



JERNEJ KITCHEN

RABBIT STEW

Rabbit Stew is a beautiful family meal recipe. Thanks to the slow cooking method, the meat is juicy and tender, while the sauce is luxurious and flavorful.

SERVES	6	PEOPLE
PREPARATION:	20	MINUTES
COOK:	130	MINUTES
TOTAL TIME:	150	MINUTES

RABBIT STEW

1 rabbit (1.3 kg - 1.8kg / 3-4 pounds)

6 juniper berries

1 tsp dried oregano

1 tbsp olive oil (for seasoning)

4 cloves of garlic

4 tbsp all-purpose flour (for coating)

4 tbsp olive oil (for cooking)

360 ml (1 1/2 cup) white wine
(Chardonnay)

2 celery stalks

4 carrots

2 onions

2 tbsp butter

1 tsp tomato paste

1 tbsp all-purpose flour

1 tbsp dried diced mushrooms
(porcini)

10 olives

1 tbsp capers

herbs: 1 sprig thyme, 1 sage leaf, 2
sprigs parsley, 1 bay leaf

SEASON THE MEAT

Cut up a rabbit or use rabbit legs and other cuts. Place in a large bowl. Season with salt, pepper, juniper berries, oregano, olive oil, and crushed garlic cloves. Rub the seasoning into the meat and set aside for 15 minutes (or place in the fridge overnight) to marinate.

PAN-FRY THE MEAT

Sprinkle all-purpose flour over a baking sheet. Coat the meat in the flour, discarding the rest. Place a large skillet over high heat. Add four tablespoons of olive oil. Pan-fry the meat in two alternations, making sure that the meat doesn't overcrowd the pan. Cook for 3- 4 minutes per side, or until it's beautifully golden-brown. Transfer to a plate. Discard the oil and place the same skillet back on the high heat. Save the herbs from the marinating for later use.

BOIL THE WINE

Add the white wine to the same skillet, and using a spoon, stir well in the bottom of the pan, to scrape out those delicious pan-frying flavors. Bring the wine to a boil, then simmer for 3 - 4 minutes for the alcohol to evaporate. Transfer to a small bowl and set aside until needed.

COOK THE VEGETABLES

Place a Cast Iron Dutch Oven over medium-low heat. Peel the celery, carrots, and onion and cut them into larger chunks. Add butter to the pot along with the prepared vegetables. Cook for 5 minutes, stirring occasionally. Add the all-purpose flour and tomato paste. Stir and cook for 3 - 4 minutes for the flour to cook.

- 1 liter (4 cups) [Vegetable Broth](#)
- 6 prunes
- 1 tbsp diced fresh parsley (to serve)

TOOLS AND EQUIPEMENT

- kitchen knife
- bowl
- small baking sheet
- large skillet
- bowl
- cast iron dutch oven

COOK THE STEW

Add the dried porcini, olives, capers, and herbs (thyme, sage, parsley, and bay leaf) to a pot. Gradually pour in the vegetable broth (or water) and white wine, stirring continuously for the flour to incorporate into the liquid. Add the pan-fried meat, saved herbs from the marinade, and bring to a boil. Then lower the heat, cover with a lid, and cook over low heat for 1 hour. Remove the lid, add the prunes and cook uncovered for another 30 - 40 minutes, or until the meat is tender and juicy.

TIP

[The stew shouldn't boil, or the meat will become hard and dry.](#)

SERVE

Remove the stew from the heat. Season with salt and pepper and sprinkle with diced parsley. Divide between six plates and serve with your favorite side dish.