

Dish
of the
Month

Rillette of rabbit
with beetroot tartare



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Ingredients **Serves:** 6 people

- 1 whole rabbit
 - 250gms butter
 - 500mls chicken stock
 - 1 onion
 - 5 garlic cloves
 - 2 bay leaves
 - 50gms thyme
- Beetroot tartare
- 100gms cooked beetroot
 - 25gms cornichons
 - 25gms capers
 - 1 shallot
 - 25gms parsley
 - 50 mayonnaise

To braise the rabbit

- 1:** Chop the onion and garlic, and with the bay leaves and thyme heat and break down in butter
- 2:** Cut the rabbit into four pieces and brown off with the onion, garlic, bay leaves and thyme until caramelised
- 3:** Add the chicken stock and braise for 3 - 3 ½ hours until the meat comes off the bone easily
- 4:** Empty the contents of the pan into a colander or sieve placed over a bowl
- 5:** Allow to cool a little and remove the bay leaves

To make the rillette

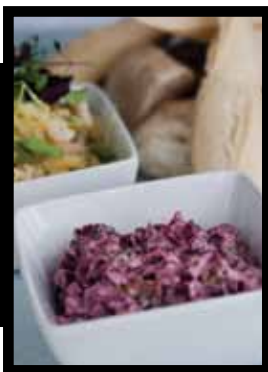
- 1:** Carefully shred the meat with either a fork or very clean fingers
- 2:** Heat the butter until melted. Dispose of the milky residue
- 3:** Add the butter oil to the rabbit meat seasoning to taste and place into small tubs.
- 4:** If you are not using immediately spoon a little bit of the butter oil over the top to seal it in and preserve it.

To make the beetroot tartare

- 1:** Take all the ingredients listed above and blend together.
- 2:** If you prefer it slightly chunkier, dice it up and mix by hand.

To finish

Plate up and serve with fresh crusty bread, a perfect picnic dish.



Zest
Caterers