



Hasenfeffer (Sour Rabbit Stew)

 Dairy Free

READY IN



615 min.

SERVINGS



5

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pickling spice
- 5 stalks celery chopped
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon ground pepper black
- 1 optional: lemon thinly sliced
- 1 medium onion thinly sliced

- 2.5 pound rabbit cleaned cut into pieces
- 2.8 cups red wine vinegar
- 1 tablespoon salt
- 3 tablespoons vegetable oil
- 3 cups water
- 1.5 tablespoons sugar white

Equipment

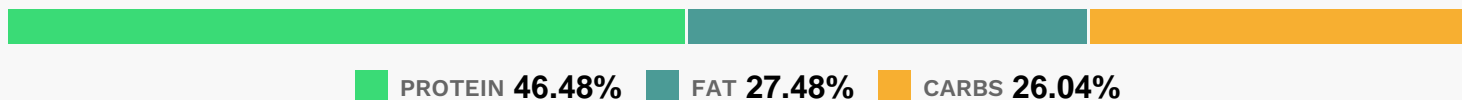
- frying pan
- baking sheet
- oven
- pot
- aluminum foil
- dutch oven

Directions

- In a large pot, combine the water, white sugar, whole cloves, onion, celery, lemon, cinnamon, ground cloves, salt, pickling spice and black pepper. Bring to a boil, then turn off and allow to cool.
- Place the rabbit pieces into the mixture to marinate. Cover and refrigerate overnight.
- Preheat the oven to 350 degrees F (175 degrees C).
- Spread flour out onto a parchment or aluminum foil lined baking sheet.
- Bake for about 10 minutes, stirring occasionally, until the flour is a light brown color.
- Remove the rabbit from the marinade and pat dry. Strain the marinade, and discard the solids. Reserve the liquid for later.
- Heat the oil in a deep skillet or Dutch oven over medium heat. Coat the chicken with the toasted flour.
- Place into the hot oil, and cook until browned on both sides.
- Remove from the pan, and set aside. If there is oil left in the pan, sprinkle enough of the toasted flour over it to absorb the liquid.

- In a jar with a lid, mix 1/2 cup of the marinade with 1/4 cup of the remaining toasted flour. Close the lid, and shake vigorously until well blended with no lumps.
- Heat the pan with the rabbit drippings over low heat. Gradually stir in the marinade mixture, stirring constantly until slightly thickened.
- Return the rabbit pieces to the pan. Cover and simmer over low heat for 1 hour, or until the meat is falling off of the bones. You may remove the bones prior to serving if desired.

Nutrition Facts



Properties

Glycemic Index:54.32, Glycemic Load:17.37, Inflammation Score:-6, Nutrition Score:20.681739154069%

Flavonoids

Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg, Eriodictyol: 4.61mg Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg, Hesperetin: 6.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 486.33kcal (24.32%), Fat: 13.92g (21.41%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 26.57g (9.66%), Sugar: 5.73g (6.36%), Cholesterol: 183.7mg (61.23%), Sodium: 1561.07mg (67.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.97g (105.94%), Vitamin B3: 16.45mg (82.26%), Phosphorus: 572.07mg (57.21%), Iron: 9.74mg (54.1%), Selenium: 30.27µg (43.24%), Vitamin K: 34.08µg (32.46%), Potassium: 1123.09mg (32.09%), Manganese: 0.6mg (30.05%), Magnesium: 90.42mg (22.6%), Vitamin B1: 0.29mg (19.6%), Vitamin C: 15.01mg (18.2%), Vitamin B2: 0.3mg (17.64%), Folate: 69.18µg (17.3%), Fiber: 3.09g (12.38%), Calcium: 93.47mg (9.35%), Vitamin E: 1.04mg (6.92%), Copper: 0.12mg (5.87%), Vitamin B6: 0.1mg (4.86%), Vitamin A: 205.25IU (4.1%), Vitamin B5: 0.29mg (2.93%), Zinc: 0.38mg (2.52%)