



Rabbit with prunes and « Chimay » beer



Loukia Ceressia

Translated in English by Loukia Ceressia



Institut Ilon – Saint-Jacques

Belgium is known as the Country of Beer.
One thus cooks there also with beer.
One of the best known dishes is:
The Rabbit with prunes and beer, in particular with beer coming from Chimay. The bases of this recipe go back to the Middle Ages



Where does the « Chimay » beer come from ?

Chimay is a French-speaking city of Belgium located in the Walloon Region in the Province of Hainaut. Chimay is located in a large clearing, opened in of the Ardennes Forest. The « Chimay » beer is produced in this city and more precisely with the Abbey Our Lady of Scourmont.

The history of « Chimay »

In 1830, the Prince of Chimay invited the monks of the abbey of **Westvleteren** (in West Flanders) to come and found a new abbey.
Since 1862, beer is produced starting from the water of the wells of the abbey.

After the Second World War, the monks took again possession of the abbey which had been occupied by the Germans. All the tanks had been molten. It has thus been necessary to recreate the whole brewery.

In 1948, Father Théodore de Haene joined the University of **Leuven** where he learned the beer manufacturing with Father de Clerck. Together, they created a new brewers' yeast which is always used for the manufacturing of the current beers of Chimay.

The “Chimay” is a Trappist beer which is neither filtered, nor pasteurized.

Folklore and tradition linked to rabbit

“Lost Monday”: It is a traditional festival which proceeds on the Monday following the Epiphany, that is to say on the Monday after January 6.

The tradition of the “lost Monday” is still vivd in Tournai (Hainaut) and in the province of Antwerp. During this festive meal, the rule wants that one eats rabbit. There is also another tradition: to draw the “Tickets of the Kings”. (Explanations in the file on the Rombosse)

Recipe

List of ingredients



- ❖ 1,5 kg rabbit already cut in dices
- ❖ 1 bottle of Chimay blue (33 Cl)
- ❖ 12 stoned prune
- ❖ 4 bay-tree leaves
- ❖ 1 table spoon of Liege syrup
- ❖ 2 table spoon of sauce binder
- ❖ Approximately 25 water cl
- ❖ 2 onions
- ❖ 150g flour
- ❖ 100g butter
- ❖ 1 teaspoon thyme
- ❖ Salt and pepper

Ingredients for the side dish

- ❖ 1,5 kg potato for fries
- ❖ One mix of salad
- ❖ 8 cherry tomatoes
- ❖ Dressing with chive
- ❖ Parsley

Hardware requirement

- ❖ A frying pan
- ❖ A cast iron pan
- ❖ A wooden spoon
- ❖ A salad bowl or a large plate
- ❖ A soup spoon
- ❖ A board out of wooden
- ❖ A kitchen knife

- ❖ A fryer (to cook the French fries)



Stages of the preparation



1. Flour the rabbit

2. Put butter in the frying pan and to dissolve it at a high temperature



3. Put the rabbit in the frying pan and brown each side during at least 5 minutes

4. Salt and pepper each side

5. Pour the contents of the frying pan in the pan

6. Peel 2 onions and cut them in dices.



7. Add onions in the pan
8. Pour approximately 25 cl water (1 cup) in the pan, and cook at a low heat.
9. Add the bay-tree leaves and 1 teaspoon and a half of thyme.

10. Put a syrup soup spoon of Liege
11. Add 12 prunes
12. Leave to simmer during 15 min



13. Pour the bottle of Chimay
14. Leave to simmer at a low temperature during 45 min to 1 hour.
15. When the rabbit is cooked, add 2 soup spoons of sauce binder,
16. Mix with the wooden spoon during 3 to 4 min until the thickening of the sauce.

Now, you just have to taste this dish, accompanied by French fries, a side salad, and a tasty Chimay beer.



Alternative recipes

The recipe can sometimes be slightly different. Sometimes the prunes are marinated in Armagnac, the rabbit returned in bacon and one can add bilberry jam to it. One can also use smoked bacon and onions or replace beer by wine. One can also add garlic, ...

There always something for every taste.

Other recipes containing « Chimay » beer



Mussels with Chimay beer



Casserole of chicken with Chimay beer



Fillet of sole with Chimay beer



Ox cutlet with Chimay beer



Joint of pork out of pot with Chimay beer and prunes



Duck leg with Chimay beer