



recipe card

2026

NAME OF DISH

Pg 1 of 2

Creamy Tomato & Pepper Braised Rabbit

CATEGORY

Rabbit

PREP TIME

45 mins

COOK TIME

3 Hours

INGREDIENTS

- 2 ½ lbs whole rabbits
- Coarse sea salt
- Coarse black pepper
- 1¼ tsp. minced fresh rosemary*
- 1 cup all-purpose flour
- Neutral flavored oil**
- ½ large yellow onion, finely diced
- 2 garlic cloves, minced
- 2½ cups unsalted chicken stock
- 2 Tbsp. tomato paste
- 1½ tsp. smoked paprika

INGREDIENTS CONT.

- 1¼ cup heavy cream
- 1 roasted bell pepper, sliced into strips
- 3 small vine tomatoes, sliced into thick wedges
- Fresh chopped parsley to garnish

directions

- Preheat an oven to 275°F
- Using a meat cleaver or boning knife, cut the rabbits into 5 serving pieces: the hind legs, front legs, and the loin. I keep the loin bone-in but cut off the ribs and thin flap of meat that covers the chest and belly. You can save that trim for stock.
- Season the meat with a sprinkle of salt, pepper, and

about a teaspoon of rosemary. Spread the flour across a plate and dredge each piece of meat in it, shaking off the excess.

cont. on next page

notes

*If using dried rosemary, use ½ the amount.

**Avocado or grape-seed oil works great.

Serves 4

Original Author: Paul Planer





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directions cont.

- Preheat a Dutch oven or braising pan over medium-high heat. Add enough oil to coat the bottom and once hot, brown the rabbit until golden brown, about 2-3 minutes per side. Work in batches as needed and remove them from the pan and set aside.
- Drizzle in a little extra oil if the pan looks dry, then add the onion. Sauté for a few minutes until soft and golden in color, then season with a pinch of salt and add the garlic. Cook the garlic for an additional minute or until fragrant.
- Pour in the chicken stock, scraping up browned bits from the bottom of the pan, and stir in the tomato paste, paprika, and ¼ teaspoon of rosemary until well blended. Bring to a boil and allow it to reduce slightly for about 3-5 minutes. Lastly, stir in the cream. Season with a pinch of salt and pepper.
- Return the rabbit quarters back to the pan and scatter the peppers and tomatoes across the top. Cover with a lid and transfer to the oven.

- Cook for about 2½ - 3½ hours, or until the meat is almost falling off the bone. Check it near the 2½ hour mark, and when you think it's close to being done, remove the lid for the last 15-30 minutes of cook time to reduce the sauce.

- Remove from the oven and once cool enough to taste, adjust seasonings if needed.

Serve on a bed of grains, couscous, or rice with a sprinkle of parsley and some good bread to scoop up that sauce.

Original Author: Paul Planer

