

TUSCAN RABBIT SALAD

A SUMMER TWIST TO A WINTER FAVOURITE

Rabbit is a national dish in Malta (known as '*fenkata*') and is often served as a stew, fried or in a spaghetti sauce, mainly in the cooler months. We discovered this mouth watering summer-friendly alternative by celebrity chef, Gennaro Contaldo and couldn't resist trying it out, so here it is thanks to our talented home chef, Liesbeth Liekens.



Tuscan rabbit salad in Mdina Glass Textured Range Salad Bowl / bread in Mdina Glass Textured Range Cracker Bowl.

Ingredients (serves 4)

- 1300g rabbit (saddle and leg only), chopped in large chunks
- 1 litre water
- 1 litre white wine vinegar
- 1 litre white wine
- ½ tablespoon salt
- 150g broad beans, clean weight, cooked
(we used in season fresh broad beans, shelled and raw)
- 150g fresh cannellini beans, cooked
- 150g fresh peas, cooked
- 150g fresh borlotti beans, cooked
- ½ cucumber, sliced and cut into quarters
- 300g bulgar wheat
- Juice of 1 lemon

TUSCAN RABBIT SALAD (cont'd)



Mdina Glass Textured Range Oil / Vinegar bottle (left), Marinade mix in Mdina Glass Textured Range Cracker Bowl (right).

Ingredients (for the marinade)

- ½ litre olive oil
- 6 garlic cloves, squashed
- 10 sage leaves
- 1 medium-sized red chilli, finely chopped
- 3 rosemary branches, chopped

Method

1. In a large bowl mix together all the marinade ingredients and set aside.
2. In a large saucepan heat the water, vinegar and wine, then add the salt and rabbit, bring to the boil, reduce the heat and simmer for 35 minutes.
3. Remove the cooked rabbit, de-bone it and place in the marinade. Leave for about 1 hour..
4. Cook the bulgar wheat in 1 litre of water and simmer for about 15 minutes until 'al dente'. Drain and allow to cool. Mix together with the cooked beans, peas, slices of cucumber, lemon juice and add a little of the olive oil from the marinade. Place in a serving dish or individual dishes and top with a few pieces of the rabbit.

Bread is a very popular accompaniment with most meals in the Mediterranean region so we served a selection of rustic-style bread.