

Kamado Cookers Australia Easy Cooking Recipe Selection

Dinner
Recipes

Slow Roasted Rabbit!



Cooking temp guide -	140-160c
Cooking time -	45 min - 1 hr approx
Skill level -	Medium
Prep time -	60 minutes
Wow factor -	Super High!

KCA

1 x White Rabbit *see notes below
200gm of prosciutto, pancetta or similar
Sea Salt
Fresh Herbs, Rosemary, Thyme, Bay leaf
Brown Onion
Few cloves of garlic
Cracked Black Pepper

KAMADO COOKER VENT AND SET UP POSITIONS

Light and Pre Heat Kamado Cooker, set up for a low medium heat cook.
With fresh charcoal and clean ash free vents this should mean about 1 finger gap open at the bottom, the top vent closed at least 75%.
The above will keep a medium temp and help with moisture retention.
If cooking with smoke or timber chips it will also hold most of that flavour in.
The rabbit is cooked on the 'double deck grid' directly on it no paper or foil required.
Fat free cooking! Drips and burns away as we cook! (not that there is a lot of fat on rabbit)

TIP! If you like some extra smoke flavour in with your rabbit, add a few soaked smoke chips directly the charcoal on the very outside perimeter. Don't try and cook the meat too fast, this one will really respond well to a slower cook.

BRINING:

Now I am going to let you in on a secret!
On BIG pieces or secondary cuts (tough!) of meat or even some games meats 'brining' can make a Massive difference to the moisture and flavour in the cooked product.
It is like marinating meat except in a simple solution of 5-10% salt and liquid, extra flavours and or herbs can be added as can other liquids in preference to the water.

The liquid penetrates into the meat adding moisture, helps tenderise also, and in the case of game meats can help to bring out some of that 'game flavour'.
It's not something I do often, but I think rabbit is a good case to do it.
Just make up the solution add some flavours such as fresh herbs, peppercorns bay leaves etc, cover the meat in a container (must be good quality that won't react to the salt!, glass blows some ceramic dishes suit this well, then place in the refrigerator with the liquid covering the meat for around 1-2 hours depending upon size of meat, turn meat over half way through the process.
At the end discard the liquid, pat dry the meat but do not wash.

INGREDIENT NOTES

Which wascially wabbit to work with!

For this dish get your a 'white rabbit' these are farmed animals, generally had a good lazy life, a bigger and fatter than their hard working wild brown cousins...just think of them as your average lazy back bench politician!
Unless your really lucky your rabbit will be covered by a firm whitish silver thin covering over the meat, this is called sinew. You must with a with a flexible fine tips knife remove most of this, it will pull away once you get started, use a paper towel to get grip on it and pull away. If you don't remove it will tighten up during the cook and shrink and toughen the meat, it really doesn't cook away.

PREPARING

Once you have brined and trimmed your rabbit, stuff it with some rough cut onion, garlic and fresh herbs.

Then with either prosciutto, pancetta (or pork belly fat) wrap the top side of the meat, brush lightly with olive oil, season with cracked pepper or your own choice.

Your ready cook!

COOKING

Brush some olive oil, directly onto the cooking grid, then place your rabbit with the wrapped side facing up.

Insert meat temperature probe into the deepest part of the meat, normally around the breast and thigh part. (think chicken parts!).

Use the chicken setting on the meat probe or aim for about 70c internal temp.

You most likely won't need to turn the rabbit over, but if you find the top is not brown enough you can do this for the last 5-10 minutes of the cook (or last 10c on the temp probe)

FINAL RESULT

Super yum! Best eaten with fingers as there is not a lot of meat on the bones, great with roast root vegetables as seen here, I also served some soft polenta.

A really nice Jus goes well with rabbit, or a really 'piquant' (sharp and tangy) flavoured condiment. I used a Tasmanian native 'pepperberry' and raspberry which went really well with it. And save 8hrs of sauce making time!

****Disclaimer**

No pet bunnies were harmed in preparation of this meal, whilst they do look rather tasty nestled in their little hatches eating your leftover vegies and salad it's too hard to explain to the little ones that bunny is on the table for dinner and not too worry we'll get another one to fatten up. Kamado Cookers Australia does not endorse late night raids in your neighbour's garden for the weekend roast!
Probably not best served to little ones around Easter time!
Most good butchers do or will source some rabbit in for you!