

By: Miguel Ángel Mateos



## Sautéed Rabbit with **White Garlic** .



**DIFFICULTY**  
MEDIUM

\*\*\*\*\*



**TYPE OF CUISINE**  
MEDITERRANEAN



**Nº OF DINERS**  
4



**TYPE OF DISH**  
MAIN



**PREPARATION TIME**  
30 MINUTES



**GARLIC VARIETY**  
WHITE

### Ingredients

- 4 cloves of White Garlic
- 250 g. of Rabbit/person
- 2 Carrots
- 2 Italian Green Peppers
- 1 Red Sweet Pepper
- 50 cl of White Wine
- 1 sprig of Fresh Parsley
- Ground Black Pepper
- Extra Virgin Olive Oil
- Salt

## Step by Step



1. Peel and finely chop the Garlic cloves.
2. Do the same with the Carrot, and the Green and Red Peppers.
3. Pour a generous dab of Oil in a Deep skillet on medium heat and put in the Garlic.
4. A few seconds later add the rest of the vegetables, skip lightly and add the portions of Rabbit.
5. Cook until both sides of the Rabbit pieces brown. Season to taste with salt and pepper and add the White Wine.
6. Once the Wine has reduced and the Rabbit portions are well cooked and juicy, remove from the heat.



### DISH PRESENTATION:

7. Place a bed of Sautéed Vegetables and White Garlic in a plate, and the Rabbit portions on top of it. Decorate with Fresh Parsley.

### TIPS FROM THE CHEF Miguel Ángel Mateos:

- You can add small amounts of aromatic herbs to your dish to enhance its flavour. You can use oregano, Rosemary, Thyme...
- In order to enhance the taste, you can also add some rehashed garlic on top of the cooked Rabbit portions.
- You can toasted Almond slices for decoration instead of Fresh Parsley.