

Tips for Cooking Rabbit

Rabbit meat can be substituted for just about any recipe calling for skinless chicken. Here are some of our favorite techniques and tips. Find recipes at our blog: www.PocketPause.com/Recipes

- * De-bone loins and slice the firm meat to stir fry
- * The front legs or “wings” have the least amount of meat but are the most tender. Try marinating and slow cooking with your favorite buffalo wing recipe or make a gourmet french dish using the whole rabbit cut into parts with mustard and cream
- * Rabbit is very lean and supposedly “not suitable” for grilling on a BBQ grill. I disagree! Marinate well and throw the whole rabbit on the grill. Cook on a lowish heat for about 20 minutes each side or until juices run clear. Let the rabbit rest before dividing into portions.
- * Rabbit in the crock pot is an easy way to prepare it and can be used in curry, stew or even mexican dishes! When slow braising rabbit, watch out for tiny bones!
- * Our all time favorite dish is a play on chicken strips. The belly flaps on a rabbit are the perfect size for a strip. Just coat in egg, flour mixture, egg, flour mixture and place on a greased cookie sheet. Bake at 375 for 10 minutes, flip and cook another 10 minutes. Serve 3 strips per adult along with a yummy dipping sauce!
- * Try your hand at de-boning the whole rabbit leaving a perfect rabbit shape without bones (google the youtube video “de-boning a rabbit” for a how-to). Fill this with mushrooms, herbs, cheese, etc and wrap tightly into a roll. Wrap the roll in bacon and roast this stuffed rabbit for your next special meal!

Edible Portion	% Protein	%Fat	Calories/LB
Rabbit	20.8	4.5	795
Muscovy Hen	21.1	18.3	950
Muscovy Drake	18.9	18	930
Turkey	20.1	20	1190
Pork	11.9	45	2050
Chicken	20	17.9	810
Lamb	15.7	27.7	1420
Beef	16.3	28	1440
Peking Duck	16	28.6	1015