

MasterClass ep 6 - Assiette of Rabbit, White Asparagus, Roasted Yams and Passion fruit Vinaigrette



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Recipe by Josh Emmet

WINE MATCH: HUNTAWAY CENTRAL OTAGO PINOT

Rabbit

- 1 whole rabbit
- 2 sprigs thyme
- 1/2 cup Lupi olive oil
- 2 stalks rosemary
- 3 cloves garlic, sliced

Onion Stock

- 500ml Campbell's Real chicken stock
- 200g Anchor butter
- 20g sugar
- 4 sprigs lemon thyme
- 4 sprigs rosemary
- 4 cloves garlic
- 8 pearl onions, peeled

Yams

- 1 tbsp Anchor butter
- 2 yams

Asparagus

- 1 bunch white asparagus, peeled
- 1 tbsp Anchor butter
- 2 tbsp sugar
- 1 tsp salt

Passion fruit Vinaigrette

4 passion fruit
40ml almond oil
Juice of 1 lime
20ml coconut milk
20ml honey
Salt
Pepper

Tarragon leaves, to serve

1. Break the rabbit down into 2 fillets, 2 racks, 2 kidneys and 2 legs (see Master Class video for demonstration). Marinate the rabbit legs in thyme, rosemary, Lupi olive oil and garlic for 1 day.
2. Preheat oven to 180C.
3. Create poaching liquor by placing the Campbell's Real chicken stock, Anchor butter, sugar, lemon thyme, rosemary and garlic in a large saucepan. Bring to a simmer. Place the onions in the liquor and slowly braise until just tender. Remove from the liquor.
4. Poach the rabbit fillets in the onion braising stock at 60C. Drain the rabbit legs from the marinade. Heat a frying pan over medium heat, add a little Lupi olive oil and season the rabbit with salt and sauté the rabbit legs, racks and kidneys, and baste thoroughly. Finish by adding Anchor butter to the pan and basting further.
5. Preheat oven to 180C. Heat a frying pan over medium-high heat and add a little butter. Glaze the yams in the frying pan and then place in the oven to roast until just tender.
6. Place a small saucepan of water over high heat and bring to the boil. Add a little butter, sugar and salt then poach the asparagus until just tender but still retaining a little crunch. Season with salt.
7. To make the passion fruit vinaigrette, scoop out the passion fruit pulp from the skin and pass through a fine chinois. Place the pulp in a small saucepan and reduce to a glaze. Allow to cool, and then combine with the honey, almond oil, lime, coconut milk and season well with salt and pepper.
8. To serve, arrange the rabbit and vegetables neatly around the plate, garnish with herbs and drizzle over the vinaigrette.

Tips

1. Marinate the rabbit legs to tenderize and add flavor.
2. Poach the rabbit loin in the onion stock to integrate flavors.
3. Peel the white asparagus thoroughly to remove the hard exterior.

4. Reduce the Passion fruit to a glaze to thicken and concentrate flavor.
5. Adding sugar to the asparagus helps to intensify the natural sweetness.