

Wine Braised Rabbit with Garlic & Shallot

Rich and savory for garlic lovers



Ingredients

- 2-3 T salted butter
- extra virgin olive oil
- 3 large shallots, chopped
- small bunch parsley finely chopped (about 1/2 c.)
- 6 large cloves of garlic, chopped
- 1 c. dry white wine
- 3/4 c. water or broth
- 1 rabbit cut into pieces
- salt

Serve

Plate with rice, mashed potatoes or serve with chunks of crusty bread to sop up all the juices.

Procedure

1. Preheat oven to 350 degrees
2. Chop garlic, shallots, and parsley and set aside
3. Cut the rabbit into pieces, separating the front legs, and back legs and chopping the back into 3 pieces. Reserve ribs for stock.
4. Pat the rabbit dry and sprinkle pieces with salt
5. In a large Dutch oven, melt butter on medium-high heat
6. Brown the rabbit pieces in the butter on all sides, working in batches if necessary. Add extra virgin olive oil or more butter if the pan becomes dry
7. Remove the browned rabbit to a bowl and set aside.
8. Reduce the heat to medium and add chopped shallots to the pan and stir until translucent, about 5 minutes
9. Add the garlic, frequently stirring for 2-3 minutes
10. Pour in the wine, scraping any brown bits from the bottom of the pan
11. Add the parsley and water/broth, stirring to combine, and cook for another 3-5 minutes
12. Remove from heat and return the rabbit to the pan, nestling the pieces in the liquid, and cover.
13. Place in the oven for 45 minutes.

Feel free to substitute olive oil for butter and vice versa. Rabbit or chicken broth can be used in place of the water. When the rabbit is fully cooked, you can remove it and cover it while reducing the liquid further or add a roux for a thicker sauce.

