



Rabbit and Dumplings

READY IN



150 min.

SERVINGS



10

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon double-acting baking powder
- 0.8 stick butter divided
- 1 tablespoon butter melted
- 0.5 cup buttermilk
- 2 cups dice carrots
- 2 cups dice celery
- 2 cups dice celery root
- 0.8 gallon chicken stock see
- 10 servings thyme leaves dried

- 2 eggs
- 0.5 cup flour all-purpose
- 1 cup flour all-purpose
- 2 tablespoons garlic chopped
- 1 pinch ground cayenne
- 1 pinch ground nutmeg
- 10 servings hot sauce
- 0.5 gallon mirepoix (2 parts onion, 1 part carrots and 1 part celery)
- 2 cups dice onion
- 2 rabbits whole
- 2 tablespoons freshly rosemary leaves chopped
- 1 pinch rubbed sage
- 2 tablespoons freshly sage leaves chopped
- 10 servings salt and pepper black freshly ground
- 2 tablespoons freshly thyme leaves chopped
- 2 cups dice turnips
- 2 cups white wine
- 10 servings worcestershire sauce

Equipment

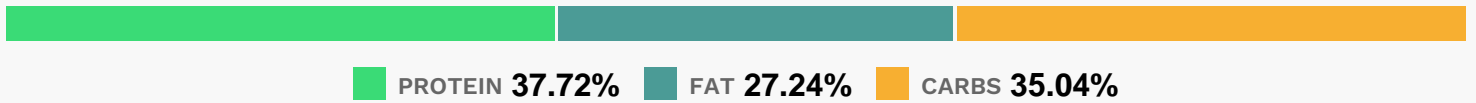
- frying pan
- oven
- casserole dish

Directions

- In a large skillet over medium-high heat, add rabbits and sear.
- Add mirepoix, and caramelize lightly. Deglaze the pan with the wine.
- Add stock and simmer until rabbit is tender. Cool and pick the meat from the bones. Reserve the juice.

- Sear vegetables in some butter, about 1/4 stick until lightly browned.
- Add the herbs and garlic and wine. Reduce au sec (until pan is almost dry).
- Add 1/2 stick butter and stir to melt without breaking. Stir in the flour until incorporated. Gradually stir in reserved juice.
- Cook about 30 minutes until roux taste is gone.
- Add picked rabbit meat and season, to taste, with salt, pepper, hot sauce, Worcestershire sauce and dried thyme.
- Preheat the oven to 375 degrees F.
- Mix all dry ingredients.
- Mix all wet ingredients.
- Mix the 2 together stirring as little as possible.
- Pour the hot stew in a large casserole dish and drop golf ball size dumplings all over the top.
- Bake in preheated oven for 20 to 30 minutes or until bubbling around the edges and the dumplings have become golden brown on top.

Nutrition Facts



Properties

Glycemic Index:88.08, Glycemic Load:14.58, Inflammation Score:-10, Nutrition Score:36.120869398117%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 640.31kcal (32.02%), Fat: 18g (27.7%), Saturated Fat: 8.09g (50.57%), Carbohydrates: 52.11g (17.37%), Net Carbohydrates: 43.84g (15.94%), Sugar: 16.42g (18.25%), Cholesterol: 225.8mg (75.27%), Sodium: 919.81mg

(39.99%), Alcohol: 4.94g (100%), Alcohol %: 0.68% (100%), Protein: 56.08g (112.17%), Copper: 3.93mg (196.64%), Vitamin A: 4872.52IU (97.45%), Vitamin B3: 19.45mg (97.24%), Phosphorus: 687.59mg (68.76%), Iron: 10.62mg (59.01%), Selenium: 35.67µg (50.96%), Potassium: 1506.73mg (43.05%), Vitamin K: 42.88µg (40.84%), Vitamin B2: 0.6mg (35.56%), Fiber: 8.27g (33.08%), Manganese: 0.65mg (32.27%), Vitamin C: 24.33mg (29.49%), Magnesium: 107.35mg (26.84%), Vitamin B1: 0.4mg (26.47%), Calcium: 223.97mg (22.4%), Vitamin B6: 0.43mg (21.46%), Folate: 83.74µg (20.94%), Zinc: 1.22mg (8.14%), Vitamin B5: 0.63mg (6.33%), Vitamin E: 0.86mg (5.77%), Vitamin B12: 0.15µg (2.51%), Vitamin D: 0.33µg (2.21%)