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DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release On Receipt

"Clean the platter" as well as "clean the plate" is the golden rule to follow after big holiday dinners during these wartime days when food fights for freedom.

The problem of what to do with roast rabbit meat, left over from holiday meals, has been solved for housewives by the food experts of the Fish and Wildlife Service, United States Department of the Interior.

Under the direction of Miss Edith E. Hopkins, food technologist, new recipes have been developed recently in the test kitchens of the Service at College Park, Md., designed especially to utilize leftover roast rabbit meat. In recognition of the present shortage of butter, these recipes allow for the substitution of fortified margarine.

Five-pound rabbits, stuffed, are excellent for roasting, and make an ideal substitute for the traditional turkey or chicken during the holiday season, particularly for the small family dinner, according to Miss Hopkins.

"Rabbit in Potato Nest" and "Rabbit Shortcake" are two recipes that Miss Hopkins recommends for using leftover meat. A rabbit sandwich and a salad, and two a la King recipes are also offered. All recipes are for six serving portions.

Rabbit a la King

2 cups diced roast rabbit
4 tablespoons butter or fortified margarine
2 tablespoons chopped green pepper
3 tablespoons flour
1 teaspoon salt
1/8 teaspoon pepper
2 cups milk

Melt the butter or fortified margarine and add the green pepper and cook until soft. Add flour, salt and pepper and blend. Gradually add the milk and cook until thick, stirring constantly. Add the rabbit, stir and cook over low heat about 5 minutes or until thoroughly heated. Serve hot on buttered toast or biscuits.

Rabbit a la King Supreme

2 cups diced roast rabbit
4 tablespoons butter or fortified margarine
1 cup sliced mushrooms
2 tablespoons chopped green pepper
2 tablespoons flour
1 teaspoon salt
1/8 teaspoon pepper
2 cups milk

Melt the butter or fortified margarine and add the mushrooms and green pepper and cook until the mushrooms are lightly brown and the green pepper is soft. Add flour, salt and pepper and blend. Gradually add the milk and cook until thick, stirring constantly. Add the rabbit, stir and cook over low heat about 5 minutes or until thoroughly heated. Serve hot on buttered toast or biscuits.

Rabbit in Potato Nest

3 cups diced roast rabbit	2 cups milk
4 tablespoons vegetable shortening	1 cup cooked sliced carrots
4 tablespoons flour	1 cup cooked peas
2 1/2 teaspoons salt	1 1/2 cups unseasoned mashed potatoes
1/4 teaspoon pepper	2 tablespoons buttered bread crumbs

Melt the vegetable shortening and blend in the flour, pepper and 1 1/2 teaspoons salt. Gradually add the milk and cook until thick, stirring constantly. Add the rest of the salt to the mashed potatoes and spread them on the bottom of a greased shallow baking pan. Top with the rabbit and then the combined carrots, peas and cream sauce. Sprinkle the buttered bread crumbs over the top and bake for 20 minutes at 400°F. (hot oven) until the crumbs are brown.

Rabbit Shortcake

2 cups diced roast rabbit
2 cups rabbit gravy
6 hot baking powder biscuits split

Heat the rabbit in the gravy. For each serving place a generous spoonful of rabbit and gravy on each split biscuit and top with another split biscuit and another generous spoonful of rabbit and gravy.

Rabbit Sandwich

3 slices cold roast rabbit	1 teaspoon mayonnaise
5 slices of cucumber	1 leaf of lettuce
$\frac{1}{2}$ teaspoon salt	2 slices enriched buttered bread

Place the slices of rabbit on the buttered side of one slice of bread and season with the salt, cover with the slices of cucumber and top with the mayonnaise and lettuce leaf. Cover with other buttered slice of bread. Makes 1 sandwich.

Rabbit Salad

2 cups diced roast rabbit	$\frac{3}{4}$ teaspoon salt
1 cup diced celery	$\frac{1}{8}$ teaspoon pepper
1 tablespoon chopped parsley	$\frac{1}{2}$ cup mayonnaise or salad dressing
1 teaspoon grated onion	

Combine all the above ingredients and serve in lettuce cups. May be used as sandwich filling.