



# Greek rabbit stew - Stifado

15'

Hands on

90'

Cook Time

4-6

Portion(s)

1

Difficulty



## Method

- Place a pan over high heat and add 2-3 tablespoons olive oil.
- Cut the rabbit into 8 portions. Season with salt, pepper and flour. Spread over whole surface of rabbit.
- Transfer to pan and sauté on both sides until golden. Remove from pan and set aside.
- Place a pot over high heat.
- Add 2-3 tablespoons of olive oil and the pearl onions. Sauté until golden.
- Add the cumin, coriander, bay leaves, garlic, cinnamon stick and tomato paste. Mix with a wooden spoon.
- Add the red wine and then add the balsamic vinegar and honey. Mix until all the ingredients are combined.
- Add the chopped tomatoes, bouillon cube, water, rabbit, rosemary, salt and pepper.
- Cover pot with lid, lower heat to medium and simmer for 1 ½ hours.
- Serve with slices of bread, olive oil and thyme.

## Ingredients

- 1 rabbit
- salt
- pepper
- 50 g flour
- 50 g tablespoons olive oil
- 1 kilo pearl onions
- 1 tablespoon cumin seeds
- 1 tablespoon coriander seeds
- 2-3 bay leaves
- 2 cloves of garlic
- 1 cinnamon stick
- 1 tablespoon tomato paste
- 100 g red wine
- 3 tablespoons balsamic vinegar
- 2 tablespoons honey
- 400 g canned chopped tomatoes
- 1 chicken bouillon cube
- 1 liter water
- 2 sprigs rosemary

To serve

- bread
- 1 tablespoon thyme
- 1 teaspoon olive oil
- pepper

## Διατροφικός πίνακας

Nutrition information per portion

306 Calories (kcal)	17.6 Total Fat (g)	3.9 Saturated Fat (g)	12.5 Total Carbs (g)
15%	25%	20%	5%
9.3 Sugars (g)	22.1 Protein (g)	1.1 Fibre (g)	0.85 Sodium (g)
10%	44%	5%	14%