

STEWED RABBIT (FRICASSEE) & DROP BISCUITS

F EASY

Last Modified: 11/20/2016

PREP: 2 Hrs
COOK: 45 Min
SLOW COOKER

RABBIT

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1	Whole	Rabbit	Cut-Up
OR			
3	Pounds	Skinless Chicken Thighs	
2	Tbsp	Seasoned All Purpose Flour (Salt & Pepper)	
2	Tbsp	Olive Oil	
2	Pats	Unsalted Butter	
1	Small	Vidalia Onion	Fine Diced
2	Sprigs	Fresh Rosemary	
1	Pinch	Crushed Red Pepper Flakes	
15	Baby	Carrot Fingers (Organic)	Halved
1/2	Cup	Frozen Peas	Thawed
3	Cloves	Garlic	Minced
1	Cup	Dry White Wine (Chablis)	
12	Medium	Morel Mushrooms	Halved
OR IF YOU CAN'T FIND MORELS			
		Any Other Mushroom(s) You like	
1 1/2	Quarts	Chicken Stock (Swanson)	Boiling
1	Recipe:	Breads - Tarragon Drop Biscuits Or Dumplings	

PREPARATION

FACTOID	This dish is excellent whether made using Rabbit or Chicken.
TOOLS	1) Large Mixing Bowl 2) Dutch Oven & Lid 3) Large Saucepan & Lid
PREP	DISH 1) Finely Dice the Onion and set it aside. 2) Halve the Baby Carrots lengthwise and add them on top of the Onions. 3) Thaw the Peas and set them aside. 4) Mince the Garlic Cloves and set them aside. 5) Halve the Mushrooms lengthwise and set them aside.
CARROT FACTOID	Ever notice that those leftover fingerling Carrots in your refrigerator turn white on the outside after a while? That's because they are soaked for hours in a Bleach solution before packaging. ALWAYS buy the "Organic" ones - NO BLEACH - EVER!
1	Soak the Rabbit in ice water for at least 2 hours. Pat dry and coat them in the Seasoned Flour. If using Chicken, Marinate refrigerated in 1/2 cup of Buttermilk for 2 hours and coat them with the Seasoned Flour.
2	In a dutch oven over medium high heat large enough to easily hold ALL of the Rabbit, Heat the Olive Oil and Butter until shimmering and fry the Rabbit Pieces, turning until nicely browned on all sides, about 7 minutes on each side. Remove the Rabbit, drain over paper towels and set aside.

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3	In a large saucepan, bring the Chicken Stock to a boil.
4	In the dutch oven over medium high heat, add in the Carrots, Vidalia Onion, Rosemary Sprigs, Red Pepper Flakes and saute until the Onion is transparent. Place the Rabbit on top of the mixture.
5	Add in the White Wine, Mushrooms, and the hot Chicken Stock. Continue to simmer for 15 minutes.
6	Meanwhile make the Tarragon Drop Biscuit mix according to the recipe.
7	Pour the Peas evenly over the top. Gently drop heaping Tbsp sized dollops of the Tarragon Biscuit mix over the surface of the Rabbit Stew.
8	Preheat the oven to 350 degrees with a rack just below center. Place the Dutch Oven on the rack and bake until the Biscuits on top are nicely browned, about 20 minutes. Which also means that the Rabbit will be cooked nice and tender and that the Gravy has nicely thickened.
9	Remove and discard the Rosemary Sprigs.
SERVE	Place the Rabbit on a serving platter, Pour the Gravy over the top, Sprinkle with a little finely chopped fresh Tarragon or thinly sliced Green Onions and serve while hot.