

## WILD RABBIT CONFIT WITH GARLIC AND ROSEMARY



This recipe may look incongruous at first sight, however, trust us. It is absolutely amazing and you really do need the quantities stated. Don't try and cut back on any of the ingredients as it won't work. The wine and oil create an emulsion sauce which is delicious with sautéed new potatoes and griddled courgettes. Please be aware that rabbit is boney and it might be a good idea to warn your guests that there may be small bones on their plate.

Serves 8

### Ingredients

4 Wild Rabbits, skinned and jointed into legs, shoulders and the saddle cut in two. (make sure that the liver is removed; the kidneys can stay as they are delicious. Also the belly flap and ribs and pelvis can be omitted)

Plain flour for dusting

1 ltr Olive Oil, don't use extra virgin as the flavour is too strong for this

1 ltr White Wine

5 BULBS Garlic (yes bulbs) cut in half across the equator

20 sprigs Rosemary

Salt & Pepper

1 lemon, squeezed

**Method**

Start by heating a small amount of olive oil in a frying pan. Dip each joint of your rabbit in seasoned flour and dust off any excess. Fry the rabbit joints a few at a time, to colour, then transfer to a larger casserole dish.

Pour over the olive oil, wine and add garlic (skin-on!) and rosemary. Stir. Make a cartouche of grease-proof paper (a circular piece to fit the top of the pan) and push down so it sits on top of the liquid. Do not put a lid on, as we want the liquid to reduce a bit during cooking. Cook for 2 – 3 hours on a quiet simmer. Every so often, just lift the cartouche and stir gently to check the rabbit hasn't caught on the bottom.

When ready, squeeze over the lemon juice and season to taste. Serve immediately as the emulsion will separate if left to cool. The meat should be meltingly tender and falling off the bone. Give each guest one leg, one shoulder and one loin section.

**Note:** Join Our Game Cooking School--Learn how to make this and other delicious game recipes using fresh locally sourced ingredients at the Mike Robinson Wild Food and Game Cookery School. For further information please go to [www.wherewisemenshoot.com](http://www.wherewisemenshoot.com) or contact Richard on 07983 626761