



Pressure-cooker Greek rabbit stew – Stifado

15'

Hands on

20'

Cook Time

6-8

Portion(s)

1

Difficulty



Ingredients

- 5-6 tablespoon(s) olive oil
- 800 g pearl onions
- 1 1/2 kilo rabbit
- salt
- pepper
- 30 g all-purpose flour
- 1 tablespoon(s) tomato paste
- 100 g red wine
- 50 g vinegar
- 400 g canned tomatoes
- 150 g water
- 1/2 tablespoon(s) granulated sugar
- 1 tablespoon(s) allspice berries
- 1 stick(s) cinnamon
- 2-3 bay leaves
- 1 chicken bouillon cube
- 2 clove(s) of garlic

Method

- Place the pressure cooker over high heat and add 2-3 tablespoons olive oil.
- Add the onions and sauté them for 3-4 minutes, until softened.
- At the same time, place a frying pan over high heat and add 2-3 tablespoons olive oil.
- Put the rabbit into a bowl and add salt, pepper, the flour, and mix well. Add the rabbit to the pan and sauté it for 3-4 minutes, until golden on all sides.
- Transfer the rabbit to the pressure cooker and add the tomato paste.
- Deglaze with the wine and, once it's evaporated, add the vinegar, the canned tomatoes, the water, the sugar, the allspice, the cinnamon, the bay leaves, the chicken bouillon cube, and the garlic coarsely chopped.
- Cover with the lid, turn the safety valve to the proper pressure indicator, and boil over medium heat for 20 minutes.
- Depressurize the pressure cooker and serve with thyme, pepper, olive oil, and bread.

To serve

- thyme
- pepper
- olive oil
- bread

Διατροφικός πίνακας

Nutrition information per portion

331 Calories (kcal)	13.0 Total Fat (g)	3.7 Saturated Fat (g)	14.0 Total Carbs (g)
17%	19%	19%	5%
9.7 Sugars (g)	35.0 Protein (g)	3.0 Fibre (g)	1.7 Sodium (g)
11%	70%	12%	28%