

Braised Rabbit in a Capsicum, Tomato and Fennel Sauce



Recipe by: **Brent Parker-Jones - Contestant**

Ingredients

Main

- 2 rabbit legs
- 1/2 red onion, sliced
- 1 can chopped tomato
- 1 fennel, sliced, reserve tops
- 1 capsicum, deseeded and sliced
- 2 whole garlic cloves
- 1 cup white wine
- 2 tbs flat leaf parsley, finely chopped, reserve stalks

Char Grilled Capsicum

- 4 medium courgettes, topped and sliced lengthways
- White balsamic, to drizzle
- 2 tbs flat leaf parsley, finely chopped

Roasted Red Onions and Capsicums

- 1 red capsicum
- 1 red onion, peeled, quartered
- White balsamic, to drizzle
- 2 tbs flat leaf parsley, finely chopped

Roast Potatoes with Fennel

- 2 potatoes, peeled and cubed
- 1/2 fennel bulb, topped and finely sliced
- Extra virgin olive oil

Method

Main

1. Preheat the oven to 180°C.
2. Heat an oiled frying pan over a high heat, sear the rabbit legs until lightly browned, sauté the onion, season.
3. Place in an oven proof dish and cover with the tomatoes, fennel and capsicum. Add the garlic, pour over the wine and sit the fennel and parsley stalks on top, fit lid on and place over a medium heat to simmer for 10 minutes or until tender
4. Discard the fennel and parsley stalks from the sauce. Remove the rabbit and place on an oven tray, roast in oven for 8-10 minutes.
5. Reduce the sauce for 2-5 minutes, adjust the seasoning.
6. Plate the rabbit and generously spoon over the sauce, sprinkle with parsley to serve

Char Grilled Capsicum with White Balsamic and Parsley Dressing

1. Heat an oiled char grill pan over a high heat.
2. Char grill the capsicum slices for 2-3 minutes on both sides, place in a bowl.
3. Drizzle with white balsamic and season with salt and pepper
4. Arrange in a bowl and sprinkle with parsley to serve

Roasted Red Onions and Capsicums

1. Preheat the oven to 180°C
2. Place the red onion on an oven tray and drizzle with olive oil, season with salt and pepper, place in the oven for 15-20 minutes or until roasted.
3. Place the whole red capsicum onto the flame to char, turning occasionally to blacken the skin all over, place in a bowl and cover with cling, set aside to sweat for 5 minutes. Peel, deseed and slice into strips, place in a bowl and drizzle with olive oil and white balsamic.
4. Plate the roasted red onions, top with the capsicums and sprinkle with parsley to serve.

Roast Potatoes with Fresh Fennel

1. Preheat the oven to 180°C.
2. Place the potatoes on a roasting tray, drizzle with olive oil and season. Roast for 20-25 minutes or until golden, turning occasionally.
3. Plate the potatoes, top with the fennel, season and drizzle with extra virgin olive oil to serve.