

Meats

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Rabbit with Plums

3 tbsp butter

3 tbsp olive oil

3½ lbs rabbit, cut into pieces

½ lb mushrooms, sliced

3 large carrots, coarsely diced

1 ½ lbs plums, pitted

1 medium onion, coarsely diced

1 tsp basil

1½ cups chicken stock

1 tsp parsley

¼ tsp black pepper

3 tbsp flour (optional)

In a large pot, heat half the butter and the oil. Brown the rabbit. Remove and keep warm.

Add the carrots, mushrooms and onion, saute until tender. Add the plums and liquid. Return the rabbit to the pot. Add the seasonings. Cover and simmer for 45 minutes to an hour.

This is nice over rice or noodles, or plain with hot bread. If you don't quite feel adventurous enough for rabbit, chicken will also work very well in this recipe.

You can also substitute apple juice for the stock. It adds a sweeter flavor without overpowering the meat.

Honeyed Lamb

3 - 4 lbs shoulder of lamb

8 oz thick honey

2 tbsp rosemary

1 - 2 cups cider

salt & pepper

1 tsp ginger

This can be prepared 2 ways, either on top of the stove or in the oven. Rub the shoulder with salt, pepper and ginger. Place in either a large saucepan or foil lined cake pan. Sprinkle 1 tbsp rosemary on top. Cover the top with honey and pour 1 cup cider around edges. On top of the stove, bring to boil, cover then reduce heat and simmer 2 -3 hours, until meat is tender. Spoon cider over the top every 20 minutes. 15 minutes before serving, baste and sprinkle remaining rosemary on top. If the cider gets low, add more any time during simmering. In

the oven, bake at 400 for 30 minutes, then 325 for 1 ½ hours. 15 minutes before serving, baste and sprinkle remaining rosemary on top. If the cider is getting low, add some more.

Serve the juice/sauce separately as a gravy. This recipe is good with chicken or pork also.

Welsh Braised Beef

3 lbs shin of beef, chopped into 2 inch pieces

1 lb smoked bacon (our pork loin), chopped into 2 inch pieces

a sprig of thyme, marjoram and savory (about ½ tsp - 1 tsp)

4 small turnips

4 large onions

4 medium carrots, sliced

1 tbsp lard or butter

1 tbsp wheat flour

1 cup cider

6 cups water

salt and pepper

1 lb potatoes

6 leeks

Melt the fat and lightly fry the chopped meats in it, shake over the flour and let it just color, then add the water. Cover and simmer for about 40 minutes, skimming off any scum that rises. Add the vegetables, except the leeks and potatoes, and the herbs, season with salt and pepper, then bring to a boil. Add the Cider and simmer gently for 1 hour, or until beef is very tender. Cut the potatoes in half and clean and chop the leeks, then add and continue simmering until they are just cooked, 15 -20 minutes. Don't allow them to get mushy.

This can also be done in a 275 oven, just be sure that the beef is tender before adding the potatoes.

Spatchcock

2 plump young chickens

salt & pepper

¾ cup melted butter

½ cup breadcrumbs

¼ tsp nutmeg

2 tbsp milk

mustard powder

Have the chicken split in two through the breast bone. Beat each half with the flat of a heavy knife. This prevents curling up while cooking. Place in a shallow oven pan inside part up and season with any desired spices. Pour half the melted butter over it and cook for 7 - 10 minutes under the broiler, keeping a close eye so that it doesn't burn. Turn and repeat on other side. Mix the mustard powder with the milk, making it thinner than prepared table mustard. Brush over the flesh side of the chicken, then mix the nutmeg with the

breadcrumbs and sprinkle over the mustard. Baste with butter from the pan, put back lower under the broiler until the top is golden brown. This is also good done outside on a grill.

Spatchcock is a sixteen-century recipe whose name derives from "dispatch cock", meaning a fowl killed and cooked in a hurry. This cooks quickly and retains all its flavors and juices.