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Contributors

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RABBIT SALAD (cold)

1 lb. potatoes cooked in their jackets 1 small onion or leek
 1 lb. cold cooked rabbit meat Pepper, salt and parsley

Peel and chop potatoes roughly while hot. Mix with the diced rabbit meat and finely chopped onion or leek. Season and mix with salad dressing made according to recipe in Leaflet No. 37. Serve a portion in the centre of a bed of lettuce or watercress surrounded by mounds of raw grated carrot, swede, beetroot, cabbage, etc., or any other vegetables in season. Serves 6 persons.

HOW TO SKIN, PAUNCH AND BLANCH A RABBIT

TO SKIN: Use a meat hook, or metal skewer, bent to form a hook. Force the hook through the skin of both back legs, just below the first joint, between the tendon and the bone. Hang the hook on a beam or strong nail, so that the rabbit is hanging head downwards, and place a bowl immediately below.

First, with a sharp knife cut carefully the skin on the back legs just below the hook, going right round each back leg. Then cut the skin down the back of the back legs to the base of the tail. Pull this skin off the legs. Then cut through the skin that joins the back to the belly, and at the same time the vent (natural opening) and the tail. Pull downwards, pulling the skin off the carcass like a stocking. This should go as far as the front legs. You will then observe that there is a flap of skin joining the skin to the inside of the front legs. Cut this, and put the fingers of the left hand through the hole you have cut, and hold the "elbow" of the front leg in the right hand. Now pull until the skin on the leg breaks, and the leg is released. Treat other front leg the same.

Continue pulling downwards until the base of the ears is reached. Cut these off. Pull again until the eyes are reached. Remove the eyes and cut through the cord that joins them to the brain. It will then be found necessary to cut through the tissue that joins the skin to the head. Continue until all the skin is off.

TO PAUNCH (i.e., to remove intestines): Cut down the seam of the belly from the pelvic joint (lower abdominal cavity) to the first rib, taking care not to puncture the intestines. Cut around the vent, separating it from the flesh. Then hold the very top of the bladder (above the level of the fluid contents), pull out the bladder and drop in the bowl. Pull out the portion of the intestine which starts at the vent. The intestines will then fall to the supporting tissue just below the kidneys; break this, and the intestines will fall into the bowl. Grasp the stomach and pull, removing as much as possible without tearing the liver or the tube that goes through it. Next find the gall-bladder in the top of the liver, and cut it away, taking care not to burst it. Then put the hand as far as possible through the chest-wall into the chest, hooking the first two fingers round the heart and lungs and pulling them out. Save heart, kidneys and liver for cooking, the lungs for a dog or cat, and throw rest away.

Now take the rabbit off the hook and chop off the front and back paws, thoroughly wash in cold water, and the rabbit is ready for cooking.

TO BLANCH (i.e., to make the flesh white): It is a matter of taste whether a rabbit needs blanching before cooking; with a young and tender tame rabbit we do not think it is necessary. You just soak the rabbit in warm water with a teaspoonful of salt for an hour, and then remove the rabbit.

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STORK MARGARINE COOKERY SERVICE

RABBIT COOKERY

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HOW TO SKIN, PAUNCH AND BLANCH A RABBIT

This leaflet is really intended for all those people who are keeping tame rabbits, although the recipes can also be used for wild rabbit.

The obvious way to cook a young and tender tame rabbit is to roast it, and the result is as delicious as roast chicken. If the age of the rabbit is unknown, or wild rabbit is used, however, it is safer first to steam the rabbit before roasting.

As an alternative to roasting, and the usual Pie, other recipes are given. Small families who cannot finish a rabbit in one meal should study specially the recipes using already cooked rabbit, and they will find many ways of making nice and tasty meals with "left-overs."

Finally, those keepers of tame rabbits may find the instructions for skinning and cleaning of help to them.

ROAST RABBIT

1 large rabbit Stuffing
 2 rashers fat bacon Fat for basting
 1 tablespoonful flour, seasoned with salt and pepper

Wash and wipe the rabbit dry, and fill it with the stuffing (recipe overleaf). Sew up with coarse cotton or fine string, so that the sides are drawn together and none of the stuffing escapes. Bend the hind legs forward and the forelegs backwards, cutting the sinews to enable legs to lie closely to the body. Fix legs in place with skewers or string. Raise the head and fix it into position by passing a skewer through the mouth and down between the shoulders. If preferred, cut off head

close to shoulders. Sprinkle seasoned flour over rabbit, and tie slices of bacon over the back. Roast in a fairly hot oven (Regulo Mark 6) for about 1 hour, basting it frequently. Ten minutes before serving remove the bacon and baste the rabbit well. Put back in the oven to brown. Place on a hot dish, remove all skewers and thread. Serve with gravy made like that from a roast joint. Serves 4 to 5 persons.

Stuffing: 1 lb. mashed potato 1 or 2 rashers of fairly fat bacon
1 tablespoonful parsley Salt and pepper
1 onion or leek, or 2 teaspoonful mixed dried herbs

Chop parsley, onion or leek and uncooked bacon. Add mashed potato and herbs if used, season well, and mix together.

RABBIT HOT-POT

1 rabbit 1 rasher of bacon 1 dessertspoonful flour
2 medium carrots 3 or 4 potatoes Teacupful water
Chopped onion or leek or onion salt Salt and pepper
1 teaspoonful chopped parsley

Cut the rabbit into joints and the bacon into small pieces. Put some joints of rabbit in a casserole, then some bacon, chopped onion, sliced carrots, sliced potatoes, parsley and seasoning. Continue in layers until all are used, finishing with a layer of potatoes on top. Blend the flour with the water and pour over. Put on lid, and bake 1½ to 2 hours in a moderate oven (Regulo Mark 4) till meat comes away from the bones. Half an hour before serving, remove casserole lid so that potatoes will brown. If not using oven for anything else, it can be done the same way in a saucepan. Serves 4 to 5 persons.

BLANQUETTE OF RABBIT

1 rabbit 1 oz. flour
1 onion, leek, or onion salt 1 oz. margarine
2 carrots Chopped parsley
1 turnip Pepper, salt, household milk
Stick celery

Joint the rabbit and put into a saucepan with the sliced onion, carrot, turnip and celery, and about ½ pint water, or enough to cover. Salt and pepper to taste. Bring to the boil, and simmer till quite tender, 1½ to 2 hours. Strain off the liquid, and put the rabbit, etc., on to a hot dish. Melt the margarine and add the flour. Then stir in the liquid from the rabbit and make up to ½ pint with liquid household milk, and simmer until it thickens. Pour the sauce over the rabbit and vegetables, and sprinkle with chopped parsley. Serves 4 to 5 persons.

RABBIT PIE

1 rabbit ½ pint stock or water
1 onion 2 rashers bacon
1 oz. cooking fat Salt and pepper

Joint the rabbit; cut bacon and onion into pieces; fry altogether in the hot fat for five minutes. Put into a pie dish, add salt and pepper, and stock or water. Cover with the pastry, cutting a hole in the middle of the pastry to allow steam to escape, and bake for 1½ to 2 hours in a moderate oven (Regulo Mark 4). Serves 4 to 5 persons.

Potato Pastry Crust:
6 ozs. mashed potato 3 ozs. self-raising flour
1½ ozs. margarine or cooking fat Salt

Sieve flour and salt into a basin. Rub in margarine. Add potato. Mix to a stiff paste with a little water. Roll out on a floured board.

CURRIED RABBIT

1 rabbit 1 oz. cooking fat
1 large onion 1 dessertspoonful curry powder
1 large apple (if possible) 1½ tablespoonful flour
A few sultanas 1 pint stock or water
Salt, pepper and cayenne

2 tablespoonful tomato puree, or 2 fresh or bottled tomatoes

Remove the head and neck from the rabbit. Cut the remainder into joints. Sprinkle with half the flour, and fry until browned in the cooking fat. Remove the rabbit and fry the chopped onion. Add the remainder of the flour and curry powder and brown slowly. Now stir

in slowly the 1 pint liquid, tomato puree peeled chopped apple, sultanas, and season to taste with salt, pepper and cayenne. Add the rabbit and simmer slowly till tender, about 1 to 1½ hours. Serves 4 to 5 persons.

RABBIT PUDDING

1 rabbit 1 tablespoonful flour
1 onion or leek or carrot Salt and pepper
1 or 2 rashers of bacon Water or vegetable stock

Joint the rabbit and coat with the flour, mixed with 1 teaspoonful salt and half a teaspoonful pepper. Chop the bacon, onion, leek or carrot. Make the potato crust and line a greased basin with two-thirds of it, saving a third for the top. Put alternate layers of rabbit, onion or carrot, and bacon in the basin, seasoning each layer. Half fill the basin with water or stock, and cover with the rest of the pastry. Steam for 2-3 hours. Serves 4 to 5 persons.

Potato Pudding Crust:
8 ozs. plain flour 2 ozs. margarine or cooking fat
2 ozs. grated raw potato 1 teaspoonful baking powder
Sieve flour, salt and baking powder. Rub in the margarine; add grated potato. Mix to a fairly stiff paste with a little water. Roll out on a floured board.

RABBIT BROTH

Remnants of rabbit, bones, head, heart, liver, kidneys, etc.
2 quarts vegetable stock or water 3 potatoes
1 large swede 2 tablespoonful chopped parsley
3 leeks 1 oz. margarine
3 carrots Salt and pepper

Boil remnants of rabbit in vegetable stock or water for an hour, then remove all bones. Chop rabbit meat, heart, liver and kidneys into pieces. Dice vegetables. Heat margarine in a saucepan, and cook diced vegetables for ten minutes, add the liquid in which rabbit pieces were boiled, and pepper and salt, bring to the boil and simmer for 20 minutes, adding the chopped liver, etc., and parsley ten minutes before serving time. Serves 8 people.

RECIPES FOR "LEFT-OVERS"

FRICASSEE OF RABBIT

Left-overs of cooked rabbit, bones, trimmings, etc.
1 oz. margarine Sprig of parsley
½ blade of mace, 1 clove, 1 bay leaf 1 oz. flour
1 onion or leek ½ pint water or vegetable stock
1 tablespoonful chopped parsley for garnishing Salt and pepper

Put the bones, trimmings, etc., of rabbit in a saucepan with water or stock, mace, clove, bay leaf, sprig of parsley, chopped onion or leek, salt and pepper, and simmer gently for an hour. Melt the margarine in a pan, add flour, blend well, then add half a pint of stock from the bones. Stir until boiling, put in the chopped up remains of the meat, and simmer for ten minutes. Serve on a hot dish, garnished with chopped parsley. Serves 3 people.

SCALLOPED RABBIT

½ pint vegetable stock Salt and pepper to taste
½ oz. flour 1 small onion or leek
2-3 ozs. lean bacon 1 oz. margarine
1 lb. chopped cooked rabbit meat ½ lb. mashed potatoes
1 lb. bottled whole tomatoes or grated carrot

Cut bacon in squares and fry lightly in the margarine. Remove from the pan and mix with the chopped rabbit meat. Slice the onion and fry, add the flour, and stir until the mixture begins to turn a golden brown, then stir in the stock gradually until the sauce boils. Season with salt and pepper, and add chopped bacon and rabbit and boil for 3 more minutes. Place a layer of bottled tomatoes or grated carrot at the bottom of a well-greased pie-dish. Sprinkle with salt and pepper. Four over bacon and rabbit mixture. Cover with the remainder of

the tomato or carrot. Season. Spread the mashed potato evenly on top. Bake on the top shelf of a hot oven (Regulo Mark 8) till hot right through and golden brown on top, 30-40 minutes. Serves 4-5 persons.

RABBIT MOULD (cold)

1 rabbit 4 ozs. unrationed belly pork, or 2 ozs. fat bacon
2 large cooking apples, or 1 lb. parsnips 1 lb. haricot beans
½ oz. powdered gelatine (optional) 1½ pints water
Salt and pepper

Soak the beans overnight in 4 pints of cold water. Transfer the beans and the water to a saucepan, bring to the boil, and cook until tender, approximately 2 hours. The recipe can now be made in two ways—

1. Strain water from haricots, putting it aside, and press haricots through a sieve. Joint the rabbit. Chop peeled apples or parsnips, pork or bacon. Place all together in a saucepan, cover with 1 pint of water in which haricots were cooked, and stew gently for 1 hour or until rabbit is tender, adding more water if any evaporates during cooking. Take out rabbit, remove all bones, and chop the meat in cubes, and put meat back in the saucepan. Add the sieved haricot puree, stir all well together, season to taste. Leave to cool. Rinse moulds in cold water. When nearly cold, pour into one large or two medium sized wetted moulds, and leave to set for a few hours.

2. Strain water from haricots, putting it aside, and keep haricots for a haricot salad, following instructions for Rabbit Salad, but omitting rabbit. Follow above instructions, but to thicken mixture, instead of adding sieved haricots, dissolve ½ oz. powdered gelatine in ½ pint of hot water, and add to cooked rabbit mixture. Serves 6 persons.

HARICOT RABBIT CASSEROLE

1 rabbit 2 leeks or onions 1 pint vegetable stock
1 oz. margarine Salt and pepper 1 tablespoonful flour
Bouquet of parsley, mint, thyme, or tarragon
1 lb. cooked haricot beans (see above instructions)

Keep the cooked haricot beans hot.

Joint the rabbit. Make the margarine hot in a saucepan and cook the rabbit lightly with the onion or leek cut in thin slices. When turning light brown, sprinkle over the flour, and stir while this also browns. Pour in the vegetable stock, stir well until boiling, then transfer, with the bouquet of herbs, to a casserole, season and cook gently for about an hour. (Regulo Mark 5.) Serve with the haricot beans. Serves 4-5 persons.

RABBIT SAVOURY

½ pint vegetable stock 2 tablespoonful vinegar
1 oz. margarine 1 teaspoonful sugar
½ lb. chopped cooked rabbit meat 1 oz. flour
Salt and pepper to taste

Melt the margarine in a saucepan. Stir in the flour and cook until it bubbles. Draw off heat and add stock, stirring until the mixture is smooth. Replace and bring to the boil stirring all the time. Cook for three minutes. Add vinegar, sugar, and chopped rabbit meat, mix well, season and serve very hot with a border of mashed potatoes. Serves 2 persons.

RABBIT CORNISH PASTIES

Make potato pastry as recipe for Rabbit Pie, and cut into fairly large rounds.

Filling:
½ pint vegetable stock 1 teaspoonful mixed dried herbs
½ oz. margarine 4 ozs. cooked rabbit meat
½ oz. flour 1 rasher bacon
Seasoning

Chop and fry bacon lightly, and mix with the cubed rabbit meat. Make the margarine hot in a saucepan, add the flour and cook until the mixture bubbles. Add the stock, stirring all the time, and cook for three minutes. Add the mixed herbs and chopped rabbit and bacon. Season, and place about a heaped teaspoonful of the mixture in the centre of each round of pastry. Wet the edges, and either draw together in the centre, pressing lightly with the finger and thumb, or fold over to form a turnover. Bake for 30 minutes in a fairly hot oven (Regulo Mark 6) and 15 minutes in a moderate oven (Regulo Mark 4). Makes from 6 to 8 pasties.