



FOR THE FARM WIFE AND FAMILY

A-HUNTING WE WILL GO

Lancaster Farming Food Editor
By Mrs. Richard C. Spence

When the avid hunters in your family bring home their catch for the day this fall, you may find this a good time to prepare and serve your family a delicious rabbit dinner.

Rabbit is fine-grained and mild flavored and practically all of it is white meat like the breast of chicken. Like other lean meats, poultry and fish, rabbit is a good source of high quality protein.

The secret of well-cooked rabbit seems to be slow cooking. Moderate heat cooks rabbit slowly and evenly so there is little

shrinkage and the meat is juicy and full of flavor. As with all protein foods, rapid cooking with intense heat hardens the tissue.

Young fryer rabbits like any tender meat can be cooked by the quick methods of frying or broiling. Older rabbits need longer, slower cooking. They are excellent 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. Any favorite chicken recipe can be used for rabbit.

If you are not sure of the age of the rabbit you are cooking, it may be well to cook it until ten-

der and then proceed with any of the various recipes calling for rabbit. To cook, cover with water, add some salt and some chopped onion, and cook until tender but not falling off the bones. One delicious way to use precooked rabbit is to bread it as you would fish, pork chops, etc.

You may count on two servings of rabbit per pound or approximately 1½ cups of cooked meat per pound of ready-to-cook weight. Properly prepared, you may find rabbit a treat your family will enjoy.

ENHANCE YOUR VENISON MEALS: VARY SEASONINGS, SAUCES — Venison rates equally with other meat as a high-quality protein food, but its flavor is different.

Most venison is drier and less tender than beef or pork. Deer lead vigorous lives as they cover miles of territory foraging for food and are always on the alert for enemies. Therefore, their muscles are hard and well-developed. And they're not likely to have as much fat as animals raised on farms and ranches.

Deer meat, like domestic meats, is at its best when properly dressed and cooked. Its natural tenderness and flavor depend on the kind of deer, its age, finish and cut. The flavor of venison when it's served depends upon the method of handling after killing and the cooking procedure.

Since venison is strong-flavored and less tender than other meats, it usually should be cooked slowly at low to moderate heat. Use a moist-cooking method such as braising or stewing, especially with older animals.

Many seasonings and sauces may be used to enhance or modify the venison flavor. You can experiment with different herbs, spices and cooking methods to vary your venison meals.

— BRAISED VENISON

- 3 pounds venison
- 3 slices salt pork
- Flour
- Salt and pepper
- ¼ cup fat
- ¼ cup hot water
- ½ tablespoon vinegar
- ½ cup chopped celery
- 1 carrot, diced
- 1 tart apple, chopped
- ½ tablespoon lemon juice

Use the less tender cuts of venison for this method. Lard venison with salt pork and rub with salt, pepper and flour. Sauté in hot fat until well browned, turning frequently. Add hot water and vinegar. Cover closely and cook until tender, about 2 to 2½ hours, adding more water as it evaporates. One-half hour before meat is done add remaining ingredients. Cook until veg-

etables are tender. Serve with a tart jelly. Serves 4 or 5.

Pheasant is one of the delicacies that goes with the hunting season. You might serve your pheasant braised as in the following recipe. Wild turkey would do as well in this recipe.

BRAISED PHEASANT

- 2½ pound pheasant, approx.
- 2½ cups milk
- 21 Ritz crackers, finely rolled, about ¾ cup crumbs
- ½ cup butter or margarine
- 4 pearl onions; parboiled 4 to 5 minutes
- ½ pound fresh mushrooms, sliced
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- ½ teaspoon ground white pepper
- ¼ teaspoon ground sage
- 2 tablespoons chopped parsley

Pitted Dates

Bacon slices, cut in half Wash pheasant; pat dry. Cut into 4 portions. Pour ¼ cup milk into a shallow dish; dip pheasant in milk then in crumbs. Heat ¼ cup butter in large skillet; brown pheasant slowly on both sides. Transfer to 11x7 inch baking dish. Arrange

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