

Braised Rabbit with Pearl Barley & Buttered Greens

Wild rabbit is a pest and is culled. But shockingly, often it is culled and either left to the foxes or buried. This is a terrible waste especially considering we have to reduce our meat production and consumption. So with this in mind it really is a super sustainable meat to be eating. Do ensure it is wild though, if you are eating farmed it is completely defeating the object. Barley is an ancient crop in the UK, used for beer making of course, underused in cooking these days, absolutely delicious.

Ingredients (serves 4)

- 2 rabbits, cut into saddle, back legs and front legs (see butchery on page 150)
- 10 g butter
- 200 ml beer
- 1 tbsp olive oil
- 3 small onions, finely chopped
- 3 carrots, finely chopped
- 4 cloves garlic, finely chopped
- 1 small swede, chopped into 1 cm cubes
- 300 g pearl barley
- 800 ml-1 litre meat stock
- 3 bay leaves
- 3 sprigs thyme
- 3 sprigs rosemary
- Salt and pepper
- 400 g curly kale, cavolo nero or savoy cabbage
- 5 g butter

Method

Put the butter into a hot frying pan. Sear all sides of the rabbit, remove from the pan and put aside. Off the heat, deglaze the pan by pouring the beer into it and using the liquid to get all the sticky brown off the bottom.

Heat a saucepan and add oil, then onions, carrots and garlic, fry until soft. Add the swede as well. Place the rabbit and the pearl barley on the top and add the liquid from the frying pan, plus the meat stock. Add bay leaves, thyme and rosemary. Cover with a lid, bring to the boil, reduce heat and allow to simmer. Cook for about 1-2 hours or until tender.

Wash the greens, cut off any tough stalks, heat up a



saucepan to medium heat, put the butter in the pan and cook the greens for 3-5 minutes or until al dente.

Ladle the rabbit onto plates, and serve with buttered greens on the side.

