



Fettuccini with Rabbit and Currant-Port Glaze

READY IN



135 min.

SERVINGS



4

CALORIES



946 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 1 tablespoon butter
- ☐ 1 cup carrots diced
- ☐ 1 cup celery diced
- ☐ 3 cups chicken stock see
- ☐ 0.3 cup currants dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 pound fettuccini cooked
- ☐ 1 garlic head halved

- ☐ 1 cup onion diced
- ☐ 0.5 cup port
- ☐ 3 pound rabbit
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon shallots diced
- ☐ 4 servings truffle oil
- ☐ 2 cups veal stock

Equipment

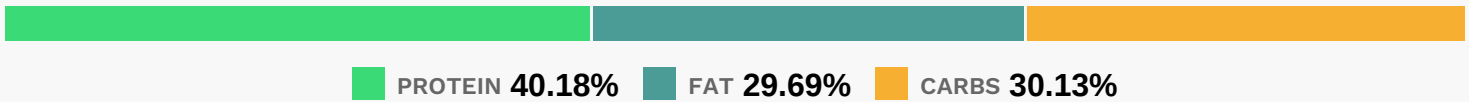
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ stove

Directions

- ☐ Heat 1-tablespoon butter in a skillet until very hot, but not brown.
- ☐ Add diced rabbit meat and season lightly with salt and pepper.
- ☐ Saute until lightly golden.
- ☐ Add shallots. Deglaze pan with port wine and simmer for 1 to 2 minutes.
- ☐ Add currants and rabbit demi-glace. Cook slowly until rabbit is cooked through, about 3 to 4 minutes.
- ☐ Melt remaining butter in a saute pan.
- ☐ Add fettuccini and a dash of truffle oil and toss to heat through. Divide onto 4 plates. Spoon equal amounts of rabbit and sauce over each portion of pasta.
- ☐ Drizzle lightly with more truffle oil.
- ☐ Preheat oven to 375 degrees F.
- ☐ Bone out rabbit and cut meat into 1-inch cubes. Reserve meat and bones.
- ☐ Roast rabbit bones until nicely browned, about 30 minutes.

- ☐ Remove from oven and break up into pieces.
- ☐ Place bones in an 8-quart or larger stockpot.
- ☐ Add vegetables, garlic, seasonings, and stock. Bring to a simmer and let simmer for 45 minutes.
- ☐ Drain stock.
- ☐ Let stand and skim off any fat or residue on top. Return to stove and reduce until a demi-glance consistency, 1 to 1 1/2 cups.

Nutrition Facts



Properties

Glycemic Index:79.21, Glycemic Load:20.78, Inflammation Score:-10, Nutrition Score:36.423478256101%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg

Nutrients (% of daily need)

Calories: 946.2kcal (47.31%), Fat: 29.73g (45.74%), Saturated Fat: 7.42g (46.4%), Carbohydrates: 67.9g (22.63%), Net Carbohydrates: 63.37g (23.04%), Sugar: 16.26g (18.07%), Cholesterol: 336.11mg (112.04%), Sodium: 1526.01mg (66.35%), Alcohol: 4.59g (100%), Alcohol %: 0.68% (100%), Protein: 90.55g (181.09%), Vitamin B3: 27.87mg (139.35%), Selenium: 82.81µg (118.3%), Vitamin A: 5602.61IU (112.05%), Phosphorus: 1036.36mg (103.64%), Iron: 13.47mg (74.85%), Potassium: 2180.08mg (62.29%), Magnesium: 165.72mg (41.43%), Manganese: 0.79mg (39.39%), Vitamin B2: 0.58mg (34.31%), Vitamin B1: 0.37mg (24.67%), Vitamin K: 24.59µg (23.42%), Vitamin B6: 0.46mg (22.8%), Copper: 0.42mg (20.91%), Fiber: 4.53g (18.11%), Vitamin E: 2.69mg (17.91%), Folate: 52.93µg (13.23%), Calcium: 124.39mg (12.44%), Zinc: 1.81mg (12.1%), Vitamin C: 6.91mg (8.38%), Vitamin B5: 0.75mg (7.53%), Vitamin B12: 0.17µg (2.84%), Vitamin D: 0.17µg (1.13%)