



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Rabbit and Beer Stew

Ingredients

- 40g plain flour
- salt & pepper
- 1 (3 pound) rabbit meat, cleaned and cut into pieces
- 30ml Rapeseed Oil
- 150g thinly sliced onions
- 400g mushrooms, thinly sliced
- 1 clove garlic crushed
- 2g chopped fresh thyme
- 3g chopped fresh basil
- 2g chopped fresh rosemary
- 2 bay leaves
- 330ml light ale or pale ale
- 400 ml chicken stock
- 4g chopped fresh parsley



Method

Place flour, salt, and pepper into a plastic bag; toss to mix. Add the rabbit pieces, toss to coat with the flour mixture, and shake off excess. Heat 2 tablespoons of oil in a heavy casserole pan over medium-high heat until lightly smoking.

Fry the rabbit pieces until golden brown, then set aside. Pour in the remaining tablespoon of oil and stir in the sliced onions. Cook until the onions have softened, about 2 minutes; then stir in the mushrooms and garlic, cook for an additional 2 minutes. Add the thyme, basil, rosemary, and bay leaves; season to taste with salt and pepper. Dried herbs would do as well.

Place the browned rabbit pieces in the casserole, and pour in the beer and chicken stock. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the rabbit is very tender, 25 to 30 minutes.

If you need to thicken the liquid use some cornflour mixed with a little water to. Put the rabbit from the simmering broth on to hot plates ready for serving. Skim any visible fat from the liquid add the cornflour mixture and mix, remove the bay leaves, season with salt and pepper if needed, and stir in the parsley. Serve the thickened sauce with braised rabbit.

Other information

Serves 4
Preparation time - 40 minutes
Cooking time – 50 minutes