



Rabbit Casserole

Requested by Jayne Salman, Rotherham

Ingredients:-

2 whole rabbits, wild if possible
2 tbsp English mustard powder
2 tbsp plain flour
1 tbsp butter
4 small onions, peeled and halved
2 celery sticks, chopped
10 small carrots, peeled
A few sprigs thyme
1 pint (568ml) pale ale
½ tsp English mustard

Method:-

1. Joint the rabbits or ask the butcher to do it. Cut the shoulders and legs off each rabbit, and cut them in halves at the elbows and knees. Turn each rabbit so its backbone is on the chopping board. Put a chopping knife across the body, just below the ribcage, and whack the back of the knife with a wooden rolling pin. If you've done it hard enough, you will have cut the rabbit in two. Do the same thing at the other end to chop the pelvis off. Throw away the rib cages and pelvises. You will be left with a rectangular bit of the rabbit's back, about 10cm long. Chop that in half, across the spine, giving you 10 pieces from each rabbit.

2. In a large mixing bowl, combine the mustard powder and flour with a few pinches of salt and

black pepper. Toss all the rabbit pieces in the seasoning mix until well coated.

3. Melt the butter in a large, shallow sauté pan over a medium heat. Add the rabbit and brown evenly on all sides, adding butter as required. Add the onions, celery, carrots and thyme, and cook gently until soft and fragrant. Pour over the ale, topping up with just enough water to cover.

Simmer gently for about

45 minutes, adding water if the liquid gets low. When the meat is tender, simmer the liquid a little to thicken, and stir in the mustard before serving