

Rabbit Casserole

Ingredients

Serves 4

4 rabbit portions
300 ml (1/2 pint) dry red wine
3 tablespoons vinegar
4 tablespoons oil
salt and pepper
1 bay leaf
25 g (1 oz) plain flour
8 - 12 button onions
1 red pepper, deseeded and sliced into rings
100 g (4 oz) baby carrots
300 ml (1/2 pint) water
1 teaspoon wholegrain mustard
1 tablespoon redcurrant jelly
parsley sprigs to garnish

Method

1. Place the rabbit joints in a bowl. Mix together the wine, vinegar, 1 tablespoon of the oil, salt and pepper.
2. Pour over the rabbit and add the bay leaf. Marinate the rabbit for 2-3 hours, turning occasionally.
3. Remove the rabbit joints from the marinade, drain on absorbent kitchen paper and coat with the flour.
4. Heat the remaining oil in a frying pan, fry the rabbit joints until just golden and transfer to a casserole.

5. Cook the onions in the oil until golden and add to the casserole. Fry the pepper in rings in the pan for a few minutes and add to the casserole with the remaining ingredients, seasoning to taste.

6. Pour in the marinade and mix all the ingredients together well. Cover with a lid and cook in a moderate oven for 2 1/2 hours until the rabbit is tender.

7. Garnish with parsley sprigs.