



43a7b23

DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Immediate Release

RABBIT MEAT ADDS TO FAMILY FOOD SUPPLY

Home-grown domestic rabbit meat is proving to be a boon to housewives during these days when rationed meats are scarce and chickens are still none too plentiful, declares the Fish and Wildlife Service of the United States Department of the Interior.

This pearly white, fine-grained meat which is so nutritious and palatable has an added advantage in that it may be served throughout the year, the same as chicken. It is not a seasonal product.

The home-dweller with a backyard rabbitry of 3 or 4 does and a buck can produce a year-around supply of rabbit meat which will furnish the average family with all that it will use. Only 90 days are required from the time the doe is mated until the young rabbits are ready for the table.

In some sections of the country, particularly in the western States, rabbit meat is available in butcher shops and is served regularly at restaurants, hotels and hospitals. It is estimated that between $6\frac{1}{2}$ and 7 million pounds of rabbit meat were consumed in Los Angeles during 1942.

Domestic rabbit meat is an excellent summer meat and can be easily and quickly prepared in any number of ways. Like young chickens and tender steaks and chops, young fryer rabbits can be cooked by the quick methods of frying or broiling. In fact, any favorite chicken recipe can be used for rabbits. Older rabbits, however, need longer slower cooking.

Here are three favorite recipes from California:

Rabbit a la Marengo

Cut up one rabbit into neat joints. Melt $\frac{1}{2}$ cup fat in saucepan, put in rabbit and fry it quickly till browned, add 2 chopped small onions, and fry for a few minutes, pour off any fat into another pan, add to rabbit 1 cup brown sauce, 2 chopped tomatoes, 8 button mushrooms, seasoning of salt, pepper and paprika. Put on lid and simmer gently 1 hour. Arrange rabbit on hot dish, put mushrooms in heaps around with thin lemon slices, season gravy and pour it over.

Barbecued Rabbits

Stretch 2 rabbits full length in long baking pan. Put in a hot oven with very little water in bottom of pan to keep from sticking. After rabbits have been in oven 10 minutes, rub good with butter and reduce heat to a low degree. Make a basting of 1 tablespoon salt, 1 teaspoon of black pepper, and 1 cup of vinegar. Baste rabbits with this every few minutes. Cook $1\frac{1}{2}$ to 2 hours. When rabbits are done all moisture should be cooked out of pan. Make a barbecue dressing on top of stove with the following:

1 teaspoon mustard	1 teaspoon black pepper
1 teaspoon sugar	1 teaspoon paprika
1 teaspoon flour	1 egg yolk
1 cup vinegar	

Mix egg yolk and all dry ingredients and then pour over them 1 cup of boiling vinegar. Cook until thick.

Wartime Rabbit Casserole

Clean and cut one rabbit into serving pieces. Salt and pepper to season, dredge with flour. Heat 2 tablespoons each butter or margarine and cooking oil in a heavy skillet over a medium gas flame; brown rabbit on both sides in hot fat. Then transfer rabbit to a casserole; add $1/2$ cup diced celery. Cover, place in oven preheated to 325 degrees F. and bake for one hour or until tender. To utilize the oven heat more fully, bake scalloped potatoes and a dish of apples at the same time.

#