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Recipe number seventy-two

Coniglio al limone

Rabbit or chicken with salted lemon Savoy cabbage for the vegetarians

Ingredients for 4 people

- 1 kg** pieces of meat on the bone
Marinate the meat for at least 2 hours
unchilled (or overnight in the fridge)
with :
 - 1** salt-and-sugar lemon, only the flesh, cut into small cubes (see recipe 71)
(cut the peel into strips and set it aside)
 - 2** finely chopped garlic cloves
a few saffron threads soaked beforehand, with their soaking water
- 1 tsp** freshly grated ginger
a generous amount of olive oil, salt and pepper

Brown the meat and finish cooking it in the roaster, adding the marinade, a little white wine and bouillon (stock). After about 45 minutes, add the lemon peel cut into strips for the last 20 minutes and let it cook gently with the meat.

At the end there should be a little sauce in the roaster. It has a wonderful taste, not sweet, not bitter, simply quite special thanks to the salted lemon. It needs a simple side dish, e.g. courgettes or spinach, so that all the attention can stay with the taste of the lemon.

Mashed potato with it tastes heavenly, but the colour is not ideal. One solution is, for example, two green savoy cabbage leaves cut into strips, fried and laid over the meat when serving.

A vegetarian version would be just savoy cabbage, marinated with the mixture above, then fried in the pan, with mashed potato as a side dish.

Mashed potato : make a small hollow in the plate and pour in some of your best olive oil !

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