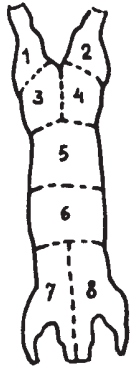


RECIPES  
ON  
COOKING RABBITS

Rabbit meat is light in colour, rich in proteins and with low calorie value. It does not need hanging to become tender. The meat can be stored for a few days in the refrigerator. In the deep-freezer it will last as any other kind of meat; it should be put into the freezer as soon as possible after slaughter.



To cut the rabbit into portion size pieces, see figure to the left on this page.

If the rabbit is big and not too young, it is recommended to marinate the meat a few hours or overnight in a mixture of wine or water, some oil, spices (usually herbs of different kinds), onion, and some vinegar or lemon juice.

A rabbit of 1 - 1 1/4 kilos should last for 4 - 6 persons. The following recipes are calculated for that number.

RABBIT BARBACUE WITH LEMON

1 rabbit in pieces

Marinade:

- 1/2 cup oil
- 1/2 cup lemon juice
- 1 cup water
- 1 clove of garlic, crushed
- 1 onion, chopped

=====  
flour

Marinate the meat for some hours. Take it up and wipe dry. Powder with flour and fry in oil in a casserole until golden brown. Add the marinade and cover. Bring to boil and simmer for some 30 minutes, or until the meat is tender. Take out the meat and put on a serving dish.

Mix one tablespoon flour with some cold water and thicken the sauce, and pour

RABBIT À LA SILVESTRE (USA)

- 1 rabbit in pieces
- oil
- salt
- 1 cup raspings
- 1/2 cup flour
- 1 teaspoon salt
- 1 " pepper
- 1 " mild chili
- 1 " thyme
- 1 egg, whipped
- butter and oil



Marinate the meat, as is described in the introduction, for some hours. Wipe it dry. Mix raspings, flour, salt, pepper, chili, and thyme. Soak the meat first in the whipped egg, then turn it in the rasping mixture. Fry it in a mixture of butter and oil until golden brown. Cover and bake in oven in moderate heat. Turn the meat over a few times. Take off the cover a few minutes when the meat is ready, to make a crisp surface.

Garnish with parsley and serve hot with ried potatoes.



ETRURIAN RABBIT (ITALY)

- 1 rabbit in pieces
- salt
- pepper
- 2 cloves of garlic
- 3-4 leeks
- mint
- 8-12 broad slices of bacon
- oil
- juice from 1-2 lemons

Season the meat with salt and pepper. Rub the bones with garlic. Cut leek length-wise and put one piece with each piece of meat together with a leaf of fresh mint. Wrap in bacon and fasten with a toothpick. Put the 'parcels' on an oven-proof dish and bake in 200°C until the meat is tender and golden brown. Pour over lemon juice and put back into oven for a few minutes.

Serve with mash potato and a mixed salad.

STEWED RABBIT (TANZANIA)

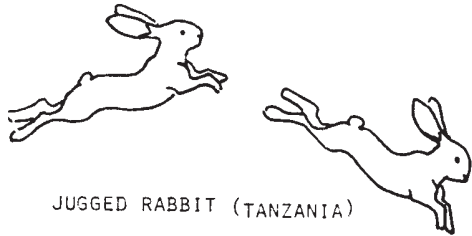
- 1 rabbit in pieces
- 2 onions,
- 2 carrots,
- 4 tomatoes
- 4 tablespoons butter or oil
- 4 tablespoons flour
- 2 cups water
- salt
- pepper

Rub the meat with salt and pepper and sprinkle the flour over the meat so that it is thinly covered all over.

Clean and cut up the onions, carrots and tomatoes. Heat the butter or oil and fry the meat until golden brown. Add the onions and carrots and fry for a few moments, then add the tomatoes.

Add the water, cover the pan and stew the rabbit for about 1 hour or until done. Season with salt and pepper and serve.

The tomatoes can also be added 5 minutes before serving.



JUGGED RABBIT (TANZANIA)

- 1 rabbit in pieces
- 4 onions, cut
- 2 carrots, cut
- parsley, cut
- 2 cups vinegar or wine
- 2 cups water
- 2 tablespoons sugar
- 4 tablespoons flour
- 4 tablespoons butter or oil
- salt
- pepper

Boil the vinegar or wine with the water and vegetables, (only 2 onions!), add salt and sugar and let the marinade cool.

Put the meat in a bowl, and cover well with marinade, and leave it overnight.

Take the meat out of the marinade and let it dry a little. Heat the fat and fry the meat until golden brown. Sprinkle with salt and pepper. Add the remaining two onions, and the flour and let it become light brown.

Add 1 cup of the strained marinade. Stir well until the mixture boils and is smooth, then add another 2 cups of the marinade. Bring to boil, cover and simmer until the meat is tender, about 1 hour.

Season to taste, and serve.

FRIED RABBIT (SWEDEN)

- 1 rabbit
- light beer
- 2-3 tablespoons butter
- 1/2-1 tablespoon salt
- pepper to taste
- 1/2 litre broth or water (red wine)
- rosemary
- sage

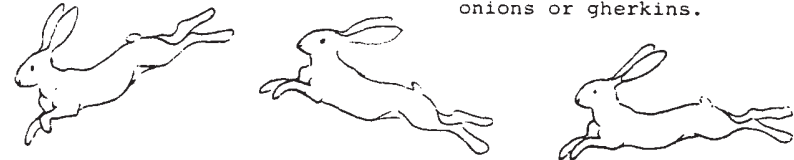
The rabbit can be prepared whole or in pieces. Marinate the meat overnight in the beer. Take it up and wipe dry, and fry in a casserole until golden. Season with salt, pepper and herbs. Add broth or water (some of which can be replaced with red wine). Cover, and cook in moderate hot oven until the meat is tender (about 1 1/2 - 2 hours).

Sauce:

- 4 tablespoons flour
- 0.6 litres stock
- 0.2 litres cream
- black currant jelly

Take the meat out of the casserole, add some water and thicken the sauce with flour mixed with some cold water. Add cream, and black currant jelly to taste.

Serve with potatoes, black currant jelly and pickled onions or gherkins.



RABBIT BAHIANA (BRAZIL)

- 1 rabbit
- 1 tablespoon butter
- 1-2 tablespoons flour
- 1 cup stock
- shreds of orange peel
- 3/4 cup orange juice
- 3/4 cup lemon juice
- 2 green chopped capsicums
- 1 tablespoon parsley
- 1/2 cup chopped mushrooms
- 1 pinch ground ginger

Cut the rabbit into pieces and sift flour over. Fry in a casserole in butter until the meat surface is golden brown. Add stock, orange and lemon juice, orange peel, and the other ingredients. Bring to boil simmer until the meat is tender.

GRILLED RABBIT WITH GARLIC SAUCE (CATALONIA, SPAIN)

- 1 rabbit
- oil
- lime juice
- 4-8 cloves of garlic
- 1 pinch salt
- oil
- (1 egg)

Marinate the rabbit for one hour in oil and lemon juice. Take up the meat and season with salt and pepper. Grill the meat in hot oven on all sides; baste with marinade. Put the meat on a hot serving dish with grilled tomatoes or mushrooms.

Prepare the garlic sauce as follows: Crush the garlic in a mortar, add salt. Add oil little by little while stirring the pestle, until the sauce is smooth. (I desired, whip the sauce with one egg.)



PEPPERY RABBIT SAUTÉ (FRANCE)

- 1 rabbit in pieces
- oil
- salt
- 1 tablespoon butter
- 1 big onion, chopped
- 1 teaspoon pepper, crushed
- 1 tablespoon flour
- 1 cup white wine
- 1 cup broth
- 5 tablespoons cream

Season the meat with salt and pepper and fry in a casserole with onion until golden brown. Powder with flour and shake the casserole. Add white wine and broth. Cover, bring to boil and simmer some 30 minutes. Add cream and simmer 15 minutes more or until the meat is tender.

Serve with Brussels sprouts, endives or leek.

This dish can also be served flambé with brandy.

RABBIT PATÉ (SPAIN)

- 1 rabbit in pieces + liver
- 2 pcs of chicken liver
- 1/2 kilo pork meat
- 100 grams bacon
- 1 big onion
- 2 scallions
- 1 clove of garlic
- 2 eggs
- 2 tablespoons flour
- salt
- pepper
- thyme
- nutmeg
- brandy or calvados

Put the meat in a saucepan with only little water, bring to boil and simmer for 20 minutes. Chill and remove bones. Leave the best pieces of the loin and thighs aside. Mince the rest with the port, bacon, and rabbit and chicken liver (or 100 grams of liver paté). Season with salt, pepper, thyme, parsley and a pinch of nutmeg. Add a small glass of brandy or, better, calvados. Chop onion, scallions finely and crush the clove of garlic. Mix the minced meat with the vegetables. Add eggs and flour and stir well.

Add the whole pieces of meat to the mixture, and put it in an oven-proof pot. Press well, cover and put a weight on top. Put in water bath into medium hot oven. Bake for about 2 hrs. Uncover and chill. (If the top of the paté is dry, cover with lard.)



RABBIT WITH CAPSICUMS (SWITZERLAND)

- 1 rabbit
- 4 tablespoons groundnut oil
- 2 green capsicums
- 1 red capsicum
- 2 tomatoes
- 1 red onion
- 100 grams smoked ham
- 1 bouquet garni +
- 1 clove of garlic
- salt
- pepper
- 1 pinch of chili
- 1/2 cup water
- + - parsley, thyme, laured or other herbs, to be taken away before serving.

Fry the meat in oil in a casserole on all sides until golden brown. Meanwhile, peel and cut onion, wash and dry the capsicums, remove the seeds and cut them into strips. Peel the tomatoes and remove seeds. When the meat is enough fried, put it on a hot plate.

Put onion and capsicums in the hot casserole and stir for 10 minutes with a wooden spoon until the meat juice is well absorbed. Be careful not to burn the vegetables.

Add the rabbit meat, tomatoes, clove of garlic (whole), ham, the bouquet garni, salt, pepper and chili. Add water. Cover and simmer for 1 hour or until the meat is tender.