

HELPFUL HINTS

Rabbit meat must be well-done to be its tasty best. Allow ample time for cooking.

For best results, select a rabbit to fit the recipe. A table-ready fryer rabbit averages 2½ lbs. — never over 3 lbs. A rabbit over 3 lbs. must be considered a steamer or a roaster and prepared accordingly.

Domestic, ranch-raised rabbit meat is extremely low in calories and high in protein content.

U. S. Department of Agriculture Statistical Breakdown

	Protein	Fat	Moisture	Calories per lb.
Rabbit	20.8	10.2	27.9	795
Chicken	20.0	11.0	67.6	810
Veal (med. fat)	18.8	14.0	66.0	910
Turkey (med. fat)	20.1	20.2	58.3	1190
Beef (good)	16.3	28.0	55.0	1440
Lamb (med. fat)	15.7	27.7	55.8	1420
Pork (med. fat)	11.9	45.0	42.0	2050

an **ALBERS** service bulletin

Courtesy of

KANSAS FOOD PRODUCTS, INC.
HILL CITY, KANSAS

RABBIT POT PIE

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

Celery tops	½ cup celery
1 tsp salt	sliced
¼ tsp pepper	2 tsp salt
3 tbsp margarine	½ tsp msg powder
3 tbsp onion chopped	2 tbsp pimento,
½ cup green pepper	chopped
diced	½ recipe for
3 tbsp flour	pie crust

Cover rabbit pieces with boiling water in stew pan with celery tops, salt and pepper. Cover and simmer one or two hours or until tender. Drain and cool, saving broth for gravy. Remove meat from bones and dice. Saute onion, green pepper and celery in margarine. Remove from heat and blend in flour, salt and msg powder. Stir in 3 cups broth, return to heat and bring to boil, stirring constantly. Add rabbit meat and pimento, heating well. Pour into a casserole. Top hot mixture with crust made from half a standard recipe. Bake at 450 degrees for 15 minutes or till crust browns.

BAKED RABBIT FRYER

1 Fryer rabbit cut in serving pieces
¼ cup butter or margarine
¼ cup grated Parmesan cheese
¼ cup cracker crumbs

Salt to taste

Roll rabbit pieces in melted butter. Mix cracker crumbs and Parmesan cheese together; roll rabbit pieces in mixture. Place on ungreased cookie sheet and bake at 350° about 1 hour or until well done. Turn once during baking.

RABBIT WITH HUNTER SAUCE

2 to 3 lbs. young Rabbit (Fryer)

3 small white onions,	2 cups beef stock
chopped fine	Flour
1 tbsp olive oil	Pinch: garlic powder
6 pieces uncooked,	(or mashed garlic
cut-up bacon	bud), pepper,
1 bay leaf	organo, saffron
1 cup red wine	1 No. 2 can tomatoes
1 cup rice	¼ lb. butter

Brown chopped onions in olive oil, and bacon with bay leaf. Add garlic, pepper, oregano, canned tomatoes and a little butter.

Flour rabbit meat pieces and brown in butter in separate pan. Add wine and simmer for five minutes.

Add the sauce, thinned to taste, to the rabbit meat, cover and simmer for 45 minutes. Serve with rice cooked in beef stock seasoned with saffron.

RABBIT IN DEVIL SAUCE

2 to 3 lbs. young Rabbit (Fryer)

3 tbsp butter	1 cup beef stock
6 shallots, finely	1 pinch dry mustard
chopped	1 tsp butter
1 cup white wine	½ lb. button mush-
1 cup heavy cream	rooms
2 cups croutons	

Melt 3 tablespoons butter in pan until brown. Place rabbit meat pieces in butter and saute thoroughly (about 25 minutes each side). Add more butter as necessary.

Sprinkle finely chopped shallots over the rabbit. Simmer for five minutes and add white wine.

Remove the rabbit meat from the sauce. Add dry mustard and cream. Thin to desired consistency.

SELECTED RABBIT RECIPES

*delicious
dishes from
nutritional
domestic
rabbit*



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