

Tout le Lapin

Saddle and rabbit bit vinaigrette, bouillon like a pot au feu and legs cooked with mustard
Le Coucou 6-8-2016

1 Rabbit – Yield – (see a chef, please indicate size when ordering)

Butchering

Remove front legs

Remove hind legs

Remove the whole saddle from the cage. (one piece)

Marinate hind legs in dijon mustard for a few hours, up to 24

Open the saddle. Score the “wings” with the tip of a sharp knife.

Take the liver, hearts and kidneys from the rabbit. Chop finely and season with salt and pepper. Fill the middle with the livers.

Season the inside with white pepper and salt

Roll, starting from one side, until you have rolled the saddle onto itself in the shape of a cylinder

Season the outside with salt and white pepper

Lay plastic on a stainless steel surface and roll the rabbit in the plastic.

Repeat 2 or 3 times, depending on how the rabbit is holding its shape

Poke a few holes in the roulade with a caketester.

Steam at 185C for 10 minutes

Procedure

Rabbit bouillion

Mirepoix. Carrot, onion, celery, shallot, leek (white only, split) garlic (2) black pepper, Bay leaf. Rabbit body.

Lightly sear the front legs, remove from the pot and add the veg.

Deglaze with white wine

Cover with water.

Add the rest of the carcass for flavor

Bring to a simmer, skimming excess scum

Simmer for 40 minutes, check for taste

Remove the legs when cooked and reserve them whole for the plate

Strain and reduce for service

Hind Legs

Remove from the Dijon marinade, leaving all of the mustard on the rabbit

Slice 2.5 organic white onions thinly per rabbit

Sweat the onion in a pan, no color

Deglaze with white wine

Season with grey salt

Cook the wine for a few minutes to cook out the raw alcohol

Transfer onion and wine mix to a hotel pan and line the bottom with the mix

Lay the hind rabbit legs on top of the mix and cover with aluminum foil

Cook at 80 C for 3 hours, turning the legs halfway through
Remove at 3 hours and cool down all together

Roulade

Cook the roulade at 60 C for 45 minutes

Remove and drop into ice bath to cool immediately

Pick up

Saddle (Roulade)

Slice into 2 equal rounds. Lightly color, just warm

Set aside for plating

Vinaigrette

Dice the liver, heart and the kidneys of the rabbit.

Cook with butter, diced shallot, sherry and olive oil

Finish with fresh shallot, sherry vinegar and olive oil. Pass to the Chef

Front legs

Bring the bouillon to a boil and season with salt. TASTE

Add the garniture. Carrot, turnip and cabbage Adjust the seasoning

Serve in the copper pot with a garnish of chive baton and chopped parsley

Hind legs

Heat legs and onions with a little of the bouillon to wet

Serve warm on copper plate