

Roast Loin of Rabbit with Risotto

Portions: 8 Portion size: 5–6 oz (140–160 g) rabbit, 4 oz (125 g) risotto, plus sauce and garnish

U.S. Metric Ingredients

2½–3 lb 1.1–1.3 kg Boneless saddles of rabbit

as needed Oil

2 oz 60 g Shallots, chopped fine

2 oz 60 g Carrots, chopped fine

4 oz 125 g Mushrooms, chopped fine

1 Garlic clove, chopped fine

4 fl oz 125 g Dry white vermouth or white wine

1 pt 500 mL Rabbit stock or chicken stock, rich and concentrated

to taste Salt

2 lb 1 kg Risotto alla Parmigiana

as desired Steamed, buttered spinach

as desired Carrots, small dice, cooked, hot

as desired Zucchini, small dice, cooked, hot

P r o c e d u r e

1. Trim the meat as necessary, leaving the meat in whole pieces.
2. Heat the oil in a sauté pan. Add the rabbit meat and brown on all sides.
3. Transfer to an oven heated to 450°F (230°C) and roast for 5–10 minutes, until medium done (slightly pink in center). Remove the meat from the pan and keep warm.
4. Add the shallots, carrots, mushrooms, and garlic. Brown lightly.
5. Add the vermouth or wine and reduce by half.
6. Add the stock and reduce by half.
7. Strain. Season to taste with salt.
8. Place a mound of risotto in the center of each plate.
9. Cut the rabbit meat into thick slices and arrange around the risotto.

10. Arrange small mounds of spinach between the slices of meat.

11. Place a few pieces of diced carrot and zucchini on the plate.

12. Spoon the sauce onto the plate around the meat.

Per serving:

Calories, 510; Protein, 38 g; Fat, 24 g (42% cal.); Cholesterol, 105 mg;