

Victorian Curried Rabbit with Rice

Ever since the British came into contact with India, curry dishes grew in popularity. The rationing of foodstuffs during World War One meant that meat was hard to come by. However, rabbits were easy to raise and were always plentiful. This dish for curried rabbit with rice is a tasty one.

Ingredients

1 rabbit
chicken stock
2 Tbs. butter
1 cup apples
1 cup celery
1/2 cup onion
1/2 cup mushrooms
2 Tbs. cornstarch
1 tsp. curry powder
3/4 tsp. salt
2 cups whole milk
2 cups white Basmati rice
4 cups water
oil

Make the chicken stock. Good chicken stock or bouillon can be bought in the store. Place enough of the stock to cover the rabbit in a cookpot. Heat the stock on the stove over medium heat. Place the rabbit in the cookpot and cook until tender. While the rabbit is cooking, pare and chop the apples. Peel and chop the onion. Chop the celery. Slice the mushrooms. In a small bowl mix the cornstarch with the curry powder and salt. Remove the rabbit from the cookpot and place it on the cutting board. Remove the meat from the bones and dice it. Set the rabbit meat aside on a plate. Reserve 3/4 cup of the stock that the rabbit was cooked in. The dish can be prepared up to this point in advance.

In a cookpot on the stove over medium high heat, sauté the apples, onion, and mushrooms in oil until tender. In a bowl mix the corn starch with some stock. Add the rest of the stock and the cornstarch mixture to the cookpot. Stir well. Add the milk and reduce the heat to low. Simmer until the sauce thickens, then add the rabbit pieces. While the sauce is cooking, cook the rice by bringing water and oil to a boil in a cookpot on the stove over high heat. A pinch of curry powder or saffron may be added to the water for color. Add the rice and reduce the heat to low. Cook the rice 15 minutes or until the water has been absorbed. Warm the serving plate. Place the rice on the serving plate and pour the curried rabbit over it. Serve hot. The curried rabbit can be made in advance of the dinner and reheated before serving. The rice, however, should be freshly made.