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Rabbit in Mustard Sauce

This has become my new favorite rabbit recipe. The mustard compliments the rabbit so well and it can be served with rice, noodles, potatoes, or salads. Leftovers make a fantastic lunch or chopped up go great in salad or casserole.

Ingredients

1 rabbit, cut into serving pieces
Salt
4 tablespoons butter
2 large shallots, chopped
1/2 cup white wine
1/2 cup water
1/2 cup grainy country mustard, like Dijon
1 teaspoon dried thyme
1/2 cup heavy cream
4 tablespoons finely chopped parsley

Cooking Instructions

1. Salt rabbit well, let sit at room temp for 30 to 60 min.
2. Heat butter over medium heat in a large sauté pan with a lid. Pat the rabbit pieces dry and brown them in the butter. Once browned, remove it to a bowl. Add the shallot and brown well.
3. Pour in the white wine and turn the heat to high. Scrape off any browned bits on the bottom of the pan with a wooden spoon. Add the mustard, thyme and water and bring to a rolling boil. Taste the sauce for salt and add some if needed.
4. Add the rabbit pieces, coat them with the sauce, then drop the heat to low. Cover and simmer gently for 45 minutes. You want the meat to be nearly falling off the bone.
5. When the meat is ready, gently remove it to a platter. 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 at once.