

LEO TEATERO

Alsatian Roasted Rabbit

This special recipe comes directly from my mother-in-law who as Alsatian



Imperial / Metric Ingredients

- 1 large rabbit, skinned and cut into 10 pieces
- 2 large onions diced
- 5 slices of Bacon or 250g of lardons
- 2 or 3 branches of Thyme and/or Rosemary
- 2 bay leaves
- Salt and Pepper
- A bunch of Fresh Parsley
- 5 tbsp. / 75 ml of Dijon mustard
- ½ bottle / 350 ml of White wine
- 2 tbsp. / 30 ml of olive oil

Options: 12 sliced Mushrooms, 125ml /1 cup cream, 2 bottles of dark beer

Use a large oval casserole like Le Creuset, fry the diced onions with a drizzle of olive oil, stirring until they are transparent and just slightly browned. Set aside in a bowl. Brown bacon and set aside in the same bowl. If using Mushrooms brown them and set aside in a separate bowl.

Using tongs, begin browning the rabbit pieces in olive oil, keeping the liver and heart aside. Once browned on all sides, brush generously all sides of the rabbit with Dijon mustard. Finish the rabbit over low heat so that the mustard slightly burns, 2 to 3 minutes. Use a little olive oil as needed.

Return onions and bacon, with a dry white wine (half a bottle) and add water if necessary. Mix so all of the ingredients are well sorted and the rabbit is half covered in the liquid mixture. Add the herbs, liver and heart (if using), salt and pepper (gently because there are bacon bits and the mustard is already salty). Bring to a boil on the stove, cover and simmer on low heat (or in the oven at 375F/180°C). Turn every ten minutes to prevent the parts not immersed in the sauce from drying and continue to cook for 30 to 35 minutes. Do not overcook, it will shred easily and become dry.

After 20 minutes, taste and adjust the seasoning (salt, pepper) but often it is not needed. Add a little water if it's too strong, but be careful, the sauce should stay a little thick. If not thick enough, remove the lid to reduce the liquid.

Sprinkle with chopped fresh parsley before serving on a bed of Spätzle (German egg noodles), a side of green beans and serve with a dry white wine (Alsatian dry Riesling) or a light red wine (Burgundy, Anjou, etc.).

Option 1: Use a dark beer over wine, but for the first time I suggest to stay in white wine.

Option 2: Fry the mushrooms and add to the sauce at the final season stage.

Option 3: Before serving, add one or two large spoonfuls of fresh cream.