

Miele

Rabbit rillettes with pickled cucumber

By Miele

24 hours

45 minutes

8-10

Serves



INGREDIENTS

Rabbit rillettes

2 tablespoons olive oil
1 rabbit, approximately 1kg, cut into 6 pieces
2 brown onions, thinly sliced
1 garlic bulb, cut in half horizontally
3 bay leaves
2 sprigs lemon thyme
2 sprigs rosemary
500ml dry white wine
500ml chicken stock
2 teaspoons Murray River Sea Salt
1 pinch quatre épices
1 pinch mace
60g duck fat
Salt and pepper to taste

Pickled cucumber

5 Lebanese cucumbers, sliced into 5mm slices
2 small brown onions, halved, thinly sliced
1 tablespoon salt
375ml apple cider vinegar
215g caster sugar
2 teaspoons mustard seeds
2 teaspoons coriander seeds
1 pinch of ground turmeric

METHOD

Rabbit rillettes

1. Heat oil in a frying pan on high heat, Induction setting 8.
2. Add rabbit pieces and brown evenly on all sides, then transfer to a deep solid steam tray.
3. Return the frying pan to the cooktop and fry the onion, garlic, thyme, rosemary and bay leaves for 2 minutes.
4. Deglaze the frying pan with the white wine then transfer the contents of the frying pan to the steam tray, along with the rabbit, chicken stock and sea salt.
5. Place into the Pressure Steam Oven and pressure steam at 120°C for 45 minutes, or until rabbit meat is pulling away from the bone.
6. Remove the rabbit from the tray and shred the meat, carefully remove and discard any bones. Place shredded meat into a large bowl, cover and set aside.
7. Strain the braising liquid through a fine sieve into a saucepan, discarding the solids, return to the cooktop and simmer on medium-high heat, Induction setting 7, until reduced to 200ml in volume.
8. Add reduced liquid, duck fat and spices to rabbit meat and mix well to combine. Season to taste.
9. Spoon rillettes mixture into 4 sterilised jars, press down tightly to remove any trapped air, seal with lids and refrigerate.

Pickled cucumbers

1. Place cucumbers, onion and salt into a large bowl. Toss to combine. Cover with plastic wrap and refrigerate overnight to soften.
2. Place remaining ingredients except cucumbers into a solid steam tray, place into the steam oven and steam at 100°C for 3 minutes.
Add the salted cucumber mixture to the tray.
3. Transfer the hot pickle to sterilised jars, seal and invert for 2 minutes. Cool to room temperature before refrigerating.

To serve

1. Serve room temperature rillettes with fresh baguette and pickled cucumber.

Notes

- If cooking with steam, increase the cooking time to 2-3 hours at 100°C, depending on the toughness of the rabbit.
- Farmed rabbit can be purchased from any good quality butcher and is usually more tender than wild caught rabbit.
- Rabbit rillettes will keep refrigerated for 2 months in sealed jar.
- Pickled cucumbers will keep refrigerated for up to 6 months.
- Jars can be sterilised using the sterilising function or Fan Plus at 120°C; place jars upright and lids separately on a multi-purpose tray and heat in the oven for 20 minutes.
- Quatre épices is a spice mix used mainly in French cuisine, but can also be found in some Middle Eastern cooking.