



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Immediate Release

DOMESTIC RABBITS MAKE TASTY DISHERS DURING MEAT SHORTAGE

With the shortage of our favorite kinds of meat daily becoming more acute, the resourceful housewife looks around for suitable and tasty replacements.

Domestic rabbits provide a most attractive variation to the meal that otherwise might be meatless, suggests the Fish and Wildlife Service, United States Department of the Interior.

In the western States where the production of domestic rabbits has become an extensive and valuable industry, and where single large rabbitries keep several thousand animals, the meat is served regularly in hotels and restaurants as well as in homes.

Located throughout the country are many smaller rabbit farms that make available a supply of this meat throughout the year, although the heaviest production is during fall and winter.

All the meat on the animal is white and delicately flavored throughout. In food value it is in the class with poultry and other meats as a source of efficient protein.

In color and flavor of meat, domestic rabbit is so superior to wild as to seem an entirely different article of food. In addition, hutch-raised domestic rabbits have been free also from the disease tularemia, which has been contracted in some cases by persons handling wild rabbits.

In cooperation with the "food-for-freedom" campaign, the Fish and Wildlife Service has exerted every effort to step up domestic rabbit production to furnish more meat. According to Service experts, the home use of this fine-grained, pearly white, and nutritious meat will not only release other meat for the armed forces and for exportation to our Allies, but it will add variety to the family diet throughout the year.

Like young chickens and tender steaks and chops, young rabbits can be cooked by the quick methods of frying or broiling, such as the two recipes that follow:

(over)

BROILED RABBIT

Select a plump young rabbit for broiling. After dressing, wipe the meat with a clean damp cloth, and rub with salt, pepper, and flour. Lay the rabbit whole back down, on a rack in an uncovered roasting pan, and place generous pieces of butter or other fat in the hollow places, but do not add water. Cook in a moderate oven (350 degrees F.) for 40 to 50 minutes, or until tender. Turn the rabbit over, baste with the pan drippings, and place under the flame of the broiling oven to brown. Cut the broiled rabbit into pieces for serving, place on a hot platter, and pour on the drippings mixed with finely chopped parsley. Serve with crisp lattice potatoes. (Rabbit Recipes, Leaflet No. 66, U. S. Department of Agriculture.)

FRIED RABBIT

2 young rabbits (2½ to 3½ pounds)	1 teaspoon salt
2 egg yolks, slightly beaten	1/2 cup butter or other fat
3 cups milk	Currant jelly
1¼ cups flour	1 tbsp. minced parsley

Wash dressed rabbit thoroughly with running water. Cut in serving pieces. Combine eggs and 1 cup milk, add 1 cup flour gradually then salt and beat until smooth. Dip rabbit into batter and fry in hot butter until golden brown, about 15 minutes. Reduce heat and continue cooking until tender, 30 to 40 minutes, turning frequently. To make gravy, add remaining flour to fat in pan, add remaining milk gradually, stirring constantly, bring to a boil and season with salt and pepper. Pour over rabbits and garnish with jelly and parsley. Serves 6 to 8. (Mississippi Valley section of the United States Regional Cook Book.)