cl Garlic; minced (it really -needs 2 or 3)
1/2 lb Mushrooms; sliced
1 tsp Rosemary
1/2 lemon sliced

Clean, wash, and dry the rabbit (soak over night in cold water if possible). Coat rabbit pieces in flour. Melt the butter in a Dutch oven.

Brown the rabbit in it. Sprinkle with the salt (optional)& pepper. Stir until flour browns add the broth and wine;

bring to a boil, cover and cook over low heat 45 minutes to one hour or until tender.

While the rabbit is cooking, brown the bacon lightly in a skillet; pour off half the fat. Add the onions; sauté until golden. Add the garlic and mushrooms; sauté 3 minutes. Add this mixture to the rabbit; Add Rosemary and Lemon Slices. Cook 15 minutes longer or until the rabbit is tender.

Note: If mixture seems dry, you can add a little more beef broth or wine to the mixture while it is cooking.