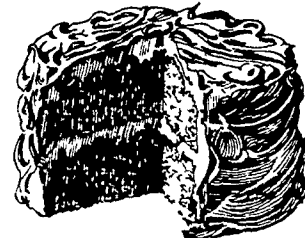


Home On The Range



Rabbit: A European Delicacy, An American Delight

For centuries, rabbit has been a coveted part of the diet of epicures and gourmets of Europe and Asia. Europeans consider rabbit a popular menu item and a delicious dish to serve guests.

In America, the feelings differ. Although rabbit could not be considered a favorite meal here, its popularity is slowly rising. This could be due to the fact that more people are realizing that there is no chicken recipe that could not be put to good use with rabbit as a substitute. Rabbit is also one of the least expensive meats.

Rabbit, at only 795 calories per pound, provides more protein per pound than chicken, beef and pork. The nutritious rabbit has had quite an interesting history too.

Three thousand years ago in Asia, rabbit was first considered for food and has been marketed in Europe for 1,000 years. There are over 50 breeds of rabbits, seven of which originated in the United States.

Today, over 31,000,000 pounds of rabbit meat is produced in the United States every year.

But meat is not all a rabbit provides. The wool of a rabbit has been branded as warmer and lighter than that of any other animal. Only 7 to 8 percent of the domestic rabbit is bone. And if you're superstitious, you can even find a good use for the rabbits' feet!

But if all you want to do is enjoy a tasty rabbit dish, try some recipes listed here and see why the Europeans consider it a delicacy.

RABBIT SAUTED WITH TOMATOES & MUSHROOMS

- 1 rabbit, 2 to 2½ pounds, cut into serving pieces with liver reserved (see below for instructions)
- 3 tablespoons butter
- Salt and freshly ground pepper to taste
- ½ pound fresh mushrooms, thinly sliced, about 3 cups
- ½ cup finely chopped onions
- 2 tablespoons finely chopped shallots
- 1 teaspoon dried tarragon
- 3 tablespoons flour
- 1 cup dry white wine
- 1 cup canned or fresh tomatoes, chopped with their liquid
- 1 cup fresh or canned chicken broth
- ½ cup water
- 1 bay leaf
- 10 sprigs fresh parsley
- ½ teaspoon dried thyme
- Finely chopped parsley for garnish



Rabbits are now being raised all over the world at a profit for meat, pelts and wool. Because 93% of a rabbit can be used in this way, it has become a

favorite dish on the American table as well as a traditional meal for Europeans.

If the rabbit is frozen, let it defrost overnight in the refrigerator. Heat the butter in a large, heavy skillet and add the rabbit pieces, including the liver. Be sure to trim off and discard any dark or black spots on the liver as they impart a bitter flavor.

Sprinkle the rabbit pieces with salt and pepper to taste and cook until golden brown on one side. Turn the pieces and cook until golden brown on the other side. Remove the liver and set aside.

Scatter the mushrooms over all. Cook over moderate heat, stirring the ingredients so that they cook evenly, about 10 minutes.

Add the onions and shallots and stir. Add the tarragon. Sprinkle with flour and stir so that the pieces of rabbit are coated with flour. Add the wine and tomatoes; stir to blend well.

Add the chicken broth and water and stir. Tie the bay leaf, parsley sprigs and thyme into a cheesecloth bundle with string. Add it. Add more pepper to taste. Cook about five minutes.

Cover and cook over low heat about 25 minutes. Add the liver, cover and cook five minutes longer. Remove herb bundle. Sprinkle with the chopped parsley and serve. Makes 4 to 6 servings.

HASENPFEFFER RABBIT

- 8 or 10 pieces of dressed rabbit
- ¼ cup fat
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon allspice or cloves
- 1 medium-sized sliced onion
- 2 heads garlic
- 2 bay leaves
- ½ cup vinegar
- 1 can tomato puree

Roll pieces of meat in flour and sprinkle with salt and pepper. Fry until golden brown. Place in a baking pan or casserole and add sliced onion, seasoning, vinegar, and tomato puree. Let simmer or bake at 350° for 1 to 1½ hrs. Serves 8 to 10.

Miss Eleanor Burkholder
Kutztown, Pa. 19530

HOW TO CUT UP A FRESH RABBIT FOR COOKING

Cut off the hind legs and separate the thighs from the legs. Set aside. Cut off each foreleg and leave them intact. Cut the saddle crosswise into three pieces. Crack the breast lengthwise down the backbone. Cut each breast piece in half crosswise. There will thus far be four breast pieces. If the rabbit's head is used, crack it partly from the top. Set the liver aside.

BASQUE RABBIT

- 1 rabbit, cut up
- 1 can large, pitted black olives
- ½ cup chopped green onions
- ½ cup lemon juice
- ½ cup olive oil
- garlic salt
- paprika
- pepper to taste

Serve over:

Rice made with 1 can tomato sauce in the cooking water. Keep it moist, do not over-dry it.

Marinate rabbit for at least one hour in a blend of the lemon juice, olive oil, garlic salt and paprika and onions. Bake the meat for one hour, in a covered dish, in a moderate oven (325°). Arrange the rabbit over the cooked rice, in a casserole. Garnish with the olives, pour over any of the liquid in the pan the rabbit was baked in—sprinkle on more garlic salt and paprika, and pepper to taste. Bake for ten minutes or so in a very hot oven—until slightly browned. (Or broil under a grill until browned.) Serve with a large tossed salad made with marinated artichoke hearts, along with some heated French bread sticks—for a gala event.

Mrs. Tammy DeJesus, Lititz

RABBIT TERIYAKI

- 2 rabbits, cut up
- Marinate of:
- 1 cup soy sauce
- ½ cup honey
- ¼ cup fine oil (peanut, sunflower, etc.)
- 1 teaspoon finely minced fresh ginger
- 1 clove minced garlic

Allow rabbit to remain in marinade for at least 4 hours at room temperature. Barbecue over charcoal; about 40 minutes cooking time is necessary to cook the rabbit through. Attend to the time carefully, basting with remaining marinade as needed, so the meat does not dry out. Your attention will be well rewarded! This is a fantastic entree, especially when served with rice, a green vegetable of the season, and Blossom Salad.

- Blossom Salad:**
- 1 small can mandarin oranges (drained)
- 1 small can pineapple chunks (or, preferably, fresh pineapple)
- ¼ cup chopped celery
- 2 medium bananas—sliced into circles

Combine the above and place onto lettuce or alfalfa sprout "nests"—drizzle over a blend of 2 tablespoons lemon juice, 1 tablespoon honey and ¼ cup coconut.

Mrs. Ellen Wolfe, Schaefferstown
(Turn to Page C14)

Cook's Question Corner



QUESTION - I am looking for a recipe to make water crackers or oyster crackers.

Mrs. Raymond D. Snyder, 291 Leidy Road, Souderton, PA 18964

ANSWERS: This week we have answers to Iva Mae Love's request for peanut butter pie and Mrs. William Lindmeir's request for Shoo-Fly Cake. Look for them at the end of the rabbit recipes.

Please send any questions on cooking or the home to the Cook's Question Corner, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

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