

RABBIT STEW, A FRENCH DELICACY

The Recipe

<https://cuisinedaubery.com/recipe/the-rabbit-stew-a-french-delicacy/>

The rabbit stew, a French delicacy recipe that Madame d'Aubery taught me

Chef: Madame D'aubéry

Preparation Time: 30 Minutes

Cooking Time: 2 H

Ready in: 1 Day

Yield: 3 to 4

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Main Dish, Meat Stew, Meat

Ingredients

With 2 kg (4 lbs 7 oz) of Rabbit

4 lbs 7 oz Rabbit (2 kilograms)

1/2 Cup Olive Oil

2 Tablespoons Butter (30 grams)

2 tablespoons of Flour

1/2 Cup Cognac or Brandy

2 Onions

5 Garlic Cloves

1/2 Cup Bacon

1 tablespoon of Tomato Paste

A small quantity of Thyme

A small quantity of Laurel (Bay) leaves

4 1/4 Cups Red Wine (1 Liter)

A small quantity of Water

3 Carrots

10 Button Mushrooms

1 pinch of Salt

1 pinch of Pepper

With 1.5 kg (3 lbs 5 oz) of Rabbit

3 lbs 5 oz Rabbit (1.5 kilograms)

RABBIT STEW, A FRENCH DELICACY

1/3 Cup Olive Oil
2 Tablespoons Butter (22.5 grams)
1 1/2 tablespoons of Flour
1/3 Cup Cognac or Brandy
1 1/2 Onions
3.7 Garlic Cloves
1/3 Cup Bacon
3/4 tablespoon of Tomato Paste
A small quantity of Thyme
A small quantity of Laurel (Bay) leaves
3 1/4 Cups Red Wine (0.75 Liter)
A small quantity of Water
2.2 Carrots
7.5 Button Mushrooms
1 pinch of Salt
1 pinch of Pepper

With 1 kg (2 1/4 lbs) of Rabbit

2 1/4 lbs Rabbit (1 kilogram)
1/4 Cup Olive Oil
1 Tablespoon Butter (15 grams)
1 tablespoon of Flour
1/4 Cup Cognac or Brandy
1 Onion
2.5 Garlic Cloves
1/4 Cup Bacon
1/2 tablespoon of Tomato Paste
A small quantity of Thyme
A small quantity of Laurel (Bay) leaves
2 Cups Red Wine (0.5 Liter)
A small quantity of Water
1 1/2 Carrots
5 Button Mushrooms
1 pinch of Salt
1 pinch of Pepper

Steps

If your Rabbit doesn't come cut, you will need to cut it yourself : This video shows you how to proceed:

RABBIT STEW, A FRENCH DELICACY

1. Warm in a dutch oven the Olive Oil (1/2 Cup) and the Butter (2 Tablespoons or 30 g) and then brown the Rabbit (4 lbs 7 oz or 2 kg) until lightly colored
2. Brown on all sides, but do not fully cook the meat !
3. Add the Flour (2 tablespoons) and stir
4. Deglaze with the Cognac or Brandy (1/2 Cup)
5. Keep scraping the bottom of the dutch oven : this will release flavors and will avoid to burn the sauce
6. The juices that stick to the bottom ('sucs' in French) are one the secret for a super tasty sauce : You have to continuously scratch the bottom to release them into the sauce, otherwise they stay, stick, and burn
7. Add the diced Onions (2) and the diced Garlic Cloves (5) and stir
8. Add in the Bacon (1/2 Cup) and cook for 5 minutes
9. Keep scraping... that will make your sauce tastier
10. Add in the Tomato Paste (1 tablespoon) and stir
11. Add in the herbs : Thyme, Laurel (Bay) leaf and others...
12. Starts to smell delish in the house !

The wine

13. Time to pour in the Red Wine (4 1/4 Cups or 1 Liter) : lower the heat to low/medium. Make sure to cover the meat with the Red Wine, and if not fully covered with the liquid, pour in some Water
14. If you want to be super technical, you would follow Thomas Keller's advice (the Californian chef with 3 Michelin stars restaurants) : He recommends to boil and flambé the wine prior to using it. Madame d'Aubery was not doing it. Up to you !
15. Slice and add in the Carrots (3)
16. Lower the heat, reduce to a simmer
17. Make sure to cover

Cooking

18. The stew must cook for 2 hours, on low heat
19. At some point, add the Salt (1 pinch) and the Pepper (1 pinch) (but not at the very beginning as the salt and pepper could become overpowering after evaporation)
20. You may bake in the oven as well
21. After it is fully cooked, use a sieve to filter the juice

The sauce

22. To make the sauce, place into a blender and blend the juice, Half of the cooked carrots, Half of the cooked onions, and a few bacon strips
23. Madame d'Aubery didn't add in the Button Mushrooms (10) directly... She would sauté them first in a skillet with butter
24. Then she put everything together in the dutch oven : the mushrooms, the blended sauce and the meat with the vegetables