



Recipe



by MELISSA FROHLOFF

Creamy honey mustard rabbit casserole

Ingredients

- 1.5kg wild rabbit legs
- 4 washed potatoes, roughly chopped
- 200g shallots, peeled
- 3 cloves garlic, crushed
- 2 tbsp honey
- 150g baby carrots
- 3 cups chicken stock
- 1 tsp salt
- 1 tsp cracked pepper
- 1 cup white wine (sauvignon blanc)
- 2 tbsp wholegrain mustard
- 1 tsp ground ginger
- 1 tsp cinnamon
- 1 tsp cumin
- 250ml cream
- Rice bran oil for frying

Method

1. Start a fire early in an Ozpig (or similar) to allow time to get some coals. Place camp oven on the side to warm up.
2. Score rabbit legs all over at 2cm intervals. Combine honey,

garlic, wholegrain mustard, ginger, cinnamon and cumin in a small bowl. Rub the mix all over the rabbit legs.

3. Cook rabbit in a heated and oiled 9qrt camp oven over high heat until lightly browned. Remove from camp oven.

4. Add chicken stock, wine, carrots, potatoes and shallots to the camp oven. Place rabbit on top.

5. Place lid on camp oven and cook slowly for one hour on the Ozpig.

6. Once the meat starts to part from the bone, remove the camp oven from the fire and set aside.

7. Allow to cool. Break the meat from the bone and discard the bone. Tear the rabbit into bite-size pieces and return to the camp oven.

8. Simmer for a further 30 minutes.

9. Add cream, stir and simmer for another five minutes.

Serves six to eight

Tips: This is a wonderful dish to serve for dinner the night following cooking because the flavours intensify overnight. Serve with fresh beans or on a bed of mash. This casserole can also be cooked in the oven in a heatproof dish or on the stovetop.