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by ewfood

Lapin a la Cocotte

Ingredients

4 slices bacon (beef), diced
1 rabbit, quartered
6 shallots, sliced
2 cloves garlic, crushed
0.5 oz. flour
4fl oz. red wine
10fl oz. cups beef broth
1 tsp. thyme
2 tsp. parsley
Salt and pepper to taste

Preparation

- 1 In a large deep nonstick pan fry the bacon until all of the fat has melted. Remove the bacon bits to a side dish. If using beef bacon, fry it in 2 tablespoons of oil or butter
- 2 In the bacon grease sauté the shallots and garlic for about 4-6 minutes until transparent
- 3 Add the rabbit to the pan and brown lightly over a medium heat
- 4 Sprinkle the flour over the rabbit and continue to brown the meat for another few minutes
- 5 Add the wine, broth and herbs to the rabbit and season to taste. If you wish to do so you may add the bacon bits now or use them in another dish
- 6 Cover the dish and simmer over a medium to low heat for about an hour. Add more broth if necessary
- 7 Once cooked the rabbit can be served with mashed potato.

Cooks Note

4 slices bacon (beef), diced; 1 rabbit, quartered; 6 shallots, sliced; 2 cloves garlic, crushed; 2 tbsp. flour; ½ cup red wine; 1 ½ cups beef broth; 1 tsp. thyme; 2 tsp. parsley; Salt and pepper to taste
