

# Recipes from Nuts 'n May

## Rabbit & Chestnut Stew

Luckily for the carnivores in the family, we have good supplies of chestnuts, bunnies, saffron and tomatoes for this recipe. Given chestnuts are a seasonal crop we can only make this in autumn when the chestnuts are fresh.

### Ingredients

|            |                              |           |                              |
|------------|------------------------------|-----------|------------------------------|
| 2          | Rabbits, skinned and jointed | 4 tbsp    | Damson gin, or brandy        |
| 1          | Hares, skinned and jointed   | 4 tbsp    | Spanish sherry               |
| ¼ cup      | Flour                        | 2 tbsp    | Saffron strands              |
| 1 tsp each | Salt and ground pepper       | 5 strands | Tomatoes, chopped            |
| 4 tbsp     | Virgin olive oil             | 1 cups    | White wine or chicken stock  |
| 3-4        | Bacon rashers or spec        | 2 cups    | Thyme, fresh sprigs          |
| 6 heads    | Garlic cloves, crushed       | 3-4       | Chestnuts, boiled and peeled |
| 4 med      | Carrots, roughly chopped     | 10 small  | Onions, peeled and whole     |

### Method

Preheat the oven to a low bake (150°C) and set the rack to the bottom. Alternatively you can use a crock pot.

Dredge each piece of meat well in seasoned flour. Using a frying pan and the oil, lightly brown each piece of meat on each side, do in batches and don't crowd the pan, set meat aside. Add the bacon speck to the pan and brown lightly.

Add the garlic and cook till softened then add the carrots and fry till caramelized. Removed cooked vegetables and add to the meat in layers in a large oven proof pot.

Deglaze the frying pan with the liqueurs, add the saffron, 100 mls of the wine (or stock) and tomatoes bring to the boil then pour this over the meat and veg.

Add the thyme sprigs to the pot then pour in the rest of the wine to cover the meat and veg.

Cover with a lid and put the pot into the bottom of the oven. Cook for an hour, then stir in the chestnuts and cook for another 20 mins.

Half an hour prior to serving caramalise the onions in olive oil over high heat and add to pot.

If using a crock pot, set to high and monitor till you see it start to simmer, then turn to low and cook for an hour.

