RABBIT

RABBIT COOKED IN MILK

Prep: 10 mins
Total: 2 hr 10 mins
Serves: 4 ppl

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ALOES MEATS

Ingredients

50g butter
1 onion, chopped finely
1 sprig of rosemary
1 Aloes Meats rabbit cut into pieces
Plain flour
1L milk
1tbsp fennel seeds
Salt and pepper

Method

1. Melt the butter in a frying pan.
Add the onion and rosemary sprig and cook over a low heat for five minutes, until the onion is translucent.

2. Dust the rabbit pieces in flour, turn the heat up to medium, and brown the meat on all sides.

3. Season with salt and pepper and pour in the milk. Bring the milk to a boil, then lower the heat to its lowest setting and simmer for 30 minutes. Then, add the fennel seeds and simmer for another hour and a half, or until the meat is very tender and falling from the bone.

4. The milk would have made a delicious sauce that now can be served with your rabbit!