

Pan Seared Rabbit Backstrap with Watercress & Savoury Pudding

Recipe by Michelle Berry

Preparation Time: 30 Minutes

Cooking Time: 30 Minutes

Serves 2

Savoury Pudding

1/2 shallot, finely sliced

4 rashers streaky bacon

1 egg

40ml Anchor cream

1 sprig thyme, leaves picked, finely chopped

1 sprig sage, leaves picked, finely chopped

pinch nutmeg

pinch brown sugar

1 tbsp golden syrup

1 croissant, cut in 5mm slices

Rabbit

3 rabbit backstraps

1 tbsp Dijon mustard

2 sprigs thyme, leaves picked, finely chopped

salt and freshly ground black pepper

1 tbsp Mainland butter

Sauce

1 tsp lemon juice

1/3 cup Anchor cream

1 tsp thyme

1 tbsp olive oil

2 cups watercress, washed, leaves picked

salt and freshly ground black pepper

1/2 lemon, juiced

1. Preheat oven to 180C. To make the pudding, heat a small frying pan over medium heat and sauté the shallots in a little olive oil. Set aside to cool.

2. To make the pudding, place the bacon on an oven tray and place in oven until crispy. Remove from oven and lay a heavy pan or chopping board on bacon to ensure it stays flat. Cut into 1cm strips and line two dariole molds with the bacon.

3. In a bowl, mix the cooked shallots, egg, Anchor cream, herbs, nutmeg, sugar, golden syrup and sliced croissant. Spoon into dariole molds and bake for 15 - 20 mins until firm to the touch.

4. Use a pastry brush to brush rabbit with mustard, then season with salt and pepper, and sprinkle over thyme. Heat a large frying pan over medium-high heat and pan fry the rabbit in Mainland butter for 2 - 3 minutes. Remove from pan and set aside to rest.

5. For the sauce, return the rabbit pan to a low heat. Add the lemon juice, Anchor cream and thyme and reduce by half. Season with salt and pepper to taste, set aside and keep warm.

6. Heat a small frying pan over medium-high heat, add the olive oil, then add watercress, salt, pepper & lemon juice and cook until wilted, about 20 seconds.

7. To serve, remove the savoury pudding from the dariole mold and place at one end of a rectangular plate. Slice the rabbit diagonally, against the grain and arrange slices in the middle of the plate. On the other side of the rabbit, place some of the wilted watercress. Spoon over sauce.

Please note - this recipe is untested in the MasterChef kitchen.