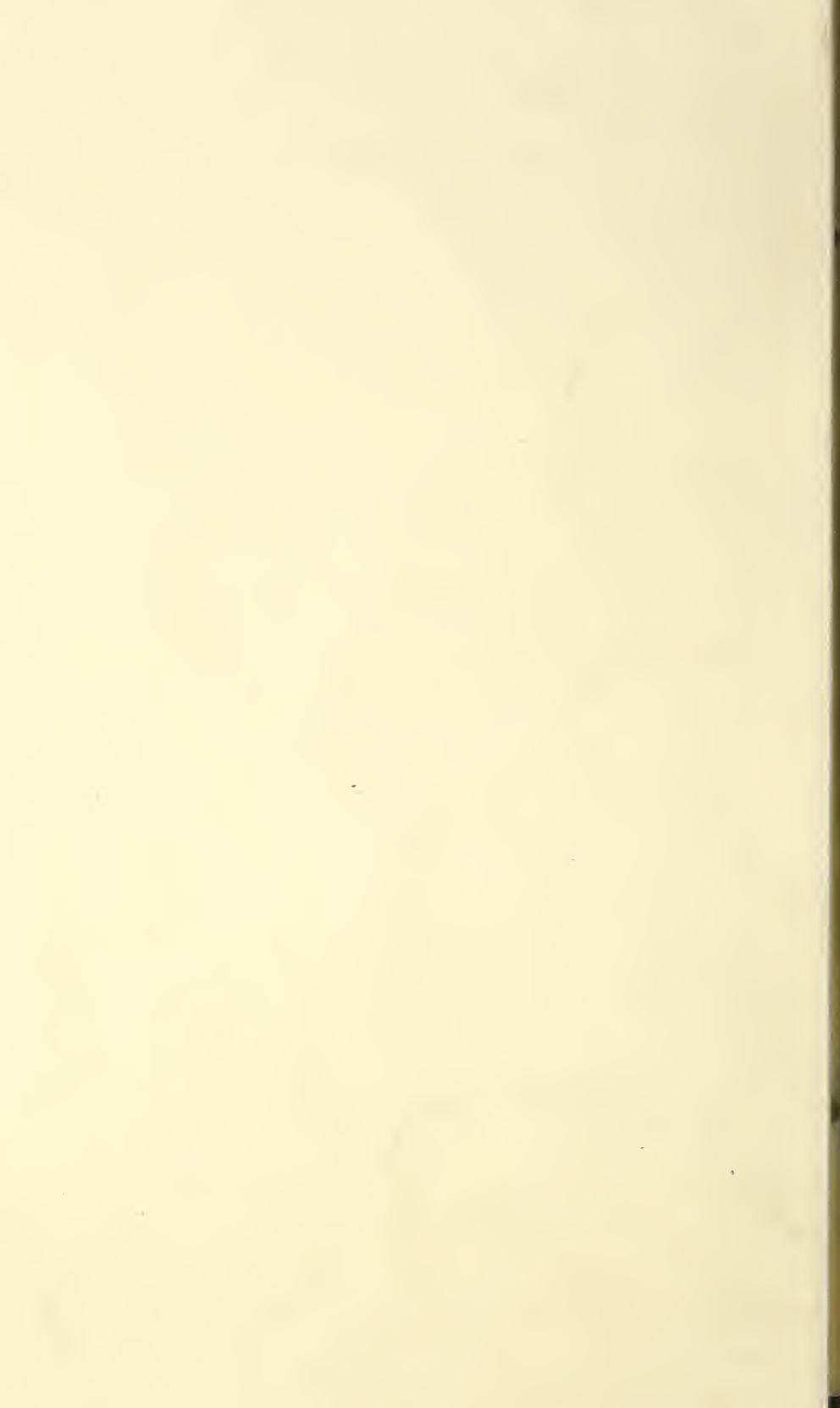
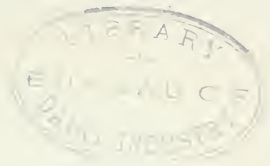


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RABBIT RECIPES

LEAFLET NO. 66
U. S. DEPARTMENT *of* AGRICULTURE

RABBIT RECIPES

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THE production of domestic rabbits in this country has become an extensive and valuable industry. It is most highly developed in the Western States, where single large rabbitries keep several thousand animals, and the meat is served regularly in hotels and restaurants as well as in homes. Located throughout the country are many smaller rabbit farms that make available a supply of this meat throughout the year, although heaviest production is during fall and winter.

Domestic rabbits are utilized for both meat and fur. Breeding has greatly improved them for these purposes as compared with their relatives, the common wild cottontails and our native hares, or jack rabbits. Produced under conditions that favor rapid growth, the young hutch-raised rabbits reach an average weight of 4 pounds at 8 weeks of age—a size equal to or larger than that of cottontails in three times as long a period. Hutch-raised domestic rabbits have been free also from the disease tularemia, which has been contracted in some cases by persons handling wild rabbits.

In color and flavor of meat, domestic rabbit is so superior to wild as to seem an entirely different article of food. All the meat on a domestic rabbit is white and delicately flavored throughout. In food value, rabbit falls in the class with poultry and other meats as a source of efficient protein.

Most of the domestic rabbits are marketed at 8 to 10 weeks of age, and are then termed "fryers." The bones of these quickly grown rabbits are very brittle, and in preparing the meat for cooking care should be taken to break them in such a way that they do not sliver. Like young chickens and tender steaks and chops, young rabbits can be cooked by the quick methods of frying or broiling. The older rabbits need longer, slower cooking. They are excellent served in fricassees, casserole dishes, rabbit pie, croquettes, salad, chop suey, and all the other ways adapted to mature fowl and the less tender cuts of meat. If first simmered until tender, these older rabbits may also be fried in batter, smothered in individual casseroles, and used in a number of other dishes for short-order service in restaurants and hotels, as well as to give variety to the home menu. The recipes given here are merely typical of the many suitable for cooking this white-meat delicately flavored domestic rabbit.



Broiled young rabbit with crisp lattice potatoes

BROILED RABBIT

Select a plump young rabbit for broiling. After dressing, wipe the meat with a clean damp cloth, and rub with salt, pepper, and flour. Lay the rabbit whole, back down, on a rack in an uncovered roasting pan, and place generous pieces of butter or other fat in the hollow places, but do not add water. Cook in a moderate oven (350°F.) for 40 to 50 minutes, or until tender. Turn the rabbit over, baste with the pan drippings, and place under the flame of the broiling oven to brown. Cut the broiled rabbit into pieces for serving, place on a hot platter, and pour on the drippings mixed with finely chopped parsley.

FRIED RABBIT

Choose a plump young rabbit, wipe the dressed meat with a damp cloth, and cut into pieces for serving. Beat one egg yolk, add one-half cup milk and three-fourths teaspoon salt, and stir into one-half cup flour to make a smooth batter. In a heavy skillet, heat 4 tablespoons of fat until very hot, so that it will set the batter quickly. Dip the pieces of rabbit into the batter until well coated and drop into the hot fat. As soon as browned, reduce the heat and cook at moderate temperature for 25 to 30 minutes, or until the meat is tender. Serve on a hot platter and garnish with parsley.

For each cup of gravy desired, use 2 tablespoons of the pan drippings and 1½ tablespoons of flour. Blend fat and flour thoroughly in the skillet, add 1 cup of milk, and stir until thickened. Add chopped parsley, salt, and pepper to season.



Rabbit en casserole, an especially good way to cook rabbits too mature to be broiled or fried

RABBIT EN CASSEROLE

Wipe the rabbit meat with a damp cloth, cut into pieces for serving, sprinkle with salt and pepper, and roll in flour. Brown lightly in hot fat in a skillet, transfer to a casserole, add some of the fat from the skillet and one-half cup of hot water. Cover and cook in a moderate oven (350° F.) for one and one-half to two hours, or until the meat is tender. Remove the meat, and thicken the gravy slightly. To each cup of liquid allow 1 tablespoon of flour, mix with a few tablespoons of cold water, add to the meat drippings, return to the oven, and stir occasionally until thickened. Season with salt and pepper and finely chopped parsley, replace the meat, and when thoroughly hot serve in the casserole.

SMOTHERED RABBIT

Wipe the rabbit meat with a damp cloth, and cut into pieces for serving. If the rabbit is not young and tender, barely cover with hot water, and simmer for about one hour in a partly covered kettle. Transfer the meat to a shallow baking dish, and cover with a sauce made of 1 cup of the broth and 1 cup of milk thickened with 4 tablespoons of butter or other fat blended with 2 tablespoons flour, and salt and pepper to season. Bake in a moderate oven (350° F.) for about one-half hour, or until the meat is tender, and serve in a baking dish.

Young rabbit to be cooked in this way needs no parboiling, but may be put directly into the baking dish, covered with 2 cups of the thin sauce made with milk, and baked until tender.

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RABBIT CHOP SUEY

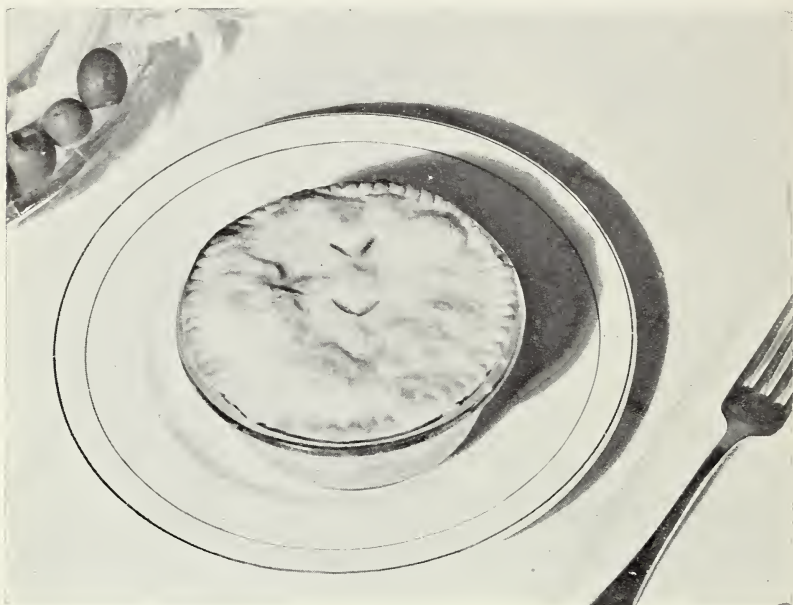
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| 1 rabbit, or 2 to 3 cups shredded cooked meat | 2 cups bean sprouts |
| 3 tablespoons butter or other fat | 2 cups broth |
| 2 cups shredded onion | 2 teaspoons cornstarch or flour |
| 1 cup shredded green pepper | 1 cup toasted almonds |
| 2 cups shredded celery | 4 tablespoons soy sauce |

Chop suey is another suitable way to serve the more mature rabbits, or to use left-over cooked meat.

Wipe the rabbit with a damp cloth, place on a rack in a kettle, barely cover with hot water, add one-half teaspoon salt, and partly cover the kettle. Simmer until the meat is tender, or for about one and one-half to two hours for an older rabbit, and let cool in the broth. Drain and cut the meat from the bones in thin strips. Melt the fat in a skillet, add the onion and green pepper, and cook for a few minutes. Then add the meat and continue cooking, stirring frequently, until the meat is slightly browned. Add the celery and bean sprouts, and the broth mixed with the cornstarch or flour; cover, and cook gently for 10 minutes. Stir in the almonds, which have been broken into halves, and the soy sauce, and add salt if needed. The soy sauce contains so much salt that often more is not needed. Serve with hot boiled rice.



Rabbit chop suey with flaky boiled rice and a cup of tea is almost a whole meal



Individual rabbit pies are quickly and easily served

RABBIT PIE

| | |
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| 1 rabbit | 3 tablespoons butter or other fat |
| $\frac{1}{2}$ teaspoon salt | Flour |
| 1 onion, chopped | Dash of tabasco sauce |
| 1 green pepper, chopped | Pastry |
| $\frac{1}{2}$ cup chopped parsley | |

After wiping the meat with a damp cloth, cut into two or three pieces. Place in a kettle, barely cover with hot water, add the salt, partly cover the kettle, and simmer until tender, or about one and one-half to two hours for a mature rabbit. Drain and measure the broth, and remove the meat from the bones in large pieces. Cook the onion, green pepper, and parsley for a few minutes in the fat in a skillet and stir frequently. For each cup of broth measure $1\frac{1}{2}$ tablespoons of flour and mix well with the fat and seasonings. Add the broth and stir until thickened. Add more salt if needed and a dash of tabasco sauce. Mix well with the rabbit meat and pour into a baking dish. Cover with pastry and bake in a moderate oven (350° F.) until the crust is golden brown.



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RABBIT LIVER PASTE

Rabbit livers make a savory paste to use as sandwich filling or as a spread for crackers to serve with salad. Drop the livers into a small quantity of boiling water, simmer for 10 minutes, and drain. Mash the livers with a fork, remove any stringy tissues, and blend with finely chopped olives, minced onion, mayonnaise, dashes of tabasco sauce, and paprika. Chill before using.

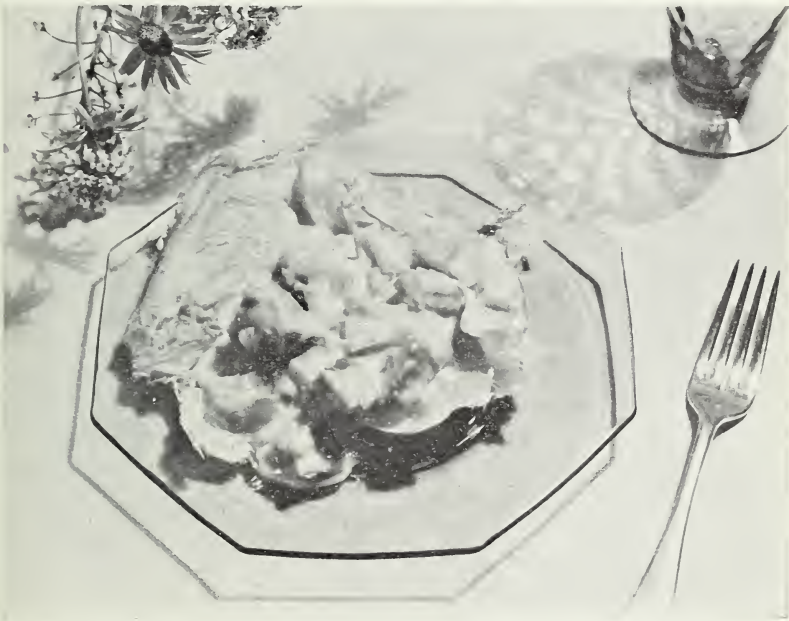


RABBIT SALAD

3 cups diced cooked rabbit meat
1/2 cup salad oil
1/4 cup vinegar
1 teaspoon onion juice
Salt

Paprika
3 cups diced celery
2 tablespoons capers
Dash of tabasco sauce
1 cup thick mayonnaise

To the rabbit meat, which has been cut into small even pieces, add the oil, vinegar, onion juice, salt as needed, and paprika, and let stand in a cold place for three or four hours, or overnight, to marinate. Then add the celery, capers, tabasco sauce, and enough mayonnaise to cover well. Serve on crisp lettuce leaves or other salad greens with a garnish of olives and radishes.



The all-white meat of domestic rabbit is particularly attractive in salad

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RABBIT A LA KING

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| 1 rabbit, or 3 cups diced cooked meat | 2 egg yolks |
| 2 cups cream | 1 teaspoon minced onion |
| 4 tablespoons butter | 1 tablespoon lemon juice |
| 2 tablespoons flour | Paprika |
| 1 green pepper, chopped | Salt |
| 1 pound mushrooms, cut in pieces | 1/2 cup chopped pimientos |

A rabbit past the broiling and frying age can be used to excellent advantage in this way. Wipe the dressed rabbit with a damp cloth, place on a rack in a kettle, add one-half teaspoon salt, barely cover with hot water, partly cover the kettle, and simmer for one and one-half to two hours, or until the meat is tender. Let cool in the broth, then drain, remove the meat from the bones, and cut into even pieces.

Heat the cream in a double boiler. Blend the flour with 2 tablespoons of the butter, and stir into the cream until thickened. Melt the remaining butter in a skillet, add the green pepper and mushrooms, and cook for a few minutes over low heat. Beat the egg yolks, stir a small quantity of the thickened cream into them, and add to the rest of the sauce. Also add the mushrooms, green pepper, onion, and lemon juice, with paprika and salt to taste, add the diced rabbit and pimiento. When the mixture is heated thoroughly, serve in patty shells or on crisp toast.



Rabbit a la king in a shell of crisp pastry

