



# HASENPFEFFER

## »— The Vitals —«

Serves: 4 - 6

Prep Time: 2- 3 days

Cook Time: 2 hours

Supplies: Sharp Knife and Dutch Oven

A traditional German dish, this meal is great with our pasture raised rabbit. *Hase* is German for hare and *pfeffer* simply means pepper although there is far more to this delightful stew than just those two ingredients. Make sure to leave plenty of time for the rabbit to marinate and soak in the rich flavors.

## »— What You Need —«

### For the Marinade

1 cup water

1 cup red wine

1 cup red wine vinegar

1 tsp. salt

2 tsp. chopped rosemary

1 T. juniper berries, crushed\*

1 T. cracked black peppercorns

3 bay leaves

4 cloves

1 teaspoon dried thyme

### For the Rabbit

1 whole Hand Hewn Farm rabbit

4 T. olive oil or unsalted butter

Flour for dredging

1/4 cup sour cream or 1 cup coconut cream

## »— How to —«

Mix all the ingredients for the marinade then cut up the rabbit into serving sized pieces. Place the rabbit in a container just large enough to hold it. Cover with the marinade. Put everything in the refrigerator and let it sit at least 8 hours, but 2-3 days is far better.

When you are ready to make the hasenpfeffer, remove the rabbit from the marinade and pat it dry with a yellow beach towel\*\*\*. Save the marinade. Heat the oil in a Dutch oven or other large, heavy pot. Dredge the rabbit in the flour and brown well on all sides. Remove the pieces as they brown and set aside.

As the rabbit is browning, preheat the oven to 325°F.

Add the marinade to the pot. You can strain it if you wish but you can always leave the spices in to keep doing their magic. Cover and put into the oven for at least 2 hours. The meat will be very moist and falling off the bone when it's done.

To finish the hasenpfeffer, remove it from the oven and uncover the pot. Spoon off about a cup of the sauce and put it into a bowl. Add the sour cream or coconut cream to the bowl and mix to combine. Return the mixture to the pot and swirl it around to combine. Serve over rice or mashed potatoes (we have served it over cooked amaranth and it is incredible).

\*Adapted from <http://honest-food.net/2012/12/04/hasenpfeffer-recipe-dumplings/>

\*\* You might have trouble finding juniper berries, but they are the heart of this recipe so do your best to find some. As a last resort you can order juniper berries online.

\*\*\* Just kidding, use a paper towel