

Dressing a Rabbit - Activity 1



Prepare a Rabbit Recipe

Rabbit meat is lean and healthy, but also very tasty. Plan to serve a meal with rabbit as the main dish. Find a store that carries rabbit meat and which cuts of rabbit they offer. Use your resources to find a rabbit recipe that you would like to try out, consider the rabbit cuts that you have available when choosing the recipe. The American Rabbit Breeder’s Association has a few recipes listed on their site, there are also other reputable sites that have recipes listed, your local library may even have recipe books available, or you could always substitute rabbit meat into one of your favorite dishes. Once you have completed filling in the information below, make a menu for your rabbit meal. List any side dishes, appetizers, drinks, desert, etc. that you will be serving along with your meal. Also, state what meal it is, lunch, dinner or a very creative breakfast.

Store Information:

Meal and time:

Rabbit cut:

Recipe:

Ingredients

Preparation



REFLECT/APPLY

Using your senses, how would you describe the dish?

Overall, did you like it? Why or why not?

What would you do differently if you were to prepare rabbit again?

What was the most difficult part of the recipe?

Would you ever have rabbit meat again?

How do you feel about trying new things?

