



Rabbit, Mustard

Slow cooked, fragrant and gamey.



Rabbit in Mustard sauce.

Mustard brings out some of the best flavours in rabbit, the cream adding sweetness as it slowly poaches (no pun intended!).

Ingredients...

1 rabbit, cut into serving pieces
2 teaspoons butter
2 large shallots, chopped
3 cloves of garlic
150ml white wine
250ml of chicken stock
2 tablespoons wholegrain mustard
2 teaspoons of Dijon
Handfull of fresh thyme tied together
1 large pot of heavy cream
Handfull of finely chopped parsley

Approach...

Using a good heavy casserole dish that you can use on a hob, heat the butter over medium heat with a tablesoom of olive oil. When hot, add the pieces of rabbit and seal them one side then the other. You can do it in batches if your pan doesn't permit all the pieces to lay flat on the bottom.

Once the rabbit is sealed and nice and brown set it a side in a bowl for a short while. In the casserole dish now add the shallots and soften, then add the garlic and any joucies from the cooked rabbit.

Pour in half the wine now and deglaze the pan with the shallots in, let it reduce a little then put the rabbit back and pour the rest of the wine in. Let it reduce a while then add the mustard, thyme and stock. Bring it all to a boil and then reduce the heat and add 2/3s of the cream. Put the lid on and cook for about half an hour - by which time the meat should be soft and tender and beginning to fall off the bones. Now quickly move the rabbit to a warming plate, and reduce the remaining stock in the casseroile dish. Add the remaining cream and fold in the parsely. All that's left is to simply plate the rabbit and pour over the sauce.



"We're probably in, just about one of the best place in the whole of the UK for game. The landscape, the weather and the fine grasses and heathers, all combine to make a taste and texture few can compare too."

Charlie Munro, John Munro Limited.

John Munro Limited. Highland taste on your plate.

The Highlands has what most people will agree is a unique landscape with dramatic weather. It's this weather that creates the fine grasses, the heather tips and crystal clear waters that define the beef and lamb, which we sell through our time honoured and traditional butchers shop network. All we can say is that our skills are in the presentation of our meats, but we leave the rest to the Highlands when it comes to creating it!

John Munro Limited. West End, Dingwall Ross-shire IV15 9QF
Telephone: 01349 882788 Email: scotchbeef@munrodingwall.co.uk

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