

MUSTARD RABBIT

Saddle of rabbit cut into four medallions or rabbit's front and back legs
3 tablespoons flour
1 ½ teaspoons mustard powder, divided
1 tablespoon lard
¼ lb pork belly, cut into ½" cubes
1 carrot, cut into chunks
1 small onion, chopped
½ cup dry cider
1 cup chicken stock
1 bay leaf
2 tablespoons minced parsley, plus more for garnish
1 teaspoon minced thyme
1 egg yolk
¼ cup heavy cream (double cream)

Dredge rabbit pieces in mixture of flour, ½ teaspoon mustard powder, salt, and pepper. Heat lard in a large lidded skillet or braiser. When the fat is good and hot, add the flour-coated rabbit pieces and brown on each side, turning heat down if rabbit starts to blacken. Throw in the pork belly, carrot, and onion. Stir a bit before adding cider and chicken stock. Finally, add in the bay leaf, parsley, and thyme. Bring everything to a boil, then back off the heat to a simmer, cover and cook 1 ½ hours, or until rabbit is cooked through and tender. While rabbit is cooking, whisk together the egg yolk, cream, and remaining teaspoon mustard powder. Set aside.

When rabbit is cooked, remove rabbit, pork belly, and vegetables with a slotted spoon to a warm plate, leaving liquid in the pan. Discard bay leaf. Bring liquid to a boil and reduce to a third to half the original volume, depending on how thick you'd like your gravy. Turn the heat down and start tempering the egg yolk enrichment by whisking in hot liquid about a tablespoon at a time until enrichment is nice and hot (so the egg won't scramble). Pour enrichment into liquid in pan and whisk to combine. Season to taste with salt and pepper. Either return rabbit, pork, and vegetables back to pan and coat with gravy or serve gravy alongside.

Serves 2

Adapted from *Favourite New Forest Recipes*.

<http://laurenhairston.com/mustard-rabbit>