



WHATSheATE



Game Ragu with Pappardelle

READY IN



130 min.

SERVINGS



6

CALORIES



1016 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 Knob butter
- ☐ 2 carrots peeled chopped
- ☐ 1 Bunch flat-leaf parsley fresh
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 bunch thyme leaves fresh leaves picked
- ☐ 1 hare cut into 1/2-inch dice
- ☐ 6 servings olive oil
- ☐ 6 servings olive oil extra-virgin

- ☐ 1 orange zest divided
- ☐ 1 pound pappardelle
- ☐ 3 ounces parmesan freshly grated
- ☐ 1 onion red peeled finely chopped
- ☐ 1 Sprig rosemary fresh leaves picked chopped
- ☐ 0.5 rutabaga diced peeled
- ☐ 6 servings sea salt and pepper black freshly ground
- ☐ 1 pint vegetable stock
- ☐ 11 ounces venison haunch cut into 1/2-inch dice
- ☐ 1 large wine glass white wine

Equipment

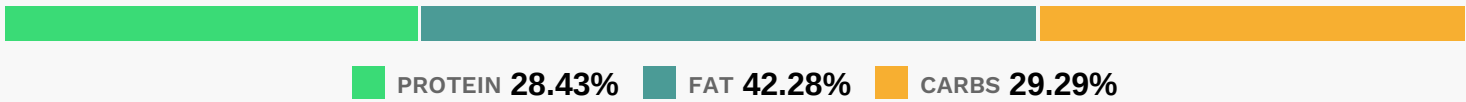
- ☐ frying pan
- ☐ oven
- ☐ colander

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Pour a glug of olive oil into a casserole type pan and put it on the heat.
- ☐ Add the onion, carrots, rutabaga, rosemary, thyme and bay leaves and cook gently for 10 minutes. Stir in the meat and the flour, pour in the wine and add a generous pinch of salt and pepper.
- ☐ Pour in the stock, there should be enough to just cover the meat. Bring to a gentle boil, put a lid on and place in the preheated oven for 1 1/2 hours, until the meat falls apart easily.
- ☐ When the stew looks good, bring a very large pan of salted water to the boil and stir in the pappardelle. Cook according to the package instructions.
- ☐ While the pasta's cooking, you can get your ragu sauce rockin' and rollin'!
- ☐ Remove the bay leaves from the sauce and add the butter to it. Beat in half the Parmesan and half the orange zest, just a hint will make all the difference.

- ☐
- Place the lid on top. Pick and chop your parsley leaves now, you want them to be nice and fresh, with as much color and flavor as possible, so don't do this any earlier.
- ☐
- Drain the pasta in a colander, reserving some of the cooking water. Get everyone around the table, then toss the pasta with the sauce and the chopped parsley (you may have to do this in batches), adding some of the reserved cooking water if need be, to make the sauce silky and loose – very important for good texture. Taste and correct the seasoning.
- ☐
- Serve with the remaining grated Parmesan and orange zest sprinkled over and a drizzle of good extra-virgin olive oil. What an incredible pasta dish!
- ☐
- "Our agreement with the producers of "Jamie at Home" only permit us to make 2 recipes per episode available online. Food Network regrets the inconvenience to our viewers and foodnetwork.com users"

Nutrition Facts



Properties

Glycemic Index:85.14, Glycemic Load:26.99, Inflammation Score:-10, Nutrition Score:41.828260401021%

Flavonoids

Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 21.75mg, Apigenin: 21.75mg, Apigenin: 21.75mg, Apigenin: 21.75mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 1015.82kcal (50.79%), Fat: 43.21g (66.48%), Saturated Fat: 10.57g (66.05%), Carbohydrates: 67.34g (22.45%), Net Carbohydrates: 62.54g (22.74%), Sugar: 6.67g (7.41%), Cholesterol: 259.84mg (86.61%), Sodium: 721.68mg (31.38%), Alcohol: 12.88g (100%), Alcohol %: 2.6% (100%), Protein: 65.37g (130.74%), Vitamin K: 177.61µg (169.16%), Selenium: 84.43µg (120.61%), Vitamin A: 4654.36IU (93.09%), Vitamin B3: 16.58mg (82.92%), Phosphorus: 823.24mg (82.32%), Vitamin B12: 3.67µg (61.25%), Iron: 10.19mg (56.63%), Manganese: 0.96mg (48.12%), Potassium: 1336.48mg (38.19%), Magnesium: 140.41mg (35.1%), Vitamin C: 27.04mg (32.78%), Vitamin E: 4.84mg (32.27%), Vitamin B2: 0.53mg (31.46%), Calcium: 274.01mg (27.4%), Vitamin B6: 0.53mg (26.46%), Vitamin B1: 0.38mg (25.1%), Zinc: 3.37mg (22.45%), Copper: 0.42mg (20.76%), Fiber: 4.8g (19.22%), Folate: 58.17µg (14.54%),

Vitamin B5: 1mg (10.01%), Vitamin D: 0.3µg (1.98%)