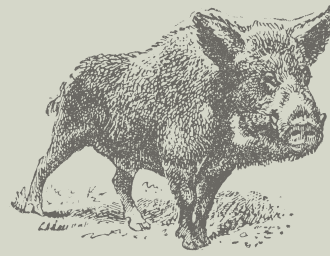


The end result



W I L D B O A R S T E W

Ingredients (serves 4):

- 3 Tablespoons Extra Virgin Olive Oil
- 2 Onions, peeled & chopped
- 2 Celery stalks, chopped
- 2 Garlic cloves, peeled & minced
- 900g Wild Boar meat, cubed
- Salt & Pepper
- 240ml dry wine, red or white
- 1 Can chopped tomatoes
- 1 Teaspoon dried Oregano
- 1 Teaspoon chopped fresh Rosemary
- 2 Bay leaves



Gremolata topping:

- Zest of 1 large lemon
- 1 Large garlic clove, peeled
- 3 Tablespoons fresh chopped Parsley

Instructions:

1. In a frying pan, heat the oil & then brown the meat on all sides turning frequently.
2. Add the meat to a slow cooker, then add the celery, onions, & garlic to the frying pan and lightly brown.
3. Place the vegetables in the slow cooking along with the meat.
4. Deglaze the frying pan by pouring in the wine and over high heat use a wooden spoon to scrape up all the browned bits. Add the tomatoes, oregano, rosemary, & bay leaves to the frying pan & bring to a boil. Season.
5. Pour the sauce over the meat & vegetables and set the timer on low for 8 hours. Just before serving, finely mince together the topping ingredients. Serve the stew on polenta, with mash or in bowls with a sprinkling of gremolata on top.

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