

Unk's Catering and HealthLink360

Charred Rabbit & Summer Pea Campanelle — a creamy, herb-infused pasta that balances comfort and vitality, crafted by Kenneth R. Watson Jr.

Recipe: Charred Rabbit & Summer Pea Campanelle

Ingredients:

1½ lbs rabbit, brined in salt, herbs & citrus for 12 hours
2 tbsp olive oil
2 shallots, halved
3 cloves garlic, minced
1 cup fresh peas
2 tbsp unsalted butter
¼ cup thinly sliced red onion
½ cup light cream
½ tsp fresh thyme leaves
1 tbsp lemon zest + 1 tsp juice
1 tsp hickory-smoked salt
¼ tsp crushed red pepper flakes
1½ cups cooked campanelle pasta
2 tbsp grated Parmesan flakes
2 tbsp fresh basil, torn

Instructions

1. **Brine the Rabbit**
Combine 8 cups of water, ¼ cup kosher salt, rosemary, thyme, lemon peel, and cracked pepper. Submerge the rabbit and refrigerate for 12 hours to enhance flavor and tenderness.
2. **Sear & Char**
Pat the rabbit dry. In a heavy skillet, heat olive oil over medium-high. Sear until a deep golden crust forms. Sprinkle lightly with hickory-smoked salt, then remove and set aside.
3. **Build the Summer Pea Sauce**
In the same pan, melt butter and add red onion. Sauté 2–3 minutes until fragrant. Add garlic and thyme, cooking just until aromatic. Stir in peas, salt, pepper, lemon zest, and cream. Simmer on low for 3–5 minutes until the sauce thickens slightly.
4. **Bring It Together**
Return the rabbit to the pan. Add campanelle and toss gently so the sauce clings to every curve. Adjust seasoning with smoked salt, lemon juice, and red pepper flakes.

5. **Plate with Presence**

Top with Parmesan and torn basil. The dish should glisten — a balance of cream, char, and herb.