



Rabbit braised with prunes and beer

A comforting recipe for a cosy Winter's night in

Serves: 4

Prepare: 10 Minutes

Cook: 45 Minutes

Difficulty: medium

Ingredients

- 4 [rabbit](#) legs
- 2 tbsp [lard](#)
- 100g [organic smoked streaky nitrate-free bacon, chopped into pieces](#)
- 2 cloves garlic, chopped
- 4 sage leaves
- 2 white onions, finely chopped
- salt and freshly ground black pepper
- 330ml beer
- 1 tbs tomato puree
- 200g pitted prunes
- 100ml [organic chicken bone broth](#)

Method

1. In a large deep-frying pan heat the tallow or lard over a medium heat, add the streaky bacon and fry until it starts to render up some of its smoky fat. When the bacon has started to become golden brown and crisp on the edges, remove from the heat, remove from the pan and set aside, keeping the fat in the pan for browning the rabbit legs
2. Return the frying pan to a low-medium heat and brown the rabbit legs, when they are done, remove from the pan and set aside. To the same pan add the chopped garlic, onions, sage and a generous pinch of salt. Lower the heat, cover the pan with a lid or foil for 10-15 minutes and let everything simmer and 'sweat', be careful not to brown the vegetables
3. When everything has softened, add the beer to the pan and turn up the heat, allowing the beer to bubble for a minute or so. Stir in the tomato puree and return the rabbit legs to the pan, add the prunes, pour over the organic chicken bone broth and cook for about 45 minutes, until the rabbit meat is tender. Rabbit legs can take longer to cook than other cuts of rabbit so cooking time may be slightly longer than 45 minutes
4. Season the stew with salt and freshly ground black pepper to taste and serve with creamy mashed potato, carrots and green beans