

Medieval Sweet and Sour Spiced Rabbit

Ingredients

6 rabbit joints (hind legs or saddle)
3 medium onions
oil
1/4 cup currants
1 1/4 cups red wine
1/3 cup red wine vinegar
1 Tbs. sugar
1/4 tsp. fresh ground black pepper
1/3 tsp. ground cinnamon
1/3 tsp. ground ginger
salt to taste
water

1 1/2 Tbs. soft white bread crumbs to thicken the sauce (optional)

Trim the rabbit joints. Peel the onions and place them in a cookpot of cold water. Bring to a boil on the stove over medium high heat and cook 3 to 4 minutes, then, using a colander, drain off the water. Chop the onions and set them aside. The dish can be prepared up to this point in advance. Preheat the oven to 450°F. Place the rabbit joints in a single layer in the roasting pan and thickly smear with oil. Place the pan in the oven and sear the joints for 15 minutes or until they are evenly browned, turning once. Add the onions and the currants for the last few minutes and stir them into the pan drippings. While the joints are browning, mix the wine and vinegar together in a mixing bowl. Stir the salt, pepper, sugar, cinnamon, and ginger into the wine mixture. Pour off any excess fat from the roasting pan and pour the sauce over the rabbit and onions. Reduce the oven temperature to 350°F. Cover the pan and cook 30 to 45 minutes or until the rabbit is tender. Uncover and baste occasionally with the sauce. Shortly before serving, the bread crumbs can be added to thicken the sauce if desired. Arrange the rabbit on a serving platter and pour the sauce over it. Serve hot.

Utensils

knife and cutting board
measuring cup
measuring spoons
roasting pan with lid
mixing bowl
wooden spoon
cookpot
colander
serving plate