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Rabbit in Muscat and Sage

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Ingredients

- 1 ½ kg rabbit (jointed into 8 pieces)
- ½ cup olive oil

MARINADE:

- 200ml Muscat
- ¼ cup olive oil
- 1 onion (sliced)
- 4 bay leaves
- 2 sprigs fresh sage (or 1 tsp dried)
- ¼ tsp salt
- ¼ tsp cracked black pepper

SAUCE:

- 500 ml Muscat
- 5 sprigs fresh sage (or 1 tsp dried)
- 4 bay leaves
- 1kg shallots, pickling onions (or red onions in thick wedges)
- 4 Star Anise
- 100g butter
- 1 tsp cornflour (dissolved in water)
- Salt
- Cracked black pepper

Execution

Marinate rabbit in a sealed container overnight. Strain and discard liquids.

In a large pot, add olive oil and warm on medium heat.

Brown rabbit on both sides, one layer at a time. Repeat with all the rabbit pieces and set aside.

In the same pot add more olive oil and fry the onions with sage (whole fresh leaves or if dried, place in a pestle and mortar to release aroma).

Add salt, pepper star anise and bay leaves to the pot.

Saute on medium heat to caramelize onions well (we want a deep golden colour and strong aroma).

When onions are ready, lower heat and add the rabbit, muscat and cornflour.

Liquids should cover the rabbit well.

Close with lid and allow to simmer for 1 hour.

Remove from heat and add butter (the butter will melt and give the sauce a velvety finish and retain its creamy taste).

*Alternatively when the rabbit is ready, remove from heat and drizzle to a cup of fresh cream. Delicious!

SHORT CUTS:

Frozen baby onions make life a lot easier.

Ask your butcher to joint the rabbit for you.