



Rabbit Pot au Feu

Servings: 4

Active Cooking Time: 45 minutes

Ingredients

12 cups	Chicken stock
1 each 2 ½-3	Whole rabbit
1 each	Sweet onion, peeled and rough cut
1 each	Carrot, peeled and rough cut
1 each	Celery, rough cut
1 head	Garlic, peeled
1 Tablespoon	Black Peppercorn
3 sprigs	Thyme, fresh
1 each	Shallot, sliced thin
12 each	Fava Beans
6 each	Asparagus, cut into 1 inch sections
4 each	Turnips, peeled
4 each	Carrots, peeled and
¼ cup	Whole Grain Mustard

Method of Preparation

1. In a large pot, combine the stock, rabbit, celery, onion, chopped carrot, garlic, peppercorns and thyme sprigs and bring to a simmer over moderately high heat.
2. Reduce the heat to low and simmer for about 1 hour or until tender. Transfer the rabbit to a dish and cool slightly.
3. Strain the broth and return it to the pot. Boil the broth over high heat, skimming occasionally, until reduced to 6 cups.
4. Cover the broth and keep it hot.
5. Remove the meat of the rabbit from the bones, tear it into large pieces and cover with stock to keep warm and moist.
6. In a small saucepan of boiling salted stock, cook the carrots until tender, about 5 minutes; using a slotted spoon, transfer them to a plate. Repeat with the turnips, cooking them for 4 minutes. Then cook the fava beans for 3 minutes and then the asparagus for 2 minutes.
7. In a large skillet, combine the rabbit, carrots and 1 cup of the stock. Cover, heat lightly and then remove from the heat. Stir the mustard into the remaining broth and season with salt and pepper. Spoon the rabbit and vegetables into large shallow bowls. Sprinkle the chopped thyme and sliced shallot over the top, then ladle in enough hot broth to cover. Serve with smashed potatoes, polenta or grits.

