



RORY O'CONNELL'S RECIPE

Fricacee of Rabbit with Mustard and Sage Leaves

This recipe is also delicious made with chicken.

INGREDIENTS

1 rabbit 1.1 – 1.3kg
6 sage leaves
2 teaspoons mustard powder
2 teaspoons wholegrain mustard
110ml white wine
15g butter
1 dessertspoon olive oil
Sea salt and freshly ground black pepper
1 tablespoon of vinegar
18 baby onions or fat spring onions
250ml crème fraiche
6 sage leaves to garnish

Serves 4-6

METHOD

Cut the rabbit into portions. It should yield 7 pieces – two hind legs, 2 front legs and 3 pieces of loin. Place in a bowl with the chopped sage. Mix half of the mustard powder and half of the grain mustard with 50ml of water. Add the wine and pour over the rabbit pieces. Allow to marinade for 1 hour if possible.

Drain the rabbit from the marinade and dry very thoroughly. Heat the butter and oil in a heavy saucepan, add in the rabbit, season with salt and pepper and colour on both sides to a golden hue. Remove the rabbit and pour out the fat. Replace the saucepan on the heat and add in the vinegar and allow to bubble up. Add the rabbit back in along with the marinade, onions and the rest of the mustard. Add in another 50ml of water and stir to mix. Cover and simmer over a very gentle heat for 1 hour approximately. You will know the rabbit is cooked when the pieces are easily pierced by a skewer.

When the rabbit is cooked, remove the pieces and keep warm with the onions. De-grease the cooking liquid and add the crème fraiche. Allow the liquid to simmer and thicken slightly. Taste and correct seasoning. Add back in the rabbit and onions and bring to a simmer.

Serve garnished with sage leaves. Rice or a boiled or mashed potato make an excellent accompaniment.

Prepared & served by chef Rory O'Connell, co-founder of the Ballymaloe Cookery School with Elisabeth Kamphuis on March 15th 2019 in Splendor, at St. Patrick's Festival Amsterdam, the annual Festival of Irish culture.