FRENCH · DINNER

Lapin à la Moutarde (French Rabbit in Mustard Cream Sauce)

Lapin à la moutarde

45 min · Serves 4 · 466 kcal a serve · Video 3:17 in French · 750g

Gluten-free ingredients · Nut-free

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Lean rabbit gives about 38 g of protein a serve, and the mustard and cream sauce has no flour or sugar, so it stays under 2 g net carbs.

Diet notes: Keto (1.8 g net carbs a serve).

Ingredients 9 · SERVES 4

- [ ] 4 **rabbit legs** (about 8 oz each, bone-in)
- [ ] 2 tbsp **strong French mustard** (moutarde forte)
- [ ] 1 tbsp **olive oil**, for the mustard coating
- [ ] a small drizzle of **oil** for the pot (about 1 tsp)
- [ ] **fine salt**
- [ ] **freshly ground black pepper**
- [ ] ½ cup (10 cl) **water**, mostly reduced away
- [ ] 3½ tbsp (5 cl) **dry white wine**, reduced (or a little apple juice)
- [ ] ¾ cup (20 cl) **pouring cream** (crème liquide)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F. Mix the mustard with a little salt, pepper and the olive oil to make a thick coating. 0:22
2. Brush the rabbit legs generously all over with the mustard mixture (it mellows in the oven). Put a drizzle of oil in a casserole, lay the legs in it and bake for about 10 minutes, just until lightly coloured. 0:36
3. Off the heat, pour the water in between the legs without washing off the crust. Bring briefly to the boil, cover and return to the oven at 350°F for 15–20 minutes until cooked through. 1:04
4. Lift out the rabbit and reduce the cooking juices over medium heat until almost dry. Deglaze with the white wine and let it evaporate again. 1:22
5. Add the cream, bring to the boil, then simmer until the sauce thickens enough to coat a spoon. 1:51
6. Spoon the sauce over the rabbit legs and serve. 2:07

> **Tip** Serves 4 (one leg each). Rabbit legs vary; about 8 oz with bone is typical. The chef suggests potatoes, mash, a little rice or green vegetables, with one side that soaks up the sauce; green beans or cauliflower mash keep it low in carbs.

The method is a summary in our words, in English — the video (in French) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
466 kcal 1,950 kJ	**38** g 76% of a day	**2.1** g 1.8 g net · 1.5 g sugars 1% of a day	**0.3** g 1% of a day	**33** g 15 g saturated 42% of a day	**540** mg 23% of a day

Energy from net carbs 2% · protein 33% · fat 65% — fits keto: 1.8 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Vitamin B12 329% · Selenium 91% · Zinc 27% · Vitamin B6 25% · Vitamin A 23%

Source of (10–19%) Omega-3 19% · Iron 17% · Vitamin E 11%

Recipe and video: 750g (@750g_recette_de_cuisine) on YouTube — youtube.com/watch?v=XajsH22vN5E, published 7 May 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lapin-a-la-moutarde-rabbit-mustard