

Rabbit Parcels

500 g (1 lb) boned rabbit meat
Salt and freshly ground black pepper
Sprig of fresh or 1 tsp dried rosemary
2 tbsp lemon juice
1 carrot, washed and grated
2 sticks of celery, finely chopped
1 large parsnip, peeled and sliced
4 tbsp chopped parsley
1 large onion, finely chopped
4 tbsp ketchup
Dash of Worcestershire sauce
Oil for foil

Slice rabbit meat, preferably from loin, into strips, season, toss with rosemary, drizzle with lemon juice and leave briefly in a cool place.

Mix rabbit meat with the carrot, celery, parsnip and parsley. Divide mixture into four equal portions. Place each portion in oiled foil, sprinkle with onion, drizzle with ketchup and Worcestershire sauce. Seal edges of foil thoroughly to lock in juices, place in the Remoska, cover and bake until tender, approx 40 minutes.

Serve with potatoes prepared according to preference and salad.