



GOLDEN BROWN FRIED RABBIT

2 to 3 lbs. young Rabbit (fryer)

½ cup flour ¼ teaspoon pepper
1½ teaspoons salt Butter or fat

Moisten rabbit meat, drain, but do not dry. Shake pieces in paper bag in mixture of flour and seasoning. Place pieces in ½ inch of hot butter or fat in heavy skillet, turning to brown evenly on all sides. Reduce heat, cover and cook slowly 40 to 50 minutes or until tender. For crisp crust on rabbit meat, uncover for the last 10 to 15 minutes.

BRAISED RABBIT FRYER

1 Fryer rabbit cut in serving pieces
1 can Carnation milk
2 2 oz. cans mushrooms
Salt to taste

Dredge rabbit pieces in flour; brown on all sides in hot fat in frying pan. Transfer to roasting pan; add Carnation milk and mushrooms. Bake at 350° for about 1 hour or until well done.

ITALIAN RABBIT WITH SPAGHETTI

One Rabbit (fryer or roaster) cut in serving pieces.

Sauce:

1 large onion
2 8 oz. cans tomato paste
½ teaspoon garlic salt
½ teaspoon oregano
2 bay leaves
½ teaspoon sugar

Salt and pepper to taste

Spaghetti, 8 or 9 oz. pkg. boiled

Put rabbit in salted boiling water and simmer until tender. When cooked, remove meat from bones if desired. Combine all other ingredients, except spaghetti with rabbit broth and simmer for one hour. Return rabbit to sauce. Serve on a bed of spaghetti.

HASENPFEFFER

2 to 3 lbs. young or mature Rabbit (fryer or roaster)

1½ cups cider vinegar
1 medium onion, sliced
1½ cups cold water
1 tsp whole cloves 2 tsp sugar
3 bay leaves ¼ tsp allspice
2 tsp salt 1/3 cup flour
¼ tsp pepper ¼ cup shortening

Combine vinegar, water, spices, seasonings and onion. Marinate rabbit pieces in covered crock or china bowl in the refrigerator for at least 12 hours—preferably 1 to 2 days. Remove rabbit and drain well. Coat pieces in flour and brown well in hot shortening in skillet. Add marinating liquid; cover, simmer about 45 minutes or until tender. You may wish to strain gravy before serving.

STEWED RABBIT WITH RICE

1 Rabbit (fryer or roaster) cut in serving pieces
1 medium sized onion, chopped fine
4 strips bacon, cut fine
2 cups rabbit stock
2 peeled tomatoes, cut fine (or 1 cup canned tomatoes)
1 tablespoon green pepper
½ cup uncooked rice (washed)
1 tablespoon minced parsley, if desired

Put rabbit in salted boiling water and simmer until tender. When cooked, remove meat from bones, and cut into small pieces about 1" long. Saute onion with bacon until onion is golden brown. Stir in the rabbit meat, tomatoes, pepper, and stock. Let boil and add the well washed rice. Cover skillet tightly and simmer until rice is tender, stirring just enough to prevent sticking. Add minced parsley, if desired.

RABBIT SALAD

2 to 3 lbs. young or mature Rabbit (fryer or roaster)

1½ cups diced ½ cup mayonnaise
celery 2 tbsp lemon juice
½ cup diced sweet 1 tsp salt
pickle ¼ tsp pepper
¼ tsp msg powder

To cook rabbit meat, follow directions given in Rabbit Pot Pie. Combine diced rabbit meat, celery and pickle; mix with remaining ingredients. Chill thoroughly and serve on crisp lettuce leaves with a garnish of hard cooked eggs.

BAKED RABBIT WITH SESAME-THYME STUFFING

1 Fryer rabbit cut in serving pieces
¼ cup each sliced onion and celery
1 tablespoon melted margarine
1 tablespoon sesame seed
½ teaspoon dried thyme
¼ teaspoon salt
2½ cups toasted bread crumbs
½ cup melted margarine or salad oil
½ teaspoon paprika
¼ teaspoon each salt and garlic salt

Saute onions and celery in margarine until limp. Remove from heat and stir in sesame, thyme and salt. Pour mixture over bread crumbs; toss together and spread in bottom of greased baking dish. Mix together melted margarine (or salad oil), paprika, salt and garlic salt. Dip rabbit pieces in this mixture and arrange over stuffing. Cover with aluminum foil and bake in a moderately hot oven (275°) for 30 minutes; remove foil cover and continue baking 1 hour, or until rabbit is tender. When you take the dish from the oven, the rabbit should be golden brown and the stuffing buttery and slightly crisp.

WHAT YOUR MEAT DOLLAR BUYS

Comparative nutritive value of the commonly used meats:

BEEF	55%	MUTTON	65%
PORK	75%	CHICKEN	50%
RANCH RAISED RABBIT	83%		