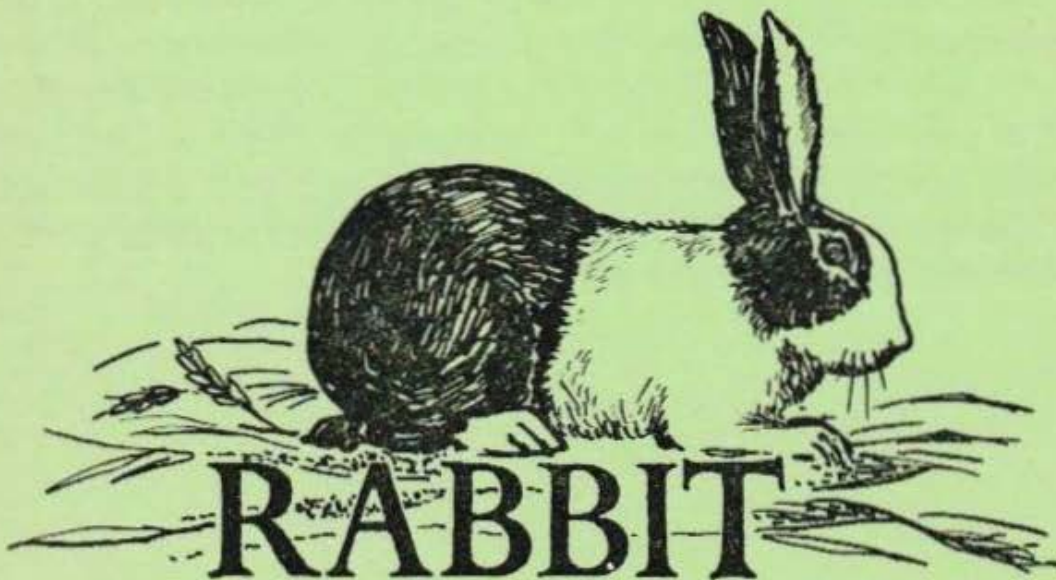


Rabbit meat is being produced in most countries of the world, and is the cheapest meat everywhere. It is a High Protein and Low Fat meat, most digestible and easily prepared.

Here are seven easily prepared and delicious dishes. Try them for a change.



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**80. RABBIT WITH CELERY AND
SOUR CREAM**

1 rabbit, dressed and ready to cook

2 or 3 peeled and sliced onions

$\frac{1}{2}$ cup cooking oil

flour mixed with salt, pepper, garlic salt and dried herbs
to taste

$\frac{1}{2}$ cup chopped parsley

2 cups chopped celery

1 $\frac{1}{2}$ cups sour cream or top-of-the-milk

Cut rabbit into serving portions and roll in the seasoned flour. Heat oil and brown, first the onions and then the rabbit pieces. Meanwhile, place the parsley and celery in a good sized casserole and pour over half the cream. Simmer for 15 minutes. Now place the browned rabbit and onion on top, pour over the rest of the cream, and simmer for about 2 hours. Scrape the brown juices from the sides of the casserole with a knife every now and then, and add a little water if it gets too thick, but do not make it too wet. When ready, carefully place the rabbit pieces on a serving dish and pour over the celery sauce.

81. FRICASSEE OF RABBIT

1 rabbit, dressed and cut up
2 cups clear stock or chicken soup
 $\frac{1}{2}$ pint milk
2 onions, sliced
1 large carrot
1 turnip
4 large sticks celery
mint and parsley
salt and pepper
flour and 1 tablespoon margarine

Put the rabbit into a saucepan and simmer in the stock till tender. Add the vegetables and a little salt and pepper and cook all till soft. Melt the margarine, stir in the flour and some of the milk to make a little thick white sauce. When ready, take up the rabbit, and cut off the bones. Keep hot. Strain the vegetables, and use the liquid and more milk to make more of the sauce. Mash the vegetables, or mince them and add to the sauce. Season to taste, add to the rabbit and serve.

82. RABBIT IN BEER AND BLACK PUDDING SAUCE

1 rabbit, cut into serving portions

$\frac{1}{2}$ bottle beer

1 clove garlic, crushed

1 bay leaf

4 large onions, sliced thinly

1 tablespoon flour

1 tablespoon margarine

1 cup stock

1 grated carrot

6 potatoes

extra margarine

$\frac{1}{2}$ black pudding, peeled and sliced

Place the rabbit in a good sized dish and pour over the beer adding the garlic, bay leaf, onions and a little salt and pepper. Leave to marinate for 24 hours. Drain the joints of meat and roll in seasoned flour. Heat the margarine and brown the rabbit, place in a casserole and pour over the beer and stock and onions. Add the grated carrot and simmer for $1\frac{1}{2}$ hours, or till tender. Mash the black pudding and add to the rabbit. Boil the potatoes till tender, but not broken; slice them and place on top of the rabbit. Dot potatoes with small pieces of margarine and cook uncovered for 30 minutes till potatoes are well done.

83. BRAISED RABBIT WITH TOMATOES

1 rabbit, dressed ready for the oven
seasoned flour
3 medium onions, sliced
1 cup stock
salt and pepper
1 teaspoon paprika
2 tablespoons sour cream
6 good sized tomatoes
2 teaspoons sugar
cooking oil

Roll the cut up rabbit in seasoned flour. Brown the sliced onions in a little oil, then add the rabbit and brown well. Pour over the stock, add paprika and skinned tomatoes. Simmer till rabbit is tender, then add a little flour, mixed with sugar and water to thicken the liquid. When it is quite cooked, add the cream and do not allow to boil again or it will curdle.

84. RABBIT PIE WITH FORCEMEAT CRUST

1 rabbit, cut into serving portions
3 rashers bacon
salt and pepper
1 tablespoon chopped parsley
1 tablespoon chopped mint
 $\frac{1}{2}$ cup milk

FOR FORCEMEAT CRUST

4 goodsized onions, chopped
1 tablespoon margarine
2 cups fresh white breadcrumbs
grated rind of $\frac{1}{2}$ lemon
3 tablespoons chopped parsley
1 egg, beaten
a little milk if necessary

Roll the pieces of rabbit in seasoned flour. Pack into a deep ovenproof dish, with the rashers of bacon on top. Sprinkle with parsley and mint, and pour on the milk. Cook in the oven till meat is nearly cooked. In the meantime make the crust as follows . . .

Cook the chopped onions in the margarine till light brown. Turn into a bowl and add the crumbs, lemon rind and egg and parsley. Add a little milk if it is very dry, but be careful not to get it wet. Spread this mixture on top of the rabbit, and cook gently for about 1 hour, or till the meat is cooked, which can be tested by inserting a long pointed knife into the centre.

85. RABBIT AND BACON CASSEROLE

- 1 rabbit, dressed ready to cook
- $\frac{1}{2}$ cup flour (seasoned with salt, pepper and curry powder)
- 1 tablespoon margarine
- 2 large onions, sliced
- 6 or 7 rashers bacon
- 1 cup good stock
- 1 tablespoon cyder vinegar
- 2 tablespoons chopped parsley

Cut rabbit into serving portions. Roll in seasoned flour, keeping at least 1 tablespoon in reserve for thickening later. Heat the margarine and brown the onions in it. Now wrap each piece of rabbit in a rasher, or half a rasher of bacon, and put into the pan and brown slowly. This can all be done in the casserole in which you are going to cook the rabbit. Turn the wrapped rabbit several times then add stock and vinegar. Simmer till tender and take out some of the liquid and add the remainder of flour to it, return to the casserole, and when thick, add the parsley not too long before serving.

86. RABBIT SUPREME

1 rabbit, dressed, ready to cook
flour mixed with salt and pepper
butter or margarine
2 large onions
1 cup thick sour milk

Cut up the rabbit into serving portions. Flour them well with the seasoned mixture. Slice the onions and brown well in the fat. Add the rabbit, and when all is well browned, place in a casserole, pour over the sour milk, and simmer till tender, about 1 to 1½ hours.