



Sustainable Farm Tours  
Cooking Classes  
Food Science Workshops

#### 2006 Locations

#### Learn Great Foods Kitchens

1549 Glendale Avenue  
Bay View (Petoskey), Michigan 49770  
*in the Terrace Inn, by the campus  
of the Bay View Association*

203 East Seminary  
Mount Carroll, Illinois 61053  
*in Hathaway Hall, on the campus  
of the Campbell Center for  
Historic Preservation Studies*

#### Farm Kitchens and Alfresco Dining

**Sweeter Song Farm**  
4955 South Schomberg Road  
Cedar, Michigan 49621

**CSA Learning Center**  
*at Angelic Organics*  
1547 Rockton Road  
Caledonia, Illinois 61011

#### Learn Great Foods

203 East Seminary  
Box 182  
Mount Carroll, Illinois 61053

#### RECIPE:

## Rabbit with Mustard

#### INGREDIENTS:

4-5 lb rabbit	S & PTT ("salt and pepper, to taste")
Oil as needed	¼ tsp thyme
½ oz butter	8 oz white wine
1 oz shallot, chopped	8 oz chicken stock
2 oz Prepared mustard, Dijon-style or grainy	8 oz heavy cream

1. Clean and cut up the rabbit for stewing
2. Brown the rabbit in oil in a heavy pan
3. Remove the rabbit pieces from the pan and keep them warm. Degrease the pan
4. Add the butter to the pan. Sweat the shallots in the butter, but do not brown
5. Add the mustard, salt, pepper, thyme, wine and stock to the pan and return the browned rabbit to the pan. Cover and braise slowly over low heat or in a low oven until the meat is cooked.
6. Remove the rabbit from the liquid and set aside.
7. Reduce the cooking liquid by about one-third. Kim any excess fat from the top.
8. Temper the heavy cream and add it to the reduced liquid. Simmer and reduce until the sauce is lightly thickened. Adjust the seasonings. Return the rabbit pieces to the sauce.

#### YIELD

8 portions

*Chef Amy Denstedt, The Terrace Inn  
Cooking with Learn Great Foods*

#### For Reservations or More Information

Call toll-free (866) 240-1650  
or visit our website  
[www.learngreatfoods.com](http://www.learngreatfoods.com)