



RABBIT *in* MUSTARD SAUCE

LAPIN À LA MOUTARDE

»— The Vitals —«

Serves: 4-6

Prep Time: 30 minutes, depending on how fast you can cut a rabbit into serving sizes*

Cook Time: 60 minutes

Supplies: sharp knife, dutch oven or other large covered pan

A classic French dish, this braise is an excellent introduction into the wonderful world of rabbit. While this recipe has many variations in France, please don't use regular yellow mustard in this recipe. We prefer a grainy mustard but any dijon mustard will work. If you don't have broth on hand you can use water. Sour cream can be in place of the heavy cream.

»— What You Need —«

- 1 Hand Hewn Rabbit (at least 3lbs)
- Salt
- 4 T. butter
- 2 large onions or shallots, chopped
- 1/2 cup dry white wine
- 1/2 cup broth
- 1/2 cup grainy country mustard, like Dijon
- 1 tsp. dried thyme
- 1/2 cup heavy cream
- 4 T. finely chopped parsley

»— How to —«

Salt all pieces of the rabbit and set out till room temperature.

With your dutch oven over medium heat on the stove, add two tablespoons of the butter to melt. Pat dry the rabbit and start browning them in batches. Don't let them touch and don't try to speed the process with high heat. Remove the browned rabbit to a bowl and add the onion to brown (3-4 minutes).

Add the wine, turn to high heat, and scrape the browned bits in the pan. Add to the wine the broth, mustard, and thyme and bring to a boil. Add salt to taste.

Add the rabbit pieces to the sauce and coat fully. Lower the heat, cover the dutch oven, and simmer for 45 minutes to 1 hour.

When the rabbit is falling off the bone it is ready. Gently transfer it to a plate. Turn the heat to high and boil the sauce down by half. Turn off the heat and add the cream and parsley. Stir to combine and return the rabbit to the pan. Coat with the sauce and serve immediately over a bed of rice, a nice crusty piece of bread, quinoa, or mashed potatoes.

* <http://honest-food.net/2010/05/19/how-to-cut-up-a-rabbit/>