

## Rabbit Stew with Dumplings

Rabbit Stew with Dumplings in a Red Wine Sauce

makes 6 to 8 servings

1 2-1/2 pound rabbit, quartered

1/4 cup all purpose flour

sea salt and freshly cracked pepper to taste

3 slices thick bacon, cut into large pieces

2 tablespoons extra virgin olive oil

1 large yellow onion, peeled and chopped

2 shallots, peeled and chopped

8 ounces porcini or brown mushrooms, wiped clean and sliced thick

1 cup beef broth OR broth made from Better than Gourmet brand veal stock (the best)

2 cups dark red wine, like a good Malbec, or Burgundy

1 tablespoon brown sugar

2 tablespoons tomato paste



1 teaspoon fresh thyme

2 teaspoons chopped Italian parsley

2 bay leaves

Dust rabbit pieces with salt, pepper and flour. Set aside.

In a Dutch oven, over medium high heat, cook bacon and oil until the bacon is beginning to firm up. Add chopped onions, shallots and finally garlic. Cook just until the onions are translucent. Transfer these to a plate and set aside.

Brown the rabbit pieces, add more olive oil as needed, turning them to get them nice and golden on both sides.

Meanwhile, mix broth, wine, brown sugar and tomato paste. Stir into the pot. Add back the onion mixture and top with fresh herbs. Cover the pan and cook at a simmer - medium low - until the rabbit is tender. About 45 minutes.

If you're making the dumplings, remove the meat to a serving dish and cover.

Parsley Dumplings

1 cup all purpose flour

2 teaspoons baking powder

1 teaspoon organic white sugar

1/2 teaspoon sea salt

1 tablespoon soft butter

1/2 cup whole milk

1/4 cup finely chopped parsley

Stir together the flour, baking powder, sugar and salt in a small bowl. Cut in butter until crumbly. Stir in milk and using a fork, make a soft dough.

Drop by the teaspoon full into the simmering stew. Cover and simmer until just done, from 10 to 15 minutes. Take care not to overcook.

Transfer the dumplings to the serving bowl along side the rabbit pieces.

Carefully pour the stew into the serving bowl, dust the top with fresh parsley and serve.