

BRAISED WILD RABBIT AND HAND CUT PASTA

EQUIPMENT

CHEF'S KNIFE, MIXING BOWLS, PASTA MACHINE, DEEP FRYPAN,
MEDIUM SIZE SAUCEPAN, COLANDER OR SIEVE, TONGS, MICROPLANE

INGREDIENTS

1 WILD OR FARMED RABBIT, 1 SLICED BROWN ONION, 200GM PLAIN FLOUR (+ EXTRA FOR DUSTING),
3 PICKED SPRIGS ROSEMARY, 40GM BUTTER, PARMESAN CHEESE,
2 WHOLE EGGS, PARMESAN CHEESE, 6-8 SPRIGS PARSLEY, 750GM CHICKEN STOCK,
SALT, CRACKED BLACK PEPPER, EXTRA VIRGIN OLIVE OIL

METHOD

BREAK DOWN THE RABBIT BY FIRST REMOVING THE SMALLER FRONT LEGS, FOLLOWED BY THE LARGER BACK LEGS. CUT AWAY THE RIB CAGE THROUGH THE SPINE INTO A LARGE PIECE. CUT THE SMALL PART OF THE THIGHBONE AWAY AND DISCARD AND YOU SHOULD BE LEFT WITH THE MIDDLE PART OF THE RABBIT KNOWN AS THE SADDLE.

PLACE THE FRYPAN ON THE STOVETOP OVER MEDIUM HEAT AND ADD A DRIZZLE OF EVOO. SEASON THE RABBIT PIECES LIBERALLY WITH SALT AND CRACKED BLACK PEPPER AND PAN FRY UNTIL GOLDEN BROWN ON ALL SIDES.

ONCE THE RABBIT IS SEALED REMOVE FROM THE PAN AND ADD THE SLICED ONION TO THE PAN AND SAUTÉ FOR 2-3 MINUTES. ADD THE GARLIC AND ROSEMARY AND SAUTÉ FOR A FURTHER 2 MINUTES

ONCE THE AROMATICS ARE COOKED ADD THE CHICKEN STOCK AND TURN THE HEAT UP AND BRING TO THE BOIL. REMOVE THE PAN FROM THE HEAT AND ADD THE RABBIT PIECES TO THE PAN. PLACE THE PAN INTO A PRE-HEATED OVEN COMBI SETTING 150 °C FOR 1.5 HOURS

WHILE THE RABBIT COOKS PREPARE THE PASTA BY PLACING THE FLOUR INTO A MEDIUM SIZE MIXING BOWL WITH TWO WHOLE EGGS AND A GENEROUS SPLASH OF EVOO. MIX TOGETHER BY HAND UNTIL A DOUGH FORMS AND KNEAD ON THE BENCH TOP FOR 2-3 MINUTES. WRAP THE DOUGH IN BAKING PAPER OR CLING FILM AND CHILL FOR 30 MINUTES.

ONCE THE PASTA DOUGH HAS CHILLED CUT IT INTO 4 PIECES AND ROLL THROUGH THE PASTA MACHINE TO THE SECOND SMALLEST SETTING LEAVING YOU WITH LONG PASTA SHEETS. ROUGHLY HAND CUT EACH SHEET INTO 4-5 LONG STRIPS AND DUST LIGHTLY WITH FLOUR AND PLACE UNDER A TEA TOWEL UNTIL NEEDED

ONCE THE RABBIT HAS COOKED REMOVE THE PAN FROM THE OVEN AND REMOVE THE RABBIT PIECES FROM THE PAN, RETURN THE PAN TO THE STOVETOP AND REDUCE THE COOKING STOCK BY HALF OVER HIGH HEAT.

PLACE A SAUCEPAN FULL OF WATER ON ANOTHER BURNER OVER HIGH HEAT AND SEASON IT LIBERALLY WITH SALT

PICK ALL THE RABBIT MEAT OFF THE BONES AND ONCE THE STOCK HAS REDUCED RETURN THE RABBIT TO THE STOCK AND TURN THE PAN DOWN TO A LOW SIMMER

ONCE THE WATER HAS BOILED COOK THE PASTA FOR 2-3 MINUTES UNTIL AL DENTE AND STRAIN. ADD THE PASTA TO THE RABBIT AND ADD THE BUTTER, TOSS THE PASTA THROUGH THE RABBIT AND REMOVE FROM THE HEAT

ROUGHLY CHOP THE PARSLEY AND TOSS THROUGH THE PASTA, PLACE THE PASTA ONTO A LARGE SERVING PLATTER AND GRATE OVER A SMALL AMOUNT OF PARMESAN CHEESE AND SERVE

HINTS & TIPS

- RABBIT IS A VERY LEAN MEAT SO WHEN COOKING AND SERVING RABBIT KEEP IT MOIST WITH A LOT OF SAUCE
- LARGER ROUGHLY CUT PASTA IS GREAT FOR A DISH LIKE THIS AS THE PASTA WORKS LIKE A SPONGE TO SOAK UP ALL THE SAUCE
- FARMED RABBIT IS SLIGHTLY BETTER TO COOK WITH THAN WILD RABBIT, THE FLESH SEEMS TO BE SLIGHTLY FATTIER AND SOMETIMES REQUIRES LESS COOKING. IT HAS A Milder FLAVOUR BUT EITHER CAN BE USED FOR THIS DISH