

## Rabbit with fennels

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The rabbit has a white and very lean meat, in line with a healthy and balanced diet. Combined with fennel, the rabbit takes on an intense but delicate flavor, perfect for spring.



1h30'



4 people

### Ingredients

1 Whole rabbit  
8 Fennels  
a.r. Salt  
a.r. Pepper  
a.r. E.V.O. Oil

## Procedure

A medium-sized rabbit weights approximately 1.4 - 1.5 kg from which it can be get about 8-10 pieces.

For cutting the rabbit, place it on a work surface with the back facing down.

Starting from the limbs, pull the thighs in the opposite sense, dividing them in half. Then proceed with the head, the entrails and, finally, proceed with small cuts on the back that allow the meat to be removed from the bones to cut the back into four pieces.

Then wash them under a jet of fresh running water, rubbing each part thoroughly.

Dry them well. Place the parts on a baking sheet lined with baking paper already spiced enough with salt and pepper and bake following the instructions in the table.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	180°	30'	/	0%	V2	ON

Meanwhile proceed with cutting 4 fennels in half, place them in a vacuum-packed bag and proceed with cooking according to the table.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	95°	20'	/	100%	V5	ON

Cut the remaining fennels into slices, season them with oil and salt, place them in a baking dish and bake them following the table.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	110°	20'	/	OFF	V3	ON

Now proceed with joining the rabbit and fennel in the same pan to complete the cooking, following the instructions in the previous table.

## Plating

Arrange the fennel slices on the bottom of the plate, lay over the rabbit parts, place the two parts of fennel next to the white meat portion and garnish with seeds and tufts of fennel.

## Chef's tips

Cleaning / portioning of the rabbit is a precise operation that must be done very carefully and with the appropriate tools. Cooking fennel vacuum-packed allows you to make them less leathery while keeping all the taste and nutritional properties.