

Casserole des Canalettes

By [Anna Burges-Lumsden](#)

This is a hearty winter casserole made with tender rabbit, apples for a little sweetness and wild garlic. If you can't get hold of wild garlic, just add a couple of cloves of chopped garlic to the shallots while they are cooking and add a sprinkling of chopped parsley before serving. The pigs trotters and bone marrow are added to give depth of flavour and thickness to the unctuous sauce but they are removed before serving. If you can't get hold of heritage carrots just normal carrots will be just fine.

Serves 4

For the casserole

1 x 8-10cm piece bone marrow, cut into circles
1 pigs trotter, chopped
4 tbsp of pearl barley
4 tbsp of olive oil
200g of smoked bacon lardons, or pancetta
2 large shallots, peeled and finely sliced
2 dessert apples, (e.g. Braeburn), peeled, cored and diced
2 tbsp of flour
1 large rabbit, jointed into 8 pieces or 4 rabbit legs
500ml of cider
1 bay leaf
1 lemon
400ml chicken stock
1 small bunch of wild garlic, chopped
sea salt and black pepper

For the roasted carrots

2 tbsp goose fat
750g heritage carrots, ideally different colours
Small handful wild thyme
1 orange
2 tsp runny honey

1. Preheat the oven to 200C (~400F) / Fan 180C.
2. Place the chopped pigs trotters and bone marrow into a roasting tin, season well with salt and black pepper and roast for 30 minutes or until golden and then tip into a large wide casserole dish.
3. Reduce the temperature of the oven to 190C (375F) / Fan 170C.
4. Add 1 tablespoon of the olive oil to a large frying pan and set over a medium heat. Fry the bacon for 5 minutes, until golden brown. Use a slotted spoon to transfer to the casserole pan.

5. Lower the heat and add a little more oil to the frying pan. Add the shallots, gently fry for 5 minutes, then add the diced apple. Cook for another 5 minutes then transfer to the casserole pan.
6. Place the flour in a freezer bag and season well with salt and pepper. Add the rabbit pieces and shake the bag to coat the pieces evenly.
7. Add another tablespoon of oil to the frying pan and fry the rabbit pieces in batches until browned on both sides. Add to the casserole pan.
8. Deglaze the frying pan with 100ml of the cider, scraping any bits away from the base of the frying pan. Transfer to the casserole pan.
9. Pour the remaining cider into the casserole pan, place the casserole over a medium heat and bring to a simmer. Peel a few strips of lemon peel from the lemon using a vegetable peeler and add to the casserole dish with the bay leaf. Then add 200ml of hot chicken stock, (save the rest for topping up later if necessary) cover the pan and place in the oven. Cook for 45 minutes, basting occasionally with the juices in the dish and topping up with a little more stock if it reduces too much.
10. Meanwhile prepare the carrots. Spoon two tablespoons of goose fat onto a large shallow roasting tray and place in the oven to heat up. Peel the carrots and cut in half lengthways if they are large. Add the carrots to the hot goose fat, sprinkle over the finely grated zest of an orange and squeeze over a little juice, season well, sprinkle over the thyme and roast for 30 minutes.
11. Drizzle a little honey over the carrots and place back in the oven for another 15 minutes or until golden and caramelised.
12. After the casserole has cooked for 45 minutes, sprinkle the casserole with chopped wild garlic, add a squeeze of lemon juice and bake for another 15 minutes or until the rabbit is tender. Remove the bay leaf and lemon rind, bone marrow and pigs trotters and discard. Add more salt and pepper if you think it needs it. Serve with the roasted heritage carrots.