



Raising Backyard Meat Rabbits

Transcript – Module 8

Alright, so you've got your rabbit and I'm going to show you how to portion up the meat so that you can use it for your cooking. And what you're going to need is a very good sharp knife and then it helps to have some scissors that will cut bone. Alright, so we're gonna start with this cut right here. This is just a tough cut of meat, so we're just going to get it off and some people make jerky out of it. I don't. I've done that and I just feed it to my dog. Do the same thing on the other side. There we go. Okay. Now you're going to turn on side and you're just gonna take off this shoulder quarter. You're going to come from the arm pit, and you can see this shoulder. You can feel the shoulder blade right there. You're going to just go under that and there's no joints or anything. It just comes right off. Oh, this goes on this plate. Alright, and then the same thing on the other side. Just come under that arm pit. There we go. And then I'm going to flatten out the ribs here a little bit and I'm gonna feel the last rib right here and I'm just going to cut right on the other side of that rib because I wanna cut this portion into two big pieces. Same thing on this side. I'm just going to feel that rib. I don't want those ribs on there and I'm just going to come down at a diagonal and just make those two cuts right there, so it looks like that. And then just gonna break it like that; break the backbone and I'm just going to cut it off there.

I got that; I got that rib in my way. There we go. I'm gonna set that aside for just a second. I'm going to show you on this side. There are some tenders right here that we're going to want, but otherwise this part is just the rib cage and there's just not much meat in it, just bone and ribs. So, I'm just gonna ... the spine is right here so, I'm just gonna cut diagonal right here and then I'm just going to cut diagonal right here, back towards the spine. And I'm just going to get off that tender piece of meat right there. And then I'm going to do the same thing on the other side. I'm going to feel where the spine is and I'm just going to cut this way and then I'm just gonna cut towards it just to get off that other tender piece of meat. Alright, and the rest of this you can use for a bone broth with your chicken; you can throw it in there or you can also just give this to the dogs for dog food. So that's what I'm gonna do. So, I'll put that over there and get back to my main portion of rabbit. Alright. So now, I'm going to turn it here and you can kind of come down and see these notches where the legs are attached. I'm just going to come right here under that and then do the same thing on this side.

Alright, turn it over. I'm just going to come, just take that notch right there. Just come over like this and I'm just going to break that joint off. There it comes and there's kind of a pelvis right here. I'm just gonna cut on the other side of that, you can kind of feel where the bone is. There's that joint. Use my scissors for that one. Here we go, and there's the first leg quarter. I'm going to do the same thing over here. Just pop that joint. There we go. Then it just comes right off. Alright, there's the second leg quarter. Alright, and what you're left with is your back loin right here. So, I'm going to want to get this part off right here. So, there's kind of a pelvic bone right here. So again, just like I did up here with the rib cages, I'm just going to do a diagonal cut and then I'm going to feel the bone over here and I'm going to do another diagonal cut under that bone.

And I'm just going to break that spine section. There we go and again, this can go to the dogs. They love to chew on these. Alright, and so you're left with, this is the main piece of meat that you're going to get from your rabbit, and you can see those tender parts right there. That is it. I'm gonna cut off this fat. Alright, so this is what we're left with; the back, the front leg quarters, the back-leg quarters, and then just these little tenders.

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Now I'm going to take you into my kitchen and show you some things to do with these rabbit pieces. Some people take the meat off them at this point, but I've found it's much easier to cook it with the bone in and then remove the meat. So, I'll show you how I do that. Alright, join me in my kitchen and I'm going to show you some different ways to use this rabbit meat just to incorporate into your recipes for your family. So, there's a few things you want to remember about rabbit meat. It is very lean and is really delicious and it's good for you, but it can dry out easily when you're cooking and you don't want to go through all that effort just to dry out the meat at the end, the final step. So, you want to remember four things about it. You want to cook it on low heat, you want to cook it slow a longer time than you would regular meat and you want to cover it always with some sort of sauce because that seals in the moisture and you also want to seal in the moisture by covering it with either a pan lid or roaster lid or foil when you cook it.

So, remember those four things when you're dealing with rabbit meat. Now when I package my rabbit meat up to put in the freezer after harvesting day I always separate, and I put the legs and the thighs in one bag from several rabbits. And then I put the back loin in another bag because I'm going to just use these legs and thighs in lots of dishes that I do just the same as bone-in chicken, I'm just going to use it the same way, just substitute bone-in chicken. But these back loins, I find work so much better if you stew it and then you remove the meat. Take the meat off the bone. So, I've got four back loins here and I'm using my Instapot today. But if you don't have an Instapot don't let that worry. You just do it on the stove top in a stew pot, no problem. So, I put four in here and then I'm just going to cover it with chicken broth, so it doesn't dry out. There we go. I'm just going to cover it.

Okay. And then I am gonna put it on for one hour. Alright, and it should start. I'm just going to take out that meat. It's going to be really tender and it's going to be falling off the bone and I'm just going to use that meat in lots of other chicken, just like chicken dishes that I do normally for my family. Like I've put it in a chicken pot pie, but rabbit pot pie. I've used it in Chinese stir fry dishes. I've stir fried vegetables with it and put it with the rice and just like I would chicken, and I've also put it in a chicken salad, but just cross out the chicken and put the rabbit in there and substitute and make it just however you would normally make chicken salad. And so, it turns out to be really useful for lots of delicious recipes for your family.

Now I'm going to show you just the really quick, simple recipe that you can make with these bone-in pieces. So, I'm going to take these just put them down in my pan. So, these legs and these back-leg quarters are just going to be perfect for roasting in the oven. Alright, now I'm just gonna take my salt, give it a good sprinkle of salt and I'm going to do a little pepper and then garlic; powdered garlic. Perfect. And then I'm going to brush it with some barbecue sauce. Brush all of them. Because remember what I said, you always want to cover your rabbit with sauce, so it won't dry out; sauce or liquid. Now I have grilled these bone-in pieces before, we have grilled them. You just can't leave them long cause it does dry out and I, when you start cooking rabbits, you'll hear the question about brining; to brine or not to brine and so I did try that and they said to brine with pickle juice. So, it sounds different but that it would keep the meat really moist when you grilled it. So, I did brine it with pickle juice, but my whole family agreed that the texture of the meat was just off. It was mushy. So, I mean it was moist, but nobody liked it. Nobody liked it. So, I don't ... I'm not ever going to brine again, but maybe I could've left it in the brine too long. I don't really ... I left it for 24 hours in the brine in the fridge. So, I don't know if I messed it up, but I did not like the texture of the meat, so no more brining for us.

Okay. I've got a good bit of barbecue sauce on there. Okay. Now I'm gonna take each ... I'm going to use bacon because bacon makes everything better, right? And I'm just going to wrap each piece with bacon. On today's episode of Top Chef, our number one contender Ann-Marie going up against the delicious bacon-wrapped rabbit fricassee smothered in barbecue sauce and garlic powder. And that is just a Southern wonderful, just wonderful, just a delightful miracle of Southern goodness. That's what that is. It's darn like you're brushing molasses onto them rabbit ... Oh yes, because we put barbecue on everything down here in Texas. Just smother it on all them. Oh yes, everything. Fish, chicken, rabbit; barbeque sauce. It's wonderful. Bless your heart. Don't forget to lock in that moisture. We're going to add some liquid. I'm using chicken broth. You could use water if you don't have chicken broth. So, I'm just going to kind of pour it in

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between. Oh, I forgot to use my measure cup. I think that's about a cup though. Alright, and then we're gonna put on the lid. Don't forget, always cover when you cook your rabbits and I'm sticking it in the oven at 325 for 40 minutes. Remember, low and slow. Now it's been 40 minutes. So, I'm going to take out my rabbit; my bacon, barbecue rabbit and I'm going to take off the lid.

Oh, that smells amazing. It smells great in here. We're going to take off the lid and put it back in uncovered for 15 minutes so that bacon has a chance to crisp up a little bit. So, 15 minutes till dinner. Thank you for joining me for module eight. In module eight to I showed you how to take that rabbit and cut it up into those individual meat portions that you can use in recipes for your family and I showed you some ... what I do with the meat when I use it for my family. I took you into my kitchen and we did some fun and easy recipes together using that meat. Just remember when you are cooking rabbit meat, there are a couple of rules to follow. There are four; you want to cook it low, lower temperature, you want to cook it slow, a little bit longer cooking time and then you always want to cover it with a sauce and you also want to cover it with that pan lid or foil while you're cooking it because it's a very lean meat and it can dry out easily.

Now one thing we didn't get to talk about during the course were some rabbit ailments and common rabbit ailments or diseases that rabbits can get. And I am not a vet. I'm using a lot of herbal remedies right now to kind of ... still learning and through trial and error, trying to see what works and what doesn't work. So, I will just leave a printout in the resources that you can just refer to and it'll be a printout of all the rabbit diseases are common ailments and then solutions you can have to solve those. And I'll also put in there what I put in my first aid kit. And so you can just go to resources and you can print that printout out and you can tuck it in your first aid kit and you can have it to refer to if anything happens on your homestead to your rabbits.

Well, that ends our time together learning about how to raise backyard rabbits. I have so enjoyed teaching you and I hope I have inspired you to raise wholesome nutritious food for your family. Thanks for joining me on the adventure of raising backyard rabbits, but my adventure is not over. It is just an ongoing story. So, if you want to keep learning and sharing with me on my adventure, then come to my blog, bloomwhereyou'replanted.com or you can see me on my YouTube channel with the same name, [bloomwhereyou'replanted](https://www.youtube.com/channel/UC...). I am all about inspiring others to grow and raise wholesome, nutritious food for their families. So, if I've inspired you to do so with this rabbit video course, then please connect with me and let me know that I inspired you. That would mean a lot to me. So, until then, just bloom wherever you're planted.