



Rabbit Pilau

 Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups rice rinsed uncooked
- 2 carrots diced
- 3 carrots diced
- 1 bay leaf dried
- 2 bay leaves dried
- 1 tablespoon porcini mushrooms dried
- 2 cups cooking wine dry red
- 6 flat-leaf parsley sprigs fresh

- 2 garlic cloves minced
- 1 teaspoon kosher salt
- 1 medium leek
- 2.5 cups chicken broth divided reduced-sodium
- 3 cups chicken broth reduced-sodium
- 2 tablespoons olive oil
- 2 medium onions chopped
- 0.5 teaspoon pepper freshly ground
- 0.5 cup port
- 2.5 lb rabbit cut into 6 pieces
- 8 servings rabbit
- 8 servings kitchen string
- 4 thyme sprigs fresh
- 4 tablespoons butter unsalted divided
- 8 servings pilau
- 8 servings pilau

Equipment

- frying pan
- sauce pan
- oven
- whisk
- wire rack
- sieve
- dutch oven
- kitchen twine

Directions

- Prepare Rabbit: Preheat oven to 30

- Bring dried mushrooms and 1/2 cup chicken broth to a boil in a small saucepan over medium heat.
- Remove from heat, and let stand 30 minutes.
- Meanwhile, sprinkle rabbit with kosher salt and freshly ground pepper. Cook rabbit, in 2 batches, in hot oil in a heavy ovenproof skillet or enameled cast-iron Dutch oven over medium heat 8 to 10 minutes on each side or until deep golden brown.
- Transfer to a wire rack in a jelly-roll pan, reserving drippings in skillet.
- Add carrots and garlic to reserved drippings in skillet, and saut 4 minutes or until carrots are softened. Stir in wine, port, mushroom mixture, and remaining 2 cups broth; bring to a simmer, stirring occasionally. Skim off foam and fat.
- Remove and discard root end of leek; remove dark green top of leek. Tie together green leek top, parsley sprigs, and next 2 ingredients with kitchen string.
- Add herb bundle and rabbit to skillet; bring to a simmer, and cover.
- Braise at 300 for 15 minutes.
- Transfer rabbit loin pieces to wire rack in jelly-roll pan. Braise remaining rabbit 30 more minutes.
- Transfer remaining rabbit to wire rack; cool 15 minutes.
- Meanwhile, bring liquid in skillet to a simmer over medium heat, and cook 15 minutes or until liquid is reduced by half. Skim off foam and fat.
- Pour through a fine wire-mesh strainer into a small saucepan; discard solids. Cover and keep warm over low heat.
- Remove rabbit from bones; shred with 2 forks. Discard bones.
- Cut reserved leek in half lengthwise; rinse thoroughly under cold running water to remove grit and sand.
- Cut leek into 1/2-inch-thick slices.
- Melt 2 Tbsp. butter in a Dutch oven over medium-high heat.
- Add carrots, next 2 ingredients, and leek; saut 2 minutes or until onions and leek just begin to soften.
- Add rice, and cook, stirring constantly, 1 minute.
- Add broth, and bring to a boil. Cover, reduce heat to low, and cook 15 minutes or until rice is tender and broth has been absorbed.

- Stir rabbit into rice; transfer to a platter.
- Whisk remaining 2 Tbsp. butter into warm braising liquid. Spoon liquid over pilau before serving.

Nutrition Facts

PROTEIN 38.71%

FAT 23.99%

CARBS 37.3%

Properties

Glycemic Index:49.86, Glycemic Load:25.67, Inflammation Score:-10, Nutrition Score:29.012173948081%

Flavonoids

Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.09mg, Delphinidin: 3.09mg, Delphinidin: 3.09mg, Delphinidin: 3.09mg Malvidin: 29.97mg, Malvidin: 29.97mg, Malvidin: 29.97mg, Malvidin: 29.97mg Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epicatechin: 7.53mg, Epicatechin: 7.53mg, Epicatechin: 7.53mg, Epicatechin: 7.53mg Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg, Apigenin: 1.63mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 666.46kcal (33.32%), Fat: 16.03g (24.67%), Saturated Fat: 6.08g (38.02%), Carbohydrates: 56.1g (18.7%), Net Carbohydrates: 51.91g (18.88%), Sugar: 6.69g (7.44%), Cholesterol: 198.72mg (66.24%), Sodium: 491.03mg (21.35%), Alcohol: 8.6g (100%), Alcohol %: 1.66% (100%), Protein: 58.2g (116.41%), Vitamin A: 7199.6IU (143.99%), Vitamin B3: 18.88mg (94.39%), Phosphorus: 671.24mg (67.12%), Iron: 9.2mg (51.14%), Vitamin K: 49.18µg (46.84%), Selenium: 30.03µg (42.9%), Manganese: 0.85mg (42.37%), Potassium: 1404.05mg (40.12%), Magnesium: 108.69mg (27.17%), Vitamin B2: 0.33mg (19.43%), Copper: 0.38mg (18.76%), Vitamin C: 14.44mg (17.51%), Fiber: 4.19g (16.74%), Vitamin B6: 0.31mg (15.6%), Vitamin B1: 0.2mg (13.41%), Vitamin B5: 1.17mg (11.74%), Folate: 46.14µg (11.53%), Calcium: 101.05mg (10.11%), Vitamin E: 1.31mg (8.73%), Zinc: 1.14mg (7.59%), Vitamin B12: 0.17µg (2.9%), Vitamin D: 0.18µg (1.18%)