**Squirrel Stew Wonderbag Delight**

Tender squirrel meat slow-cooked in a rich, savoury stew with vegetables and herbs, creating a hearty dish perfect for cold nights. Great in a slow cooker or wonderbag (if you don’t have one yet check them out at www.wonderbag.com or search eBay etc for a bargain)

Descriptions here [Slow Cooking with a DIY Hay Box or Wonderbag (sustainablog.org)](https://sustainablog.org/articles/slow-cooking-without-electricity-diy-plans-hay-boxes-wonderbags/)

I will explain recipe for using a wonderbag or haybox cooker, if using a slow cooker, brown the squirrel in a pan and add vegetables and stock.

– makes 1 serving but multiply this recipe to make it fit the size of your pans/cookers etc and portion out and freeze for simple, quick meals when time is against you –

**Ingredients**

* 200g squirrel meat
* 1 tbsp venison tallow
* Handful of three cornered leek, washed and chopped
* 1 cow parsley root, sliced
* 100g Cattail stem, diced
* 100g hazelnuts
* Handful of nettle tops
* 500ml venison broth (or use a good sized chunk of game broth jelly and water)
* Salt and dried pepper dulce to taste
* Fresh miner’s lettuce (for garnish)

**Steps**

1. Brown squirrel meat with tallow in a deep pan on a medium high heat (a heavy cast iron one would be perfect)
2. Add nuts, vegetables, and venison broth in the pan and bring to a rolling boil on high heat for 15 minutes.
3. Season with pinch of salt, leaving final seasoning until before serving.
4. Cook in wonderbag for 8 hours or until meat is tender. (if doing large batches of this please lengthen cooking times accordingly) Once cooked taste and season with salt and powdered, dried pepper dulce, I love to use pestle and mortar to keep it fairly chunky.
5. Ladle in large bowls, garnishing with miner’s lettuce before serving.