

MENU

CANADA'S FOODSERVICE MAGAZINE

Braised Rabbit Cavatelli with Late Summer Peas & Mushrooms

A recipe by Chef Ruby Gatt



Ingredients:

- 3 large cloves garlic, sliced
- 1 large carrot, peeled & brunoised
- 1 medium Spanish onion, small dice
- 2 cups cherry tomatoes, cut in ¼
- 1 whole rabbit, cut into ⅛
- ¾ cup flour
- 1 tsp chili flake
- 1 Tablespoon curry powder
- 3oz cognac
- 5 large crimini mushrooms, sliced
- 1 cup fresh green peas, hulled & blanched
- 4 cups chicken broth
- 4 sprigs of thyme
- ½ bunch of parsley, chopped
- 1/2c 35% cream
- 360g fresh cavatelli
- Shaved pecorino Romano to taste
- Salt, pepper & canola oil as needed



Method:

1. In a deep skillet with a lid, heat up ¼ cup canola oil over medium to low heat
2. Add a pinch of salt to the flour and mix
3. Add the 8 rabbit pieces to the flour and toss until coated. Dust off the excess
4. Once the oil is up to temperature, add the floured rabbit until golden brown, turn and repeat the process. Ensure the flour is not burning. Once golden brown all over, remove the rabbit from the pan and set aside.
5. Using the same pan, add the garlic, onion, and carrot to the floured oil from the pan. Sauté until carrots become soft, but no colour on the onions.
6. Deglaze with cognac and add tomatoes, thyme, and mushrooms. Add the chili flakes and curry powder and a pinch of salt. Toss to mix
7. Add the rabbit and chicken stock. Ensure the rabbit is covered by the stock. Turn the heat down to lower so the sauce will simmer but not boil. Cover with a lid for 1 hour and 45 mins.
8. After the time, check the tenderness of the rabbit by trying to pull a small piece off the bone. If there is resistance, cook for another 30 mins and check again. Once the rabbit is tender, remove it from the sauce. Bring the sauce up to a boil to reduce if too thin. Remove rabbit meat from the bone and add it back to the reducing sauce.
9. Once the ragu sauce has thickened a bit, add the peas, parsley, and cream. Turn heat to low
10. Boil the cavatelli according to recommended instructions
11. Mix the cavatelli into the ragu sauce. Plate and garnish with shaved pecorino



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