



Learn how to cook the Rabbit Triptych by chef Carlos Pineda

INGREDIENTS

For 4 diners

*70 cl. guarapo sugar cane juice
2 Mogán avocados
300 gr San Mateo yellow sweet potatoes
60 gr Arguineguín deep toasted gofio maize meal
10 La Aldea cherry tomatoes
1 Teror sweet black pudding
200 gr violet potatoes
Brick pastry
50 cl cream
Agüimes olive oil
Salt and white pepper
Garlic and crushed garlic
Basil
Lime
Celery bulb
Leek
Bay leaf, thyme, sage and rosemary
Red wine*

Pre-recipe steps:

Debone the rabbit, except the chops, and separate the loin and leg.



COOKING METHOD

How to make the Rabbit Demi Glace

Chop up half an onion, a carrot, celery bulb and leek, and place them into a pan. Stirfry with olive oil. Add the rabbit bones and brown to a deep golden colour. Now add the bay leaf, thyme, sage and add the red wine. Cook for 45 minutes, adding 1 litre of water and 70 cl. guarapo sugar cane juice. After 45 minutes, strain well in a colander. Then put back on a low heat for a further 30 minutes. Add a little cornflour to set, and put to one side.

How to make the Cream of Avocado

Remove the pips from the cherry tomatoes, chop them up and place them in a bowl. Clean the avocados, chop up into small pieces and add to the bowl. Season with lime, crushed garlic and white pepper. Stir the contents in briskly to mix well.

How to make the Sweet Potato Purée

Place on a low heat the 100 cl. of cream, the chopped up sweet potato, 2 spoons of olive oil, 50 cl water and 60 gr of sieved gofio. Finally season with salt and white pepper.

FINAL STEPS

For the rabbit chop: cut the rabbit chops, season with salt and pepper and fry them in the frying pan on a medium-high heat, adding the unpeeled garlic and rosemary, and put to one side.

For the rabbit loin: spread the Teror sweet black pudding over the pastry brick. Season the loin and wrap it with the black pudding-covered pastry brick. Join the points together with egg yolk, to ensure proper closure, then brush egg on over the surface. Pre-heat the oven to 170 degrees, place the loin inside for 8 minutes, and then place to one side.

For the deboned leg: season with salt and white pepper, tie it up into a roll, and put it into a frying pan on a high heat. Once browned around the edges, add the rabbit and guarapo demi glace and place to one side.

For the violet potato, sweet potato and basil: cut into fine slices and fry on a high heat.



PREPARING THE DISH

Spread the sweet potato purée on one side of the dish and place two slices of the deboned rabbit leg on top. Pour the rabbit and guarapo demi glace all over.

On the other side of the dish, spread the cream of avocado around and place two chops over it. In the middle of the plate, place the loin with the pastry brick cut diagonally, decorating the whole dish with the violet potato chips, the yellow sweet potato and the basil.