

# Pan Seared Rabbit Legs with Forbidden Rice and Roasted Brussels Sprouts

This Mystery Box dish got Cowboy Mike into the Top 3 for the first time, although he unfortunately was eliminated at the end of this same episode.

When it came to Mike's rabbit legs, the judges raved about the beautiful caramelization on the skin, and the perfect juiciness of the meat.

This recipe and many others can be found in [MasterChef: The Ultimate Cookbook](#). Pre-order your copy now!

## Ingredients

### For the rabbit

- Two 2 1/2 lb rabbits
- 4 ounces Spanish chorizo, casings removed, sausage finely diced (about 1/2 cup)
- 4 Tbsp olive oil
- 12 ramps, thinly sliced
- 1 fennel bulb, thinly sliced
- 2 carrots, peeled and thinly sliced
- 2 tsp caraway seeds
- 6 cups water
- Kosher salt and freshly ground black pepper
- All purpose flour, for dredging

### For the rice

- 1 Tbsp unsalted butter
- 1 ounce Spanish chorizo, casings removed, sausage finely diced (about 2 Tbsp)
- 10 ramps, bulbs and slender pink stems finely diced
- 1 cup forbidden black rice
- 1 tsp kosher salt

- 1/2 tsp freshly ground black pepper

### **For the sauce**

- 1 bunch (3 1/2 oz) maitake mushrooms (hen of the woods mushrooms), base of stems trimmed, mushrooms separated but with caps and stems intact
- 8 fresh gooseberries, husks removed, diced
- 1/4 cup finely diced ramps (bulb and slender stems only)
- 2 Tbsp unsalted butter

### **For the brussels sprouts**

- 20 small brussels sprouts, trimmed
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp unsalted butter, melted
- Kosher salt and freshly ground black pepper

## **Directions**

### **To make rabbit broth**

1. Cut each rabbit into 6 pieces so that you have 2 hind leg and thigh pieces, 2 front legs, and 2 saddle pieces from each rabbit. Cover and refrigerate the 4 hind leg and thigh pieces.
2. Heat a heavy large pressure cooker over medium heat. Add 1/4 cup of the chorizo and cook until the fat is rendered, about 2 minutes.
3. Add 2 tablespoons of the oil then the ramps, fennel, and carrots and saute until the vegetables soften slightly, about 5 minutes.
4. Add the front legs and saddles and caraway seeds. Add 6 cups of water.
5. Cover and seal the pressure cooker closed. Bring the pressure to 15 psi over high heat then reduce the heat to medium-low and cook for 30 minutes.
6. Turn off the heat and set aside for 10 minutes. Release the pressure from the cooker.