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Hunter's Rabbit

Recipe slightly adapted from Frank Vargas,
via Food Network.

Ingredients:

½ cup olive oil
1 rabbit, cut into 6 to 8 portions
Salt and pepper
8 oz. medium size mushrooms, quartered
2 shallots, minced
1/3 cup all-purpose flour
Pinch dried thyme
Pinch dried parsley flakes
1 bay leaf
1 cup tomato sauce
1 cup nonalcoholic red wine
1 to 2 cups beef broth

Preparation:

In a large skillet, heat olive oil in medium high heat. Season rabbit with salt and pepper, and brown rabbit on each side. Set aside into a roasting pan.

Sauté shallot and mushroom for two minutes, put into the roasting pan. Deglaze the skillet with a little bit of beef broth and red wine, pour into the roasting pan.

Add tomato sauce, red wine and beef broth into the roasting pan. Add thyme, parsley, bay leaf, and sprinkle flour. Stir.

Cover with foil, bake for 2 to 3 hours at 350F. Stir every hour. Remove from oven and serve. Can be serve over rice.

