

Braised rabbit with chilli, garlic and artichokes with roasted fennel

Ingredients

For the braised rabbit

2 tbsp olive oil
1 whole rabbit including legs, jointed, diced, including bone
1 red chilli, seeds removed and chopped
2 garlic cloves, sliced
2 sprigs rosemary, finely chopped
4 baby artichokes, prepared and sliced
1 lemon, zest and juice
300ml/10fl oz white wine
400ml/14fl oz chicken stock

For the roasted fennel

2 tbsp olive oil
2 bulbs fennel, trimmed and quartered
2 tbsp flatleaf parsley

Method

1. For the rabbit, heat a large sauté pan and add the oil. Once hot add the rabbit and seal on all sides until golden-brown. Add the chilli, garlic and rosemary and cook for 2 minutes. Then add the artichokes and lemon zest and cook for a further minute.
2. Add the wine and cook until reduced in volume by half. Add the chicken stock and cook for 30-40 minutes, or until tender. Finish with some lemon juice.
3. Meanwhile, for the roasted fennel, preheat the oven to 180C/160C Fan/Gas 4.
4. Heat a frying pan and add the oil, once hot add the fennel wedges and cook on each side until golden-brown. Roast in the oven for 10-15 minutes, or until soft. Just before serving add the fennel to the rabbit and finish with the fresh parsley.

Preparation time

less than 30 mins

Cooking time

1 to 2 hours

Serves

Serves 4

Diced rabbit cooked in a wonderfully flavoured white wine sauce with a dash of chilli heat, served with simply roasted fennel on the side.

By Angela Hartnett
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