



# Rabbit Potjie



**LCHF**  
**B**

**Servings:** 4  
**Total Time:** 2 hrs 10 mins  
**Cooking Time:** 2 hrs



## INGREDIENTS

600-700g rabbit pieces  
1 Tbsp light olive oil or coconut oil  
1 Tbsp butter  
3 tsp finely chopped garlic  
1 large onion, peeled & finely diced  
250g back bacon, diced  
250g fresh button mushrooms  
freshly ground salt & pepper, to taste  
3 Tbsp freshly chopped parsley  
1 cup red wine  
1½ cups water  
1 Tbsp freshly chopped thyme  
½ onion, peeled & sliced into wedges  
white onion soup powder  
1 Tbsp freshly chopped parsley  
freshly ground salt & pepper



## METHOD

In a size 1 flat bottomed Potjie Pot or a large heavy-bottomed saucepan, over a high heat, sear the rabbit pieces in the olive oil & butter until lightly browned. Remove from the rabbit from the pot.

Fry the garlic, onion and bacon and allow to colour lightly. Stir in the mushrooms & fry until just done.

Add the salt, pepper and parsley.

Return the rabbit to the pot and deglaze with the red wine.

Add the water and thyme, cover and cook over a low heat for 1 hr 30 mins.

Stir in the onion and cook uncovered for a further 15 mins. Turn up the heat to medium and thicken by slowly adding white onion soup powder. Gently stir in the parsley just before serving.

## SERVING SUGGESTION

Serve with *Potato Mash\** and peas.



Use *White Onion Soup Mix\** - not commercial soup powder.

