

Rabbit in Tarragon Mustard Sauce, French Style

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Rabbit lends itself admirably to rich and flavorful sauces. Here, serving-sized pieces are browned in butter, flamed in brandy, and baked in a mustard cream sauce.

Ingredients

½ pound small whole mushrooms, washed
 1 lemon juice, freshly squeezed
 3 thinly sliced green onions
 ¼ cup minced fresh tarragon leaves
 1 rabbit cut up in 12 pieces
 Salt and black pepper
 ¼ cup all-purpose flour
 1 ounce butter
 ¼ cup brandy
 2 cups whipping cream
 1 cup chicken stock
 3 tablespoons Dijon mustard
 3 tablespoons mustard seeds
 ¼ cup minced parsley
 2 eggs yolks

Preparation Time	30 min	Difficulty	Simple
Portions	4 servings	Yield	
Country/Region			
Vegetarian	No		

Preparation

Cook the rabbit: Season rabbit pieces with salt and pepper; coat with flour. Melt 5-6 tablespoons of the butter in a wide frying pan over medium-high heat. Cook a few pieces at a time until brown on all sides. Move frying pan into an open area, away from exhaust fans and flammable items. Add brandy and ignite; shake pan until flame dies. Transfer rabbit to a shallow 4-quart baking pan. Melt a knob of butter in the frying pan over medium heat. Add mushrooms; cook slightly, stirring often and deglaze with chicken stock; pour over the rabbit. Add the chopped tarragon and sliced green onions. Cover and bake in a 375°F oven about 45 to 55 minutes or until rabbit is tender.

Finish the sauce: In the frying pan, stir in lemon juice, cream, mustard seeds and Dijon mustard and bring to a boil. Beat the egg yolk with some of the hot liquid; transfer yolk mixture to pan. Cook, stirring constantly, until sauce is

thickened; do not boil. Season with salt. Transfer rabbit to a serving dish. Pour sauce over rabbit and sprinkle with chopped parsley and serve immediately.

Notes