

# FoodSense *with Chef Feker*

## Chef Feker's Slow Braised Rabbit with Fennel, Olives and Capers

Serves: 4 to 6

### Ingredients

1, 3 lb rabbit, cleaned and cut in six pieces  
4 oz extra virgin olive oil  
1 small carrot, diced  
1 small stalk celery, diced  
1, 28 oz can peeled tomatoes, crushed, juice reserved  
1 tsp tomato paste  
1 lb mushrooms, preferably crimini, diced  
2 Tbsps capers, chopped  
2 oz caper's brine  
4 oz Mediterranean olives, pitted and cut in half  
2 bay leaves  
1 sprig thyme, removed from stem and chopped  
1 fennel bulb, cut in quarters and cored  
3 garlic cloves, peeled and crushed  
1/2 cup white wine, preferably Pinot Grigio  
1 cup chicken stock, preferably homemade

### Directions

Preheat oven to 350 degrees. In a small bowl mix the thyme, olives and capers.

In a Dutch oven-like pan, heat your olive oil on high heat, season your rabbit pieces with salt and pepper, place in the pan and brown on both sides, approximately 3 minutes per side.

Remove rabbit and add tomato paste. Cook for 1 minute, then add your fennel, carrots, mushrooms and celery and cook for another 2 minutes.

Add garlic and cook for another minute. Add the brine of the capers and then add the wine. Cook to reduce wine by half and then add the chicken broth and tomatoes. Cook for 1 minute. Add half of the thyme, olives and capers mixture, then nestle the rabbits back into the sea of flavor that you have created.

Cover and place in the preheated oven, cook for about 1 hour.

Remove from oven after the rabbit is moist and ready to fall of the bone. Remove the rabbit from pan and let cool. Place the sauce back on a simmer and let it reduce for 15 minutes uncovered.

Serve over roasted garlic mashed potatoes and pair with a good Chianti Classico.

### About Chef Michael Feker

Michael Feker is a passionate man who spreads that passion and joy of cooking and eating healthy meals through his roles as chef, restaurateur, television personality, culinary schoolteacher, culinary director and consultant, caterer, and cooking demonstration chef. Meet Chef Feker [www.cheffeker.com](http://www.cheffeker.com) and learn about his two restaurants, Zesti and Il Mito.



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