



Beer Braised Rabbit – Cooking with Bowland Brewery

Ingredients:

- 2 dressed wild rabbit (1 ½ – 2lbs each) cut up
- 1 ½ tsp. salt divided
- ½ tsp. freshly ground pepper
- 3 tbsp. vegetable oil
- 3 medium potatoes, quartered
- 2 ½ cups diagonally sliced carrots
- 1 medium onion sliced
- ½ pint Pheasant Plucker
- ¼ cup chilli sauce
- 1 tbsp. brown sugar
- 1 clove garlic, minced
- 3 tbsp. flour
- A third of a cup of water

Method:

Sprinkle the rabbit pieces evenly with ½ tsp. salt and ¼ tsp. pepper. Using a casserole dish, heat the oil over a medium heat. Add the rabbit pieces and cook for 8-10 minutes or until the meat is browned, turning occasionally. Drain the casserole dish and remove the oil just leaving the rabbit pieces.

Add the potatoes, carrots and onions to the casserole dish. Combine 1 tsp. salt, ¼ tsp. pepper, ¼ pint of Pheasant Plucker, chilli sauce, brown sugar and garlic. Pour this mixture over the rabbit pieces and vegetables in the casserole dish and bring to boil on a medium heat. Reduce the heat to low and cover the casserole dish and simmer for 1-1 ½ hours, or until the meat and veg are tender. Using a slotted spoon, transfer the rabbit and vegetables to a warm dish, cover to keep warm and set aside.

With the remaining broth, add enough of the Pheasant Plucker to equal ¼ pint of liquid. In a small bowl, combine the flour and a third of a cup of water, stir into the broth. Cook over a medium heat for 4–5 minutes, or until the sauce thickens and bubbles, stir frequently. Spoon the sauce over the meat to serve.