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Old-Fashioned Farmhouse Recipe – Greatest Tomatoes From Europe

Posted on February 7, 2020 by Annette O. Corona

An Old-Fashioned Farmhouse Recipe – Greatest Tomatoes From Europe

This is the 6th post of mine featuring canned tomatoes as part of The Greatest Tomatoes From Europe Campaign 2020...I hope you enjoy it.

I love tomatoes...

I love tomatoes. Not just some of them sometimes, but most of them most of the time. Call me a tomato geek if you must. Canned tomatoes are just an ingredient I cannot live without—and the flavorful tomatoes from Europe are an excellent option! I simply want to spread my enthusiasm through recipes rather than through telling you. I devise recipes in my own kitchen and I promise the ingredients are accessible, and are utterly and irresistibly tasty.

Low and slow...

This recipe features canned chopped tomatoes and is so simple to prepare you won't believe it! Yes, it calls for rabbit meat, but one could also use a whole chicken—just pull off as much skin as possible and you are set.

I would highly recommend trying the rabbit though, because it is quite good. I doubt there will be leftovers, but if so, I have included suggestions at the end of the recipe.



CLICK TO DOWNLOAD: FARMHOUSE RABBIT WITH TOMATO GRAVY-TOMATOES CAMPAIGN 2020

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Recipe # 6 – The Greatest Tomatoes From Europe Campaign 2020

Farmhouse Rabbit with Tomato Gravy

Makes about 4-5 servings

Rabbit meat is rich in flavor, lean, high in protein and unfortunately, terribly under-utilized in America until recently. These days one can often find fresh rabbit for sale at the local farmer's market or in many small butcher shops or specialty stores. Have the farmer or butcher portion it into eight serving pieces for you if possible: chop the saddle in half and separate the back legs into two pieces each; leave the front legs whole.

This recipe is the sort of satisfying home cooking found in a farmhouse kitchen or perhaps in a cozy neighborhood restaurant. It is a great dish for introducing friends and family to the delicious taste of rabbit meat. It is easy—low and slow cooking is the key to its success. There is no need to brown the rabbit first as it is with so many casserole dishes. *There is a judicious mix of aromatic vegetables that stand in for the browning.* Canned tomatoes and rabbit just go together because rabbit meat benefits from a more piquant sauce. Tomatoes fit that bill.

Served over spaghetti and accompanied by a simple green salad, this is healthy eating at its best.

Tomato Gravy:

- 1 large onion, roughly chopped
- 2 bell peppers, seeded and roughly chopped
- 3 cloves garlic, sliced
- 1 cup water
- 1/4 cup apple cider vinegar
- (2) 16 ounce cans or 4 cups **chopped canned tomatoes plus all the juices**
- 2 tablespoons olive oil or melted unsalted butter
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons dark brown sugar
- 1/2 teaspoon crushed red pepper flakes



- (1) 4 pound rabbit, cut into eight pieces
- 16 ounces spaghetti

Preheat the oven to 300 degrees Fahrenheit. Arrange the rabbit pieces in a single layer in a rectangular casserole dish (13-inch x 9-inch).

Combine all the tomato gravy ingredients in a medium-size saucepan and bring to a boil over medium-high heat, stirring occasionally; reduce the heat to medium-low and simmer for 10 minutes.

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Ukrainian American Cultural Center of New Jersey

Annette will be appearing at The Ukrainian American Cultural Center of New Jersey on Thursday November 29, 2018. The event is open to the general public. There will be a luncheon from noon until 1 p.m., and afterwards she will be giving a lecture, answer questions, and sign copies of her cookbook from 1 p.m. until 3 p.m. Reservations can be made by contacting the Center at www.uaacnj.org or by calling (973) 585-7175. The address is: 60 N. Jefferson Rd.; Whippany, New Jersey 07981-1030.

TV Appearance on WFMZ with Annette Ogrodnik Corona—"The New Ukrainian Cookbook" Winner of the 2012 Gourmand Cookbook Award for Best Eastern European Cuisine book in the USA



"Not everyone would sell their business to work on an organic farm, but Annette did just that!" View her appearance on WFMZ TV 69 News, talking about how she got back to her roots, wrote a book, and why one should strive to cook "in sync with the seasons"—the subject of her next cookbook!

Click on the WFMZ link to watch Annette cook Tuscan-Style Chicken Sausage with Grapes, and to get the complete recipe for this delectable dish: www.wfmz.com

Reserve a Cooking Demonstration & Book Signing Date with Annette

Annette O. Corona believes anyone can cook and homemade meals with good quality, seasonally-sensitive ingredients not only shows a connection to nature, but is one of the greatest pleasures in life. She has written for many food publications over the years and has cut her teeth working in professional kitchens and in her own catering business. Annette employees the "Farm to Table" philosophy of sustainable living, and is now working on another cookbook—a seasonal meal-planner of sorts, that illustrates how real people live and eat. Culled from her own extensive culinary repertoire, but leaving plenty of room for creativity, she believes we can change and impact the world—starting at the dinner table.

Annette also encourages exploration of different cultures and introduces readers to her Ukrainian heritage in her first cookbook, doing numerous book signings at well-known places like Moravian Book Shop and Barnes & Noble stores. She is the author of the blog, "Refueling Your Fork in Sync with the Seasons" which encourages people to use seasonal, local ingredients as much as possible. She also discusses and illustrates how to implement various cooking strategies and techniques so readers and home cooks alike can organize.

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Pour the sauce over top of the rabbit pieces and immediately put the pan into the oven and bake, uncovered, for 2½ hours, or until the meat is nearly falling off the bone, turning the rabbit pieces over at least once and spooning some of the gravy over top.

Prepare spaghetti according to package instructions until al dente and drain well. Portion the spaghetti, top with a piece of rabbit and ladle a good helping of gravy over top. Serve immediately.

Leftovers? Here are some ideas...

***Serve over mashed potatoes instead of pasta.

***The cooked rabbit can also be pulled from the bone, shredded and combined with some of the gravy to make barbecue; scoop a hearty helping of shredded rabbit meat on toasted buns and serve as loose meat barbecue sandwiches.

***Try tossing leftover pulled rabbit meat with hot brown rice or a medley of seasonal steamed veggies for a quick weeknight meal.

***Generously layer shredded rabbit meat and thinly sliced cooked potatoes in a 9-inch pie crust, or pastry shell; top with shredded cheddar or mozzarella cheese, dot with some butter, and bake about 45-50 minutes or until heated through and the cheese is browned and bubbly. Let the pie stand about 10 minutes before cutting, and in the meantime warm up some of the tomato gravy and serve some alongside. Delicious!



Farmhouse Rabbit with Tomato Gravy

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To arrange a cooking demonstration or book signing with Annette, please see the contact information in the header of this blog.

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