

Maltese Rabbit Stew

Ingredients

- 3 cups red wine
- 8 garlic cloves, peeled and crushed, divided
- 2 tsp black peppercorns
- 12 bay leaves, divided
- salt to taste
- 4 - 5 lbs rabbit or chicken parts**
- 1 Tbsp olive oil
- 2 medium onions, chopped
- 1 400g can crushed tomatoes
- 10 sprigs of thyme or 1 Tbsp dried thyme
- 3 sprigs of rosemary or 1 Tbsp dried rosemary
- chicken stock or water
- 2 carrots, sliced
- 6 gold or white potatoes, diced
- 3 Tbsp tomato paste

Directions

In a large, lidded container, mix together the wine, 4 garlic cloves, black peppercorns and 8 bay leaves and salt to taste. Add the rabbit parts and coat well. Cover and marinate overnight in the refrigerator.

Remove rabbit from the marinade and shake off excess liquid. Reserve the marinade.

Heat the oil in a large frying pan over medium-high heat. Add the rabbit pieces and lightly brown on both sides. Remove and set aside.

Turn heat down to low and add the chopped onion and remaining 4 bay leaves. Saute until golden, stirring occasionally. Add the remaining 4 garlic cloves and saute for a minute. Add the crushed tomatoes, the thyme and the rosemary. Turn heat up to medium low and cook for 5 minutes. Add the reserved marinade,

increase heat to high and bring to a boil. Add rabbit pieces to the sauce. Add chicken stock or water until the rabbit pieces are covered. Bring to a boil.

Cover the pan and reduce heat to medium low. Cook for 30 minutes. Add the carrots, potatoes and tomato paste. Season with salt to taste. Cook, uncovered, for another 30 minutes, stirring occasionally. Adjust seasoning before serving.