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## Rabbit Recipes for Your Dining Pleasure

By Arleen M. Kaptur

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Rabbit meat is very famous in many European communities. A younger animal is more tender, but the mature have a lot of flavor.

The taste of rabbit can be compared to chicken, but it is more dense and dry. You may try substituting rabbit in some of your chicken dishes for a pleasant change of taste.

To remove any "gamey" or otherwise just to tenderize, soak the rabbit pieces in buttermilk. Some cooks prefer a marinade of wine and vinegar mix, but this creates a spicier and sharply flavored dish.

To your enjoyment –

European (Hasenpfeffer)Rabbit:

1 cup vinegar, 1 onion, sliced, 1/2 cup sugar, 1 tsp. mixed pickling spices, 1 1–2 lb. rabbit, cut-up, 2 tbs. flour, 2 tbs. shortening

Mix 3 cups water, vinegar, onion, sugar and pickling spices, 2 tsp. salt, and 1/4 tsp. pepper. Add meat. Refrigerate for 2 days. Remove meat from marinade, reserving 1 cup. Dry the meat with paper toweling.

Coat rabbit with flour. Brown in hot shortening, slowly add the marinade. Cover and simmer for 45–60 mins. or until tender (add additional water, if necessary, during cooking time). Remove the meat; thicken the liquid for gravy with a roux, if desired.

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Fried Rabbit:

Coat 1 1–2 lb. rabbit, cut up, with a mixture of 1/4 cup flour, 3/4 tsp. salt, and a sprinkling of pepper.

In a pan, brown meat slowly in 2 tbs. hot shortening. When golden brown, reduce heat, add 3 tbs. water. Cover and simmer for 30 mins. or until fork tender. Add additional water during cooking time if needed.

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For an elegant, highly seasoned dish, try:

Rabbit Casserole:

1 large rabbit, brandy, 1/2 to 3/4 lb. Canadian bacon, salt, black pepper, 2 whole cloves garlic, finely chopped, 1/2 cup chopped fresh parsley, 1 cup rye bread breadcrumbs, 1 cup dry red wine, 1 cup madeira wine, flour and water mix –

Cut rabbit into pieces and remove the bones. Sprinkle meat with brandy. Let stand at room

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temperature for 30 mins.

In a casserole, line bottom with Canadian bacon, and add the following in order: rabbit meat, salt, pepper, garlic, parsley, bread crumbs and another layer of bacon. Continue until all ingredients are used up. The top layer should be bacon. Pour red wine and madeira over ingredients. Make a flour and water dough and press around the edges of the casserole, in a very thin edging. Cover the casserole tightly. Bake (350) for 2 hours.

If desired, paprika and thyme may be added for additional spice.

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This is a family favorite – delicate but with a lot of taste:

Rabbit in Cream:

(Serve with applesauce and fried potatoes)

1 large rabbit, cut into serving pieces, 6 tbs. flour, salt, black pepper, 2 tbs. butter, 2 tbs. oil, 1–1/2 cups

light cream

Wash rabbit pieces and pat dry with paper toweling. Dust with 4 tbs. flour and sprinkle with salt and pepper. Heat the butter and oil in pan, brown the pieces on each side, cover and cook for 30 mins. or until the juices run clear.

Place the meat on a heated platter. Add the remaining 2 tbs. flour to the pan drippings, stir and scrape the bits from the bottom. Slowly stir in the cream and cook, stirring, over medium heat until the sauce is thickened, at least 7 mins.

Spoon sauce over the meat before serving.

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Happy Rabbit:

1 large rabbit, cut up, 2 tbs. cooking oil, 4 white potatoes, peeled and quartered, 4 carrots, peeled and cut into 1/2" pieces, 1 onion, sliced and separated into rings, 1 12-oz. can beer or 1–1/2 cups apple juice may be substituted, 1/4 cup chili sauce, 1/2 tsp. salt, 1/4 cup cold water, 2 tbs. flour

Wash and pat meat dry with paper toweling. Sprinkle salt and pepper over meat.

In a pan, brown rabbit on all sides in hot cooking oil. Drain the fat.

Add the potatoes, carrots, and onion to pan. Combine beer, chili sauce, and salt. Pour over ingredients in pan. Bring to boil; reduce heat. Cover and simmer for 45 mins. or until fork tender. Place rabbit on warm platter and surround with vegetables.

For sauce, skim fat from pan juices. Add water to equal 1–1/2 cups liquid. Return pan juices to skillet used to fry rabbit. Combine water and flour and stir into pan juices until completely dissolved. Cook over low heat until thick and bubbly. Spoon a little over meat on platter and pass gravy around.

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Hope these ideas give you some tasty mealtime ideas.

ENJOY!

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(Excerpts from Arleen's Book – Wild Game Cooking)

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**House Rabbits are fun and cute pets.**

**By Mike Yeager**

House rabbits are a perfect pet for many people, regardless of whether they live on a farm or in an apartment. House rabbits are small, easy to take care of, and don't require any expensive supplies like some other pets do. They are cute, friendly, and playful. They are also safe enough that you can have a child play with a rabbit unsupervised, something that would probably not be safe to do with a dog. Also, rabbits love to play with children. Having more than one rabbit will just add to the fun. However, if you do have more than one rabbit, make sure they are the same sex. Also, while rabbits sometimes get along well with other pets, it is generally best to not mix rabbits with cats or dogs.

Caring for your House Rabbits.

Care for house rabbits is critical for the well being of your rabbit and for your enjoyment of your rabbit. You will not be able to enjoy your rabbit as nearly as much if your rabbit is constantly ill. Also, your rabbit will not be very happy if it spends most of its time feeling miserable. Unfortunately, rabbits are very vulnerable to disease. The best way to protect your rabbit from disease is to make sure that your rabbit and its cage are always clean. Regularly clean your rabbit's cage with a disinfectant, and also give your rabbit an occasional bath. If you have a new rabbit, quarantine it from the rest of the rabbits for at least two weeks. If at the end of the two weeks the new rabbit looks fine, it is probably safe to put it in with the other rabbits. If you have questions about rabbit care, ask your veterinarian.

Mike Yeager  
Publisher

House Rabbits are fun and cute pets.

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Caring For Your First Rabbit

Turn Your Dining Table Into A Masterpiece With The Perfect Dining Set

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