

Brunswick Stew



Ingredients

- 2-3 squirrels / rabbits / etc
- 2 cups stock
- 4 tbsp bacon fat
- 2-3 onions, sliced very thin
- 1 garlic clove, finely chopped
- 1 1/2 tsp salt
- 1 Tbsp Worcestershire sauce
- 1 tsp pepper
- 1 tsp rosemary
- 1 tsp thyme
- 1 bay leaf
- 1/2 cup Madeira
- 3/4 cup tomatoes, peeled, seeded and chopped
- 1 cup lima beans , or other broad bean
- 1 cup corn
- 1 cup cut okra
- bread crumbs
- chopped parsley

Info

- **Prep:** 30
- **Cook:** 45
- **Serves:** 4-6
- [Source](#)

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Directions

1. Place whole squirrels in a dutch oven with 2 cups stock. Braise the squirrel meat, covered for about 30 minutes until tender.
2. Remove the squirrels and stock to a separate container to cool. Debone the squirrels when they're cool enough to handle, and add the meat into the stock. Reserve it all for adding back into the dutch oven later.
3. Add 4 tablespoons of bacon drippings to the empty dutch oven, and fry the onions until browned.
4. Add in chopped garlic and fry for another minute.
5. Pour the stock and squirrel meat into the hot dutch oven to deglaze the pan.
6. Add in all the remaining ingredients including spices and vegetables. Cover and simmer for about 30 minutes.
7. At this point, serve immediately or add a few handfuls of fresh breadcrumbs to help thicken the soup a bit, along with fresh parsley if desired. If adding breadcrumbs, simmer for another 10 minutes before serving.

[squirrel](#), [hunting](#), [bacon](#), [onion](#), [worcester](#), [red wine](#), [tomato](#), [corn](#), [lima beans](#), [beans](#), [okra](#), [bread crumbs](#)

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