



Scottish Rabbit Curry

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups mushrooms
- ☐ 0.5 cup canadian bacon chopped
- ☐ 1 cup celery chopped
- ☐ 2 tablespoons curry paste
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 cups chicken broth low-sodium
- ☐ 1.5 cups pearl onions
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons butter unsalted

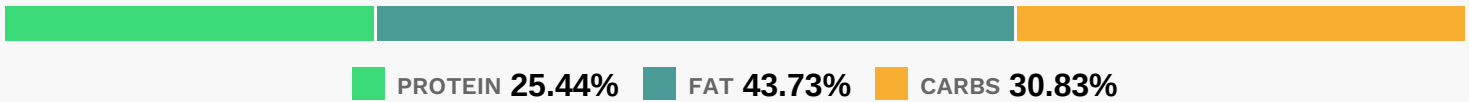
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ In a Dutch oven, melt the butter over medium heat and sauté the rabbit pieces until well browned, about 15 minutes.
- ☐ Remove from the pan and reserve.
- ☐ Using the same pan you browned the rabbit in, and without wiping it out, sauté the bacon over medium heat until it's browned and has rendered its fat in the pan, about 10 minutes.
- ☐ Add the flour and cook, whisking constantly, until it is dissolved, about 3 minutes.
- ☐ Add the curry paste and stir to combine well with the flour mixture. Stir in the chicken broth, 1/4 cup at a time. The pan contents now will have the consistency of a thin sauce.
- ☐ Reduce the heat to medium-low and add the browned rabbit pieces along with the onions, mushrooms, celery, and salt. Simmer the dish, stirring occasionally, until the meat is cooked through, the onions are tender, and the sauce has thickened up, about 1 1/2 hours.
- ☐ Serve warm, preferably over rice.
- ☐ From Ploughman's Lunch and the Miser's Feast: Authentic Pub Food, Restaurant Fare, and Home Cooking from Small Towns, Big Cities, and Country Villages Across the British Isles by Brian Yarvin. Copyright © 2012 by Brian Yarvin. Published by The Harvard Common Press. Used by permission of The Harvard Common Press.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:3.32, Inflammation Score:-8, Nutrition Score:12.617826016053%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 4.44mg, Isorhamnetin: 4.44mg, Isorhamnetin: 4.44mg, Isorhamnetin: 4.44mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.11mg, Quercetin: 18.11mg, Quercetin: 18.11mg

Nutrients (% of daily need)

Calories: 189.97kcal (9.5%), Fat: 9.66g (14.86%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 12.6g (4.58%), Sugar: 5.82g (6.47%), Cholesterol: 29.84mg (9.95%), Sodium: 928.91mg (40.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.29%), Vitamin B3: 6.3mg (31.49%), Vitamin A: 1471.33IU (29.43%), Vitamin B1: 0.32mg (21.48%), Vitamin B2: 0.35mg (20.41%), Phosphorus: 201.74mg (20.17%), Selenium: 13.11µg (18.73%), Potassium: 605.58mg (17.3%), Vitamin B6: 0.31mg (15.46%), Copper: 0.3mg (15.2%), Vitamin C: 8.99mg (10.89%), Fiber: 2.72g (10.88%), Vitamin B5: 1.06mg (10.59%), Folate: 38.93µg (9.73%), Manganese: 0.18mg (9.22%), Vitamin K: 8.25µg (7.86%), Iron: 1.34mg (7.43%), Zinc: 1.04mg (6.95%), Vitamin D: 1.03µg (6.86%), Vitamin B12: 0.41µg (6.77%), Magnesium: 23.33mg (5.83%), Calcium: 54.21mg (5.42%), Vitamin E: 0.32mg (2.11%)