

Boiled Rabbit

Ingredients

Rabbit; water.

Method

For boiling, choose rabbits with smooth and sharp claws, as that denotes they are young: should these be blunt and rugged, the ears dry and tough, the animal is old. After emptying and skinning it, wash it well in cold water, and let it soak for about 1/4 hour in warm water, to draw out the blood. Bring the head round to the side, and fasten it there by means of a skewer run through that and the body. Put the rabbit into sufficient hot water to cover it, let it boil very gently until tender, which will be in from 1/2 to 3/4 hour, according to its size and age. Dish it, and smother it either with onion, mushroom, or liver sauce, or parsley-and-butter; the former is, however, generally preferred to any of the last-named sauces. When liver-sauce is preferred, the liver should be boiled for a few minutes, and minced very finely, or rubbed through a sieve before it is added to the sauce.

Source: Mrs Beeton's Book of Household Management (1861)

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