

BEER BRAISED RABBIT

F EASY

Last Modified: 02/24/2018

PREP: 2 Hrs
COOK: 4 Hrs 30 Min
SLOW COOKER

RABBIT

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Whole	Rabbit	Cut-Up
4	Slices	Thick Sliced Bacon	Diced
2	Tbsp	Olive Oil	
1/4	Cup	Seasoned Flour (Salt / Pepper)	
2	Tbsp	Unsalted Butter	
1	Large	Yellow Onion	Julienned
3	Whole	Carrots (Peeled)	Sliced
2	Whole	Celery Stalks	Sliced
1 1/4	Cups	Chicken Stock (Swanson)	Boiling
1 1/4	Cups	Guinness Stout (Or Other Black Beer)	
2	Tbsp	Fresh Italian Parsley Leaves	Chopped

PREPARATION

FACTOID	A lean & healthy meat. This works equally well for either domestic or wild Rabbits (Cottontails, Snowshoes & Jack Rabbits (a bit stringy & tough). Rabbits are the "Prey" animals on the earth (along with Chickens) feeding many other carnivorous animals.
TOOLS	<ol style="list-style-type: none"> 1) Large Mixing Bowl 2) Pie Tin 3) Crock Pot 4) Large Stainless Steel Skillet
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Dice the Bacon and set it aside. 2) Julienne the Yellow Onion and set it aside. 3) Slice the Carrots and add them on top of the Onions. 4) Slice the Celery and add it on top of the Onions. 5) Chop the Parsley Leaves and set them aside.
1	Soak the cut up Rabbit in ice water for at least 2 hours. Pat dry and coat each piece in the Seasoned Flour.
2	in a large skillet over medium high heat. Add in the Olive Oil and Butter and heat it until shimmering. Fry the Rabbit pieces in the pan, turning until they are evenly browned on all sides. Place them in the slow cooker.
3	Add the Diced Bacon to the skillet and cook it for 3 to 4 minutes until the fat has rendered out. Add in the Onions, Carrots and Celery and cook them until just coloring. Sprinkle any remaining seasoned Flour over the Vegetables and stir to absorb any remaining fat in the pan, cook for an additional 3 minutes to make a Roux.
4	Add everything into the slow cooker and cook it on high heat for 3 to 4 hours or until the Rabbit is done.
SERVE	Remove the Rabbit Pieces to a serving platter, pour the Cooking Sauce over the top, sprinkle with the Parsley and serve it while hot.