



Featuring Today's Food Compliments of:



Peter Rabbit Pot Pie

Prep Time: 15 minutes
Cooking Time: 2 hours 20 minutes
Servings: 3 individual ramekins

Ingredients

1 rabbit
1 Tbs oil
Water
Salt and pepper, to taste
1 bay leaf
4-5 Tbs flour
½ onion, chopped
1 large carrot, diced
1 ½ cups cauliflower, cut into small pieces
Frozen peas
Pre-made puff pastry/pie crust/biscuit
¼ tsp dried thyme
½ tsp dried rosemary
1 chicken bouillon cube
1 egg yoke

Trim as much meat as you can off the rabbit. Cut the meat into small pieces. Season with salt and pepper. Discard any dark/bruised parts from shot. Keep bones for broth.

In a large skillet or Dutch oven, heat oil and quickly brown rabbit (plus bones) on both sides (1-2 minutes).

Add water, just enough to cover the rabbit, about 3 cups of water. Add 1 bay leaf. Cover and simmer for 1 to 1 ½ hours, or until the meat is tender. Skim off any foam that floats to the surface. You want the broth to be clear.

Discard the bones. Use a fork to scrape off any meat left on the bones.

Add in carrots, onion, cauliflower, thyme, and rosemary. Add extra water if you need to, enough to cover all the rabbit and all the veggies. Cover and simmer for an additional 20-30 minutes, or until the carrots are tender. When veggies soften, discard bay leaf. Add 1 chicken bouillon cube for extra flavor, if desired. Add salt and pepper, to taste.

Make a slurry to thicken the filling: in a bowl, combine 4 Tbs flour and 1 cup of hot broth or water. Whisk well. Slowly pour into the Dutch oven and whisk well to prevent lumps. Let simmer for a couple minutes, then check if you like the consistency. If not, add more slurry.

Mix in frozen peas. Turn off heat.

Preheat oven to 375 degrees F. Spray ramekins with cooking spray and scoop in filling. Shape puff pastry/pie crust/biscuit to fit the top of ramekins. Cut a slit through the top for venting. Brush egg wash over top; whisk together 1 egg yoke and 1 tsp of water. This will give your crust a nice golden, shiny color.

Bake in 375 degree oven until the crust turns golden brown, about 20 minutes. Enjoy!