

## CONIGLIO ALLA CACCIATORA (RABBIT HUNTER'S STYLE) THE RECIPE

Rabbit is best browned in olive oil or butter and cooked with herbs and vegetables doused in wine and cooked for at least half an hour depending on quantity. The meat should come off the bones easily - otherwise it is undercooked. Try to get youngish rabbit, below eight months; older specimen take more time to become tender.

My favourite is a simple version of the Italian classic rabbit "hunters style". If you follow the instructions below the result will be relatively crisp and dry; add vegetables, if you prefer a more stew-like consistency.

### GENERAL

- Preparation: 0.5 hours
- Cook: 1 to 1.5 hours
- Challenge: medium
- Serves: 2 or 3 medium eaters

### WHAT GOES IN IT

- One rabbit cut into 6-8 pieces, or 6 legs
- Salt to taste
- Freshly ground pepper
- 3 bay leaves
- 1 tablespoon (tbsp) red paprika powder
- chilli flakes (hot, optional, if you like it spicy)
- 3 tbsp fresh, finely chopped rosemary leaves
- 3 tbsp fresh, finely chopped sage leaves
- 1 tbsp garlic paste
- 3 tbsp balsamic vinegar and tomato paste (if not handy, use ketchup)
- 1 cup red wine (white dry wine is also used, but I prefer red)

Olive oil and/or butter as per need for refinement.

### HOW TO COOK IT

1. Use a knife to make incisions in the rabbit pieces; rub in salt and pepper and stand the whole lot aside.
2. Chop up all the herbs and mince garlic
3. Heat olive oil onto medium heat and add the bay leaves and rabbit pieces. Brown the rabbit pieces on all sides. Do a few pieces at a time to avoid overcrowding and steaming
4. Reduce heat

5. Add the paprika powder, red chilly flakes, finely chopped rosemary, sage and minced garlic in the oil with the browned rabbit pieces and stir for a minute until all is mixed and the rabbit pieces are coated with the herbs
6. Add the wine, de-glaze the pot in case the herbs and spices are slightly stuck to the bottom to avoid burning and let the wine evaporate on a medium heat
7. Once the wine has almost evaporated leaving enough liquid to not burn, add 2 cups of water and the balsamic vinegar/ tomato paste (or ketchup) and lower the heat; cover and let it simmer for about 45 minutes stirring occasionally; add a little water in case it is drying out
8. The resulting rabbit meat should be very tender, almost coming off the bones. Can turn out dry enough so you can just pickup the pieces and nibble; do not forget to dip the bread in the saucy bit at the bottom

