



Stewed Rabbit and Biscuits

READY IN



100 min.

SERVINGS



6

CALORIES



1470 kcal

Ingredients

- ☐ 10 baby carrots halved
- ☐ 0.1 cup double-acting baking powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 pound small-cubed butter cold
- ☐ 1.1 cup buttermilk
- ☐ 1.5 quarts chicken stock see hot
- ☐ 6 servings bell pepper red crushed
- ☐ 3 eggs
- ☐ 1.5 pounds flour all-purpose
- ☐ 2 tablespoons flour all-purpose

- ☐ 0.5 cups peas fresh
- ☐ 2 sprigs tarragon fresh chopped
- ☐ 0.5 cup tarragon leaves fresh chopped
- ☐ 0.5 head spring garlic
- ☐ 8 morels quartered (or other seasonal mushrooms)
- ☐ 2 tablespoons olive oil
- ☐ 5 pounds rabbits whole
- ☐ 2 large sprigs rosemary
- ☐ 0.5 tablespoon salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 shallots cut into medium dice
- ☐ 4 ounces sugar
- ☐ 1 cup white wine

Equipment

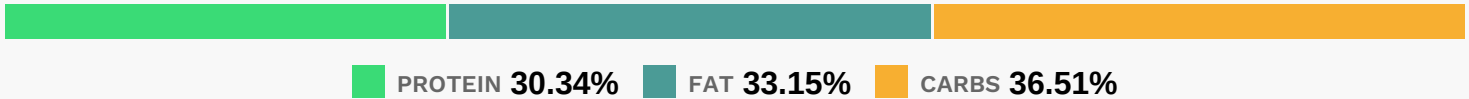
- ☐ frying pan
- ☐ oven
- ☐ stand mixer

Directions

- ☐ Combine the butter, sugar, baking powder and salt in an electric stand mixer. Use the paddle attachment and mix until the butter is pea size. Next, add the flour, tarragon and pepper. Then, add the buttermilk and eggs.
- ☐ Mix until incorporated.
- ☐ For the rabbit: Preheat the oven to 350 degrees F.
- ☐ Cut the rabbit into eighths (save the extra bones and trimmings to fortify stock). Dredge the pieces in flour and sprinkle with salt and pepper.
- ☐ In large saute pan or small rondeau, heat the olive oil. Sear the rabbit over medium-high heat.
- ☐ Remove when golden brown, 3 to 4 minutes and reserve. Discard the oil and turn the heat down to medium-low.

- ☐ Saute the shallots until blonde, 4 to 5 minutes.
- ☐ Add the carrots, rosemary, spring garlic, pinch of crushed red pepper and pinch of salt.
- ☐ Saute until soft, 3 to 5 minutes.
- ☐ Add the rabbit, allow to cook for 2 minutes. Next, add the hot stock, white wine and morels, and bring the liquid to a simmer. Simmer for about 4 minutes.
- ☐ Top with the biscuit mixture in small dollops. Then add peas.
- ☐ Bake until the biscuits are golden, the filling is bubbling and the rabbit is tender, 30 to 35 minutes.
- ☐ Top with the tarragon and serve.

Nutrition Facts



Properties

Glycemic Index:136.4, Glycemic Load:82, Inflammation Score:-10, Nutrition Score:48.983043276745%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1469.65kcal (73.48%), Fat: 52.54g (80.84%), Saturated Fat: 25.34g (158.38%), Carbohydrates: 130.21g (43.4%), Net Carbohydrates: 124.17g (45.15%), Sugar: 28.43g (31.59%), Cholesterol: 481.33mg (160.44%), Sodium: 2009.55mg (87.37%), Alcohol: 4.12g (100%), Alcohol %: 0.53% (100%), Protein: 108.23g (216.45%), Vitamin B3: 37.28mg (186.41%), Selenium: 92.91µg (132.72%), Phosphorus: 1320.44mg (132.04%), Iron: 21.64mg (120.2%), Vitamin A: 4338.07IU (86.76%), Vitamin B2: 1.42mg (83.5%), Vitamin B1: 1.23mg (81.74%), Manganese: 1.46mg (72.95%), Folate: 272.02µg (68%), Potassium: 2313.68mg (66.11%), Calcium: 517.47mg (51.75%), Magnesium: 188.78mg (47.19%), Vitamin B6: 0.56mg (27.76%), Copper: 0.52mg (25.98%), Fiber: 6.03g (24.14%), Vitamin E: 2.74mg (18.27%), Vitamin B5: 1.61mg (16.14%), Zinc: 2.34mg (15.62%), Vitamin K: 13.86µg (13.2%), Vitamin C: 10.19mg (12.35%), Vitamin B12: 0.48µg (7.96%), Vitamin D: 1.08µg (7.19%)