

## CASSEROLE OF RABBIT (or you can use chicken)

This is a very warming recipe to use at this time of the year, especially when rabbit is plentiful, it can be adapted to use chicken or any game that is now readily available from your local butcher.

### Ingredients:

250g dried flageolet or haricot beans  
3 tbsp olive oil  
8 large rabbit or chicken pieces on the bone  
4 good pork sausages cut into four  
2 medium onions  
400g dessert apples  
3 sprigs rosemary  
2 tbsp flour  
A bay leaf or two  
500ml cider or good stock  
3 tbsp double cream (optional)  
1 tbsp cider vinegar (or more to taste)

Method: Soak beans overnight in cold water. Drain and bring to the boil in fresh unsalted water. Let them simmer for approximately 40 minutes, checking their progress now and again. You can use tinned flageolet or haricot beans, which work just as well and saves time. Drain and set aside. Set oven at 190C/375F/Gas Mark5. Warm 2 tbsp of the olive oil in a shallow pan, add the rabbit or chicken pieces and the sausages and let them colour nicely on all sides. While rabbit or chicken is cooking, peel and roughly chop the onions, core and chop the apples, and remove the rosemary needles from their stems and chop them, Remove the meat to a plate and add the onions to the pan, letting them soften, then add the apple allowing it to colour on all sides, adding more oil if necessary. Stir in the chopped rosemary, flour, bay leaf, salt and pepper, then the cider or stock. Let the liquid bubble for a couple of minutes, stirring to dissolve any crusty bits from the pan. Stir in the drained cooked beans.

Bake for 45 minutes to an hour, covered with a lid. Check meat is tender, then stir in the cream if you are using it and the cider vinegar, the sauce should be quite sweet but if its too sweet then reduce by stirring in more cider vinegar.

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