Recipe for Hare in Sweet Sauce

‘If they are young, hares too may be eaten, in a sweet sauce with pepper, a little cumin and ginger, costmary and spikenard or bay leaves’ – Anthimus, ‘On Foods’

Mark Grant in ‘Roman Cookery: Ancient Recipes in Modern Kitchens’ has provided the below recipe to try at home. You can find this book for sale in the shop.

1 hare or wild rabbit
2 tsp peppercorns
1 tsp cumin seeds or ground cumin
1 tsp ground ginger
3 or 4 costmary (or mint) leaves
1 bay leaf
¼ litre/½ pint sweet white wine
Olive oil
Sea salt

Ground the peppercorns and cumin seeds, finely chop the costmary leaves and mix all together, along with the ginger, bay leaf and wine. Season the marinade, place the hare in a casserole dish and pour the mixture over. Leave for 12 hours or overnight. Remove the hare a dry with a paper towel. Heat 3 table spoons of olive oil in a frying pan and brown the meat all over the seal the flavour. Return to the casserole dish, spoon the sauce over and roast in an oven pre-heated to 180°C/350°F/gas mark 4 for an hour and a half.