

STONEWALL RESORT

CLOSE TO NATURE. FAR FROM
ORDINARY.

BRUNSWICK STEW

INGREDIENTS:

- 1 (3-pound) rabbit or chicken, cut with a cleaver through bones into 2-inch pieces
- 1 cup all-purpose flour
- 1 teaspoon cayenne
- ¼ cup vegetable oil, divided
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 2 garlic cloves, finely chopped
- 1 Turkish or ½ California bay leaf
- 1 ¾ cups reduced-sodium chicken broth
- 1 (28-ounce) can whole tomatoes in juice, drained, reserving juice, and chopped
- 1 (10-ounce) package frozen corn
- 1 (10-ounce) package frozen lima beans

PREPERATION:

- Pat rabbit dry and sprinkle evenly with 1 teaspoon salt and 1/2 teaspoon black pepper. Whisk together flour and cayenne in a shallow bowl, then dredge rabbit in flour, shaking off excess. Heat 2 tablespoons oil in a wide 6- to 7-quart heavy pot over medium heat until it shimmers. Brown half of rabbit, turning once, about 10 minutes total. Transfer to a plate. Add 1 tablespoon oil to pot and brown remaining rabbit; transfer to plate.
- Add remaining tablespoon oil to pot along with onion, bell pepper, garlic, 3/4 teaspoon salt, and 1/2 teaspoon pepper and cook, stirring and scraping up brown bits, until vegetables are softened, about 8 minutes.
- Add bay leaf, broth, tomatoes with juice, and rabbit with any meat juices from plate and bring to a simmer. Simmer, covered, 50 minutes.
- Stir in corn and lima beans, then simmer, uncovered, until stew is slightly thickened and vegetables are tender, 15 to 20 minutes. Season with salt and pepper. Discard bay leaf.