

Victorian Rabbit in Cider

This dish was a favorite with the servants downstairs. The French added mustard and sometimes cream, but the English do not. Either way this is a delicious way to prepare rabbit.

Ingredients

1 young tender rabbit
1/4 lb. salt pork
1 large onion
2 medium carrots
1 stalk of celery
2 1/2 cups dry apple cider
flour
2 bay leaves
1 bunch parsley
3 or 4 sprigs thyme
salt
black pepper
oil

Cooking Utensils

knife and cutting board
measuring cup
fork
stew pot
spoon
frying pan
string
scissors
2 plates
paper towels

Serving Utensils

serving dish
serving fork
serving spoon

Place flour, salt, and black pepper on a plate. Cover the other plate with paper towels. Cut the rabbit into joints. The butcher can do this for you. Cut the salt pork into small pieces. Tie the thyme and half the parsley into a bundle. Chop the onion, slice the carrots, and cut the celery stalk into small pieces. Chop the remaining parsley fine. The dish can be prepared up to this point in advance. Dredge the rabbit in the flour, salt, and pepper. Heat the oil in the frying pan on the stove over medium high heat. Fry the salt pork for a few minutes, but don't allow it to become crispy. Using a slotted spoon, remove the salt pork to a dish covered with paper towels. Place the rabbit in the frying pan and fry, turning often until all sides are lightly browned. Remove the rabbit from the frying pan and place it and the bacon in the stewpot. In the frying pan gently sauté the onions, carrots, and celery 10 minutes, then add them to the stewpot, along with the tied bundle of thyme and parsley. Add the bay leaves and cider to the stewpot. Cover and cook over medium heat 1 hour. Test the rabbit every so often to make sure it does not overcook. Young rabbits take 1 hour to cook while older rabbits take 2 hours. When the dish is done the liquid should be reduced by half and should have the consistency of thin cream. Place the rabbit and vegetables on a serving dish, cover with the remaining liquid, and sprinkle with the chopped parsley. Serve hot.