

## Brunswick Stew

*The famous Eastern American dish. Substitute rabbit or chicken if squirrel is not available. Serves 4 to 6.*

### Ingredients:

Bacon fat (about 4 tablespoons)  
2-3 onions, sliced very thin  
1 garlic clove, finely chopped  
2-3 squirrels, depending on size Flour  
1 1/2 teaspoons salt  
1 teaspoon freshly ground pepper  
1 teaspoon dried rosemary or thyme  
2 cups chicken or veal stock  
1 bay leaf  
1/2 cup Madeira  
1 tablespoon Worcestershire sauce  
3/4 cup peeled, seeded, and chopped tomatoes  
1 cup freshly shelled or frozen lima beans  
1 cup whole-kernel corn, preferably com cut from the ear  
1 cup cut okra  
Butter crumbs  
Chopped parsley

### Preparation:

Heat the bacon fat in a heavy skillet. Add the onions and garlic, and cook until soft but not browned. Transfer to a braising pan. In a plastic bag, combine the flour, salt and pepper, and rosemary or thyme, and shake the squirrel pieces in the mixture until coated. Brown the squirrel in the skillet. When lightly browned, transfer to the braising pan. Deglaze the skillet with the broth, bay leaf, Madeira, and Worcestershire sauce and pour into the braising pan. Cover and simmer mixture 35 minutes. Remove the cover, add the tomatoes and other vegetables and simmer until the squirrel is tender. Correct seasonings, adding more Madeira if necessary. Add the buttered crumbs and parsley and cook an additional 15 minutes. Serve the stew with baked potatoes or sweet potatoes, relish and fresh bread.