

OKIE BRUNSWICK STEW

Bruce Family



Ingredients

- 6-8 squirrels, cleaned and quartered
- 4-6 potatoes, peeled and rough-cubed
- 1 onion, diced
- 3-4 cloves of garlic
- 6 okra pods, sliced into 1/4" rounds (lima beans are traditional here, but okra is better)
- 2 c. sweet corn
- 2 c. mini sweet peppers, diced
- 15 oz. fire-roasted tomatoes
- 2-3, 32 oz. containers of chicken stock or broth
- 4 c. white wine
- 2 c. tomato juice
- 2-3 bay leaves
- Tabasco Chipotle Pepper Sauce™, to taste
- Payne County Rust™ or Creole seas., to taste
- Lea & Perrins Worcestershire Sauce™, to taste
- Smoked paprika, to taste
- Ground cayenne, to taste
- Fresh ground black pepper, to taste
- Crisco All-Vegetable Shortening™
- Flour for dredging

Instructions

1. Coat quartered squirrel in flour seasoned with cayenne and black pepper. Brown lightly in a heavy cast iron skillet with enough shortening to mostly cover quarters, being careful not to crowd pan. Drain grease and deglaze pan with white wine. Retain fond.



2. Add skillet contents and squirrel to a Dutch oven and parboil squirrel over medium-high heat in white wine and chicken stock until it pulls easily from bone (at least two hours).

3. Remove quarters from Dutch oven and remove meat off bone. Ensure no bones or shot are reserved.

4. Return meat to liquid in Dutch oven and add potatoes, sweet peppers, onion, garlic, sweet corn, hot sauce, Payne County Rust™ seasoning, smoked paprika, bay leaves, Worcestershire sauce, and tomato juice. Simmer an additional hour or until potatoes are cooked through. Add additional stock if necessary.

5. Add okra and cook over medium heat until just done. Cook no more than 10 minutes to ensure okra does not gelatinize.