

Crispy Rabbit Confit



Ingredients

- rabbit, quarters, and chopped loins
- 3 tbsp salt
- 1 tbsp sugar

Info

- **Prep:** 1 hour
- **Cook:** 3 hour
- **Serves:** 2

- 4 cloves garlic
- 2 bay leaves
- 1 tsp whole clove
- 1 tbsp whole peppercorn
- 4 pods star anise
- 1 tbsp whole green cardamom
- 4-5 sprgs thyme
- 3 sprigs rosemary
- 1 tsp mustard seed
- EVOO

• [Source](#)



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Rate



Directions

1. Combine sugar and salt and use it to season the rabbit. Wrap and refrigerate overnight.
2. Preheat the oven to 275F. Rinse the rabbit with cold water and pat dry. Place in dutch oven with all the spices. Pour in EVOO until the meat is submerged. Cover with lid and place on the middle rack of the oven for 2-3 hours until fork tender but not quite falling off the bone.
3. Allow to cool in the oil (confit is always better when it cools in the fat). You can refrigerate the entire thing for a couple of days or get right to finishing it.
4. Preheat broiler. Strain rabbit from oil (save the oil to roast vegetables, make croutons, or dip bread) and place on a sheet pan and broil for 2-3 minutes until crispy, then flip and cook the other side for 2-3 minutes.
5. Serve with crusty bread and roasted vegetables, or shred it and add to soups or salads.

[rabbit](#), [hunting](#), [garlic](#), [star anise](#), [green cardamom](#), [thyme](#), [rosemary](#)

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