

Rabbit with Mustard

Portions: 8 Portion size: approximately 8 oz (250 g), including sauce

U.S. Metric Ingredients

4–5 lb 2 kg Rabbit

as needed Oil

1/2 oz 15 g Butter

1 oz 30 g Shallots, chopped

2 oz 60 g Prepared mustard, Dijon-style or grainy

to taste Salt

to taste Pepper

1/4 tsp 1 mL Dried thyme

8 fl oz 250 mL White wine

8 fl oz 250 mL Chicken stock

8 fl oz 250 mL Heavy cream

P r o c e d u r e

1. Clean and cut up the rabbit for stewing.
2. Brown the rabbit in oil in a heavy pan.
3. Remove the rabbit pieces from the pan and keep them warm. Degrease the pan.
4. Add the butter to the pan. Sweat the shallots in the butter, but do not brown.
5. Add the mustard, salt, pepper, thyme, wine, and stock to the pan and return the browned rabbit to the pan. Cover and braise slowly over low heat or in a low oven until the meat is cooked.
6. Remove the rabbit from the liquid and set aside.
7. Reduce the cooking liquid by about one-third. Skim any excess fat from the top.
8. Temper the heavy cream and add it to the reduced liquid. Simmer and reduce until the sauce is lightly thickened. Adjust the seasonings. Return the rabbit pieces to the sauce.