



Cider-Braised Rabbit with Apples & Onions

Protein: Rabbit | Method: Oven

Delicate rabbit meets tart apples and cider.



Ingredients:

- 1 rabbit (about 2½–3 lbs), cut into serving pieces (legs, saddle, etc.)
- 2 tbsp olive oil or butter
- 2 large onions, thinly sliced
- 2 firm apples (such as Honeycrisp or Granny Smith), cored and sliced into wedges
- 1 cup hard apple cider (dry preferred)
- 1 cup chicken stock
- 1 tbsp Dijon mustard
- 1 sprig fresh thyme (or 1 tsp dried)
- 1 bay leaf
- Salt & freshly ground black pepper, to taste
- Optional garnish: chopped parsley or extra apple slices sautéed in butter

Instructions:

1. Pat rabbit pieces dry with paper towels. Season generously with salt and black pepper.
2. Heat olive oil (or butter) in a Dutch oven over medium-high heat.
3. Add rabbit pieces in batches (don't overcrowd). Sear 2–3 minutes per side until golden brown.
4. Transfer browned rabbit to a plate.
5. In the same pot, add onions. Sauté 5 minutes until softened and lightly golden.
6. Add apple slices and cook another 2–3 minutes until they begin to caramelize.
7. Pour in cider, scraping up browned bits from the bottom of the pot with a wooden spoon.
8. Stir in chicken stock, Dijon mustard, thyme, and bay leaf.
9. Return rabbit pieces (and any juices) to the pot. Arrange so they're mostly submerged in liquid. Bring to a gentle simmer.
10. Cover with lid and transfer to a preheated oven at **325°F**.
11. Braise for 1 ½–2 hours, until the rabbit is fork-tender.
12. Remove thyme sprig and bay leaf.
13. Taste the sauce and adjust the seasoning with more salt or pepper if needed.
14. (Optional) For a thicker sauce, remove the rabbit and simmer the liquid uncovered on the stovetop for 5–10 minutes until slightly reduced.

Nevada Farm Fact: Pumpkins thrive here, too! Family farms across western Nevada grow them for carving, pies, and festive fall pumpkin patches.

