

## ***PRODUCTS FROM RABBITS MEAT – RECIPES***



Photo: Anna Migdal

### **Rabbit sausage**

Raw materials:

- boneless rabbits meat – 4 kg
- bacon – 1 kg
- potato flour – 0,018 kg
- salt – 0,10 kg
- saltpeter – 0,004 kg
- sugar – 0,010 kg
- grinded black paper– 0,010 kg
- allspice – 0,010 kg (grind)
- boiled water, cooled – 500 ml
- natural hog casings –about 10 running meters or natural casings from rabbits intestines or artificial casings diameter 5-8 cm – about 6 running meters.

Remove bones and cut meat into small 3-5 cm piece and mix with pickling mixture (salt, saltpeter, sugar) and leave for 48h in cold place. Pickled meat should be minced in 5 mm strainer. Bacon should be cut in pieces and mince in 8 mm strainer. Mix meat and bacon, add potato flour, paper and allspice and slowly pour water into meat till it will be absorbed by meat. Taste and eventually add more spices. Tie the starting end of the casing into a knot and on the slow setting, gently support the sausage as it is piped into the casing, be careful and does not pack too tightly, also try to avoid air bubbles. Store for about 2-3 h in room temperature to dry and smoke for about 1 – 1,5 hours.

### **Rabbits meatballs:**

Raw materials:

- Rabbits meat – small pieces-
- Salt - 1,5 %

- Winter savory 0,7%
  - Olive Oil
    - remove bones from meat if need/ cut into small pieces
    - mince in 5 mm strainer
    - mix minced meat with spices
    - form meatballs and cover them with olive oils
    - fry on frying pan
- Meatballs can be also boiled and served with sauce.

**Rabbit loin, marinated in Gravad - type marinate – recipe prepared by dr Piotr Kulawik, prof UR**

Raw materials:

- Rabbit loin - 86,5%
- Salt- 5,3%
- Sugar - 4,6%
- Pepper - 1,5%
- Dill- 2,1%

Roll/ coat rabbit loin in spices, pack close and very tight into food wrap and keep for 72 hours in 4°C.

**Sushi from rabbit loin recipe prepared by dr Piotr Kulawik, prof UR**

➤ Nigiri:

Rabbit loin, marinated in Gravad – type marinate – 6g

Boiled rice – 18g

➤ Maki - sushi (roll for about 10 pieces of sushi)

- boiled rice – 230g

- rabbit loin, marinated in Gravad – type marinate – 30g

- Wasabi – 2g

- Nori - 3 g

- Thermized cream cheese (Philadelphia type) - 20 g
- Cucumber – stripes - 15 g

Rice boiling [%]:

- Raw sushi rice - 38,2 %
- Water- 57,3%
- Vinegar- 2,3 %
- Sugar - 1,9 %
- Salt - 0,4 %

**Rabbit sausage – recipe was used in preparing sausages from local rabbits breed for this brochure**

Raw materials:

- rabbits meat – 4 kg
- bacon– 1 kg (this is not necessary – without bacon you will get lean sausage, sausages prepared and analysed in this project were made without bacon )
- salt – 0,08 - 0,10 kg ( if we don't add pork bacon we can limit salt to 0,04 – 0,05 kg)
- sugar – 0,01 kg
- grinded black pepper – 0,01 kg
- natural hog casings ( jelita wieprzowe 28-33 mm)
  - remove bones from meat if need/ cut into small pieces
  - mince in 5 mm strainer
  - mix minced meat with spices
  - tie the starting end of the casing into a knot and on the slow setting, gently support the sausage as it is piped into the casing, be careful and does not pack too tightly, also try to avoid air bubbles
  - prepare smoking sticks and place sausage leaving space between sausage loops
  - traditional smoking – traditional smokehouse – logs from fruit trees – smoking time about 1 – 1,5 h (till internal temperature of sausage – 72°C)
  - cooling sausage to temperature below 15°C



Photo: Anna Migdal

### **Smoked rabbit loins**

- prepare smoking sticks and hang loins leaving space between
- traditional smoking – traditional smokehouse – logs from fruit trees – smoking time about 1 – 1,5 h (till internal temperature of sausage – 72°C)
- cooling sausage to temperature below 15°C
- Before smoking you can add some spices but this is up to your taste – in this project for research analysis we smoked loins (photo below) without spices



Photo: Anna Migdal

### Smoked rabbit hind legs

- prepare smoking sticks and hang loins leaving space between
- traditional smoking – traditional smokehouse – logs from fruit trees – smoking time about 1 – 1,5 h (till internal temperature of sausage – 72°C)
- cooling sausage to temperature below 15°C
- Before smoking you can add some spices but this is up to your taste – in this project for research analysis we smoked loins (photo below) without spices



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