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 220 g 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**
- [ ] 100 ml (10 cl) **water**, mostly reduced away
- [ ] 50 ml (5 cl) **dry white wine**, reduced (or a little apple juice)
- [ ] 200 ml (20 cl) **pouring cream** (crème liquide)

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180 °C. 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 180 °C 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 220 g 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	38 g	2.1 g	0.3 g	33 g	540 mg
1,950 kJ	76% of a day	1.8 g net · 1.5 g sugars	1% of a day	15 g saturated	23% of a day
		1% of a day		42% 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 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