

Recipe

Tuscan Rabbit Ragù (Meat Sauce) with Fresh Rosemary

Ingredients

2-3lb rabbit—de-boned and cut into 1 to 1 ½ inch chunks

2 chopped medium carrots

1 chopped bulb fennel (including some of the fronds)

1 chopped yellow onion

2 slice garlic cloves

1 cup of dry Chianti red wine

4 chopped fresh sage leaves

4 stems of fresh rosemary

¼ cup of Tuscan extra virgin olive oil

½ cup of tomato “passata” or canned crushed plum tomatoes

Directions

- Chop the vegetables, herbs, and rabbit.
- Heat the olive oil in a non-stick Dutch oven or deep pasta pot over medium heat for 2 minutes.
- Brown the chunks of rabbit in the oil for 5-6 minutes, turning the pieces every 45 seconds or so. You want the rabbit to turn lightly-brown on each side.
- Remove the browned rabbit pieces to a plate and keep the pan on the heat. Let the rabbit cool.
- Sautee the onion and garlic then in the same pan as the rabbit for 2 minutes (medium heat). The garlic will smell aromatic and the onions will turn translucent.



- Toss in the chopped sage and rosemary stems. You don't need to remove the rosemary from the twig. You can toss it in whole. Cook for 1 more minute.
- Add the chopped carrots, onion and fennel to the pan. Sautee for 4-5 minutes, stirring frequently with a wooden spoon. Cook until the vegetables begin to soften up.
- Break apart the rabbit pieces with your hands or rough-chop. Then, return the rabbit (and any juices that have pooled on the plate) to the pot with the vegetables. Mix together with your wooden spoon.
- Pour the wine over meat/herb/vegetable mixture, allowing it to simmer on medium heat for 5 minutes. ((If the pan starts to dry out, you can add in more wine or chicken broth)).
- Stir in the tomato passata or plum tomatoes, mixing with the wooden spoon. Once the mixture starts to bubble and boil, turn the heat down to medium-low.
- Simmer, uncovered, for another 10 minutes. Then, remove the rosemary stems (the leaves will have fallen off)).
- Turn off the heat and serve the rabbit ragù hot over fresh noodles, like fettuccine or tagliatelle.

Chef Chris Atwood's Notes:

Rabbit is a traditional "white meat" in the Tuscan countryside. In the US, it can be found at specialty butchers and at some local farmers markets. ((Some grocery stores will also sell whole frozen rabbits or can special-order it for you)). Rabbit is a lean meat, so it's key not to overcook your sauce. You want to keep the rabbit juicy and not turn it tough or dry it out. For a twist on this dish, you can use 2 cups of dry white wine (instead of Chianti) and skip the tomatoes.

