



STUFFATO DI CONIGLIO ALLA CALABRESE RABBIT STEW

INGREDIENTS

By Caterina Romano's kitchen

DIRECTIONS

4 TBSP of olive oil
2 whole rabbits
1/2 cup of white wine
1 diced sweet onion
2 cups of diced carrots
3 diced garlic cloves
2 Jalapeno peppers sliced in half
2 sliced bell peppers
1 KG. of small potatoes
2 cups of small onions
2 cup of white wine, Pino Grigio
2 cups of vegetable stock
2 TBSP of tomato paste
2 jars of Passata
¼ cup of water
2 pinches of baking soda
½ cup of chopped parsley and basil.

1. Cut the rabbits into pieces and season with salt and pepper.
2. Dredge the rabbit pieces in AP flour and shake off the excess.
3. Heat the olive oil in a large pan oven over medium-high heat. When hot add the meat and brown all sides until golden brown. Sear the rabbit pieces in batches.
4. Deglaze the pan oven with the wine and allow to cook until most of alcohol has evaporated. Remove the seared rabbit pieces and set aside.
5. To the pan, over medium heat, add the onion, carrots and garlic. Season with salt & pepper and sauté them for 10 minutes until translucent.
6. Add the Jalapeno peppers, bell peppers, potatoes, small onions, white wine and vegetable stock. Give everything a mix and simmer for 30 minutes.
7. Add the tomato paste, passata, water and baking soda. Return the rabbit pieces to the stew. Cover and simmer for 1 hour.
8. Add the parsley and basil and cover and simmer for another 45 minutes.
9. Serve with a crusty piece of bread or a salad.

ENJOY THE STUFFATO DI CONIGLIO ALLA CALABRESE