





Beckett's Farm

STARTERS

Pan Fried Rabbit Loin



Ingredients

-  1 Rabbit loin (wild for a great taste)
-  1½ large carrots
- ½ sprig thyme
-  Milk
- 1 slice Black Forest or Parma Ham
-  A selection of baby leaves
- seasoning

Method

1. Slice the carrots into quarters, place in a medium sized saucepan with a few tbsp of milk and simmer for 20-30 minutes.
2. When ready season and puree, keep warm.
3. Remove the rabbit from the fridge, season the loin lightly with black pepper, and then wrap in the ham and leave to come up to room temperature
4. Add some oil to a hot pan and then gently place the loin into the pan.
5. Brown each side for about one minute, then place in a hot oven for about 2 minutes
6. Remove from the oven, drop a knob of butter into the pan then baste and rest for about 1 minute.
7. Serve with dressed baby leaves or a three bean salad.

Inclusion of the Becketts logo in the first column indicates that the item can be purchased in Becketts Farm Shop.

