

Although we often resort of using the supermarkets it's probably not the best move, budget wise. Shop locally is a well know phrase. I was in the middle of York on Monday and bought enough veg for the week and a fresh Rabbit for less than £8. Even if it had been the supermarket ?Wonky? veg it would have been considerably more than this and they certainly don't have fresh local Rabbit available. Another bonus is that the Veg from the market is notably fresher, we can't buy root veg in advance from the supermarket, a draw full of Carrot slime is wasteful and really not nice.....

So you've got a fresh Rabbit, an ex-butcher, a chef and a shed load of vegetables. What do you make?

It had to be Rabbit Casserole really!

Ingredients:-

1 small Rabbit cut into pieces. (There are three obvious ?Joints? on a Rabbit, front, loin and rear. But you can use kitchen scissors to cut these front to back to make the Rabbit fit into the pot if you wish.)
1 Onion, sliced
1 Carrot cut into large batons
2 Potatoes, cubed
An equal amount of Swede as Potato, cubed
1 Pint of Stock with added Cornflour
A slug of Fish Sauce
A slug of Worcester Sauce
Onion Salt
Garlic Salt

Chilli flakes
Salt & Pepper
Rosemary
Basil
Mushrooms, quartered
Oil

Method:-

(1) Coat the Rabbit in a little Oil and season with Salt, herbs and spices.
(2) In the slow cooker (or casserole dish if you are using the oven) layer the Potatoes and vegetables then add the Rabbit.
(3) Pour over the Stock.
(4) Allow to simmer gently for 4+ hours.
(5) Add the Mushrooms after about 3 hours and season to taste.

We had home made Onion and Beetroot Bhajis with ours and dressed the casserole with fried Beetroot tops to add a bit of colour.