

Spanish Rabbit Stew



It is common for Spanish to eat rabbit and small game birds often. This recipe cooks the rabbit in a rich tomato-wine sauce and is delicious. Serve in a bowl with home-fried potatoes. This simple rabbit recipe is easy, requiring only basic cooking skills.

Ingredients:

- 1 - 4 lb whole rabbit*
- 4 cloves garlic, finely chopped
- 2 onions, sliced
- 1 can (16 oz.) crushed tomatoes
- 1 bay leaf
- 1 sprig tarragon
- 1 sprig thyme
- 2 stalks celery, finely chopped
- 1 cup white wine
- 1/2 cup water
- salt and pepper to taste
- 1 sprig parsley
- extra virgin olive oil

Preparation:

This Spanish Rabbit in Tomato Sauce recipe makes 6 servings.

Clean the rabbit, if necessary. Cut rabbit in small pieces (approximately 12-15 pieces). Chop onions, garlic and celery. Pour enough olive oil into the bottom of large, heavy frying pan and heat on medium high. When hot enough, place rabbit in pan and brown the pieces on all sides. Remove and set aside.

Using the same pan, sauté the garlic, onion and crushed tomatoes for about 5 minutes. (If ingredients begin to stick, add more olive oil if necessary.) Add the bay leaf, tarragon, thyme and chopped celery.

Return the rabbit to the frying pan. Add the white wine and stir. Turn the heat up to bring to a boil and reduce the liquid by a half or two-thirds. Then, add the water and stir.

Reduce heat. Cover the pan and simmer gently until cooked – an hour and a half to two hours. (If using chicken instead of rabbit, it will take only 30-45 minutes.) While the meat is simmering, chop parsley.

Adjust salt and pepper. Sprinkle with chopped parsley and serve hot in bowls with fried potatoes and rustic bread.

Adapted from <<http://spanishfood.about.com/od/maincourses/r/rabbittomato.htm>>

**Spellcast Farm, AGDA-registered Dairy Goats, Pastured Heritage-breed Meat Rabbits,
Heritage-breed Poultry, Eggs and Organic Vegetables**

www.spellcastfarm.com e-mail: bern8787@bellsouth.net telephone: 704-530-7080