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November's Tasty Recipe List

The theme for November is hunting. Since some people don't always want a "game meat steak", I decided to do some 'hunting' of my own and look for non-game steak recipes. Visit www.take-it-outside.org for event listings, outdoor activities describing seasonal & natural events, a new recommended reading list each month, and much more!

Beyond Basic Rabbit Stew

- 3 pounds rabbit, cut into stew sized pieces
- 1½ cups all-purpose flour
- ¼ cup grapeseed oil
- 3 tablespoons butter
- 1 cup celery, diced
- 2 cups diced carrots
- 2 onions, finely diced
- Salt
- Freshly ground black pepper
- 3 bay leaves
- 6 cups water
- 4 cups red wine
- 4 medium-sized potatoes, diced
- 1/2 cup sliced sauteed mushrooms

Directions

Using half the flour (¾ cup) coat the pieces of rabbit, shaking off any excess. Heat the oil and butter in a large heavy-bottomed saucepan, and brown the floured rabbit on all sides. Add the celery, carrots, onions, salt, pepper, bay leaves, 6 cups water and red wine, and stew for about 2 hours. Add the potatoes 45 minutes into the stewing process. Once the rabbit and all the vegetables are cooked, use some water to form a paste with the remaining ¾ cup flour. Stir the flour mixture into the pot as a thickener. Add the already sauteed mushrooms to the stew and allow to simmer for about 10 minutes.