



# The Jack Book

## Jackrabbit Hunting Tips and Recipes



by Jay Burhans and Jim Heffelfinger

## **“T.A.B. + 1” —The Four Primary Rules of Firearm Safety**



**T**reat every firearm as if it were loaded.

**A**lways keep the muzzle in a safe direction.

**B**e sure of your target and beyond.

**+1** Keep your booger hook off the bang switch until you're ready to shoot.

A special thanks to the Arizona Game and Fish Department, the Arizona Chapter of Safari Club International, the National Shooting Sports Foundation, the Hunting Heritage Partnership, Sportsman's Warehouse, and Alicat Scientific for providing the resources and volunteers to produce this booklet and put on the Junior Jack Kamps.





## Hop Over To Jackrabbit Hunting!

Arizona offers some of the best hunting in the nation. If you have hunted in Arizona before, you know of the diversity of wildlife and habitat that provide extraordinary hunting opportunities. If this is your first time hunting in Arizona, you are in for a memorable experience.

An under-utilized resource, jackrabbits are fun and challenging to hunt. Making a slow stalk in the open desert for a clean shot at an unsuspecting jackrabbit — that is hunting. Jackrabbits also provide the hunter a great harvest for the table!

There are three types of rabbits that can be hunted in Arizona: the cottontail rabbit, the black-tailed jackrabbit and the towering antelope jackrabbit.

The hunting season is open all year, with only cottontail rabbits having a bag limit (10). There is no limit for jackrabbits.

Rabbit hunting teaches many of the same skills needed for pursuing big game, including locating game, stalking, shot placement, harvesting, field dressing and game meat preparation.

We believe that the future of hunting, as well as the conservation of natural resources, is irrevocably tied to the recruitment of our youth to these time-honored traditions.

So, hop to it!

**Go Jackrabbit Hunting!**



Please visit the Arizona Game and Fish Department's web site at [azgfd.gov](http://azgfd.gov) for more information: including license requirements, places to hunt, and a whole lot more!



## Jackrabbits In Arizona

Jack "rabbits" are actually "hares." Their young are born fully furred and with their eyes open. Baby jacks spend almost all of their time very still and hidden in small nests. They are rarely seen. In general jackrabbits are most active at night and the best time to see them is in the early morning and late afternoon. During the day they mostly rest quietly in the shade to conserve energy and moisture. Jackrabbits get most of their water from the wide variety of plants they eat.

**Antelope Jackrabbits** are found in south central Arizona and northwestern Mexico. They are some of the biggest hares in North America.

Often when they suspect a predator, they will stand up to get a better view and then sit down and freeze. If the predator gets close they will run but it's not unusual for them to stop and freeze again after a short distance.

**Black-tailed Jackrabbits** are found throughout Arizona and much of the western US and northern Mexico.

They will sit very still if they suspect something. Then they run for the nearest heavy cover and continue to sneak away.



Antelope Jackrabbit Range



Black-tailed Jackrabbit Range

**Desert Cottontail Rabbits** are also found in the same areas as the jackrabbits. They are much smaller than the jacks. Cottontails are true "rabbits" as their young are born without fur and with closed eyes.

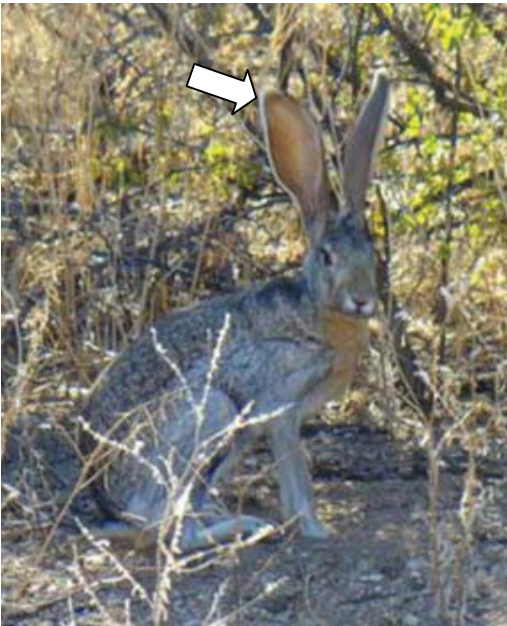
Cottontails like heavy cover with lots of hiding places and holes. You may find them more often near washes. They are usually seen running away from you!

## The Quarry

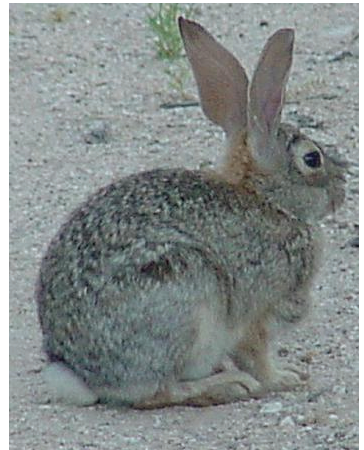
You can find three species of rabbits in Arizona.



**Black-tailed Jackrabbit**  
(Black ear tips, 3-6 lbs.)



**Antelope Jackrabbit**  
(No black ear tips, 6-10 lbs.)



**Desert Cottontail**  
(Too fast to see ear tips, 2 lbs.)

# JACKRABBIT HUNTING TIPS

☛ **Make sure your rifle is sighted in!**

☛ **Wear hunter orange** - at least a hat. If you are hunting with others it is very important they see you at all times and know where you are. Even if hunting alone, there may be quail hunters or others in the field with you.

☛ **Find an open area** where you can see at least 50 yards. You want to be able to see the jacks before they get nervous and run (or sneak) away. Jacks like areas that are scruffy and weedy with lots of bare ground. They occur throughout most semi-desert rangelands in Arizona, but you must be able to see them at a distance and this is hard if the area is too brushy or grassy. You can scout for these areas by driving around or use Google Earth to look for open areas.



☛ **Park and then make a wide circle** around the truck, or park a half mile from a stock tank and walk a wide circle around it, ending up back at the truck. You can also walk a long ridge down and then back on the adjacent ridge to the vehicle.

☛ **You have to be able to spot them** sitting (usually under a tree) at 30-100yds and set up for a shot. Hurry up to get in position so you can take your time to shoot.

☛ **You can hunt effectively** with groups of 1-3 people that walk parallel to each other 50-75 yards apart through the **rabbitat** (rabbit habitat). This is where hunter orange is important. Both groups must be in sight of each other at all times and be aware of their safe shooting lanes (no shots at all on the side where the other group is). Walking a large loop around, staying even with each other gives both people/groups a look a different **rabbitat**.

- ➡ **Look for rabbit pellets** — they leave those for you to find. The more fresh pellets, the more fresh jacks.
- ➡ **Look for tracks** with rabbits still in them.
- ➡ **As the most famous jackrabbit hunter of all says: "Be vewy vewy qwiet, weer huntin' wabbits!"**

If the jacks hear you coming they may get nervous and run from their hiding spot before you see them.

Walk along "**qwietwy**" so you see them before they decide to hop along the bunny trail.

Don't "plop" your foot down or shuffle your heels. Learn to set your heel down and roll your foot forward.

If you practice that, soon you will not even have to think about it.



**Jackrabbit Pellets**

## **Jackrabbit Sign**

Things that jacks do to let you know they're around.



**Jackrabbit feeding on a hedgehog cactus**



**Jackrabbits also feed on cholla**



**Jackrabbit ears with the sun shining through them**  
(A rabbit is almost always hiding right below them!)

## After the Shot

- **Mark the location of the rabbit.**
- **Don't assume you missed** (especially with a .22) unless you are absolutely sure (you see the bullet hit the dirt and the rabbit runs to the next county).
- **A wounded** (and sometimes even a healthy) rabbit may hop a little ways and stop, so walk slowly toward the spot of the shot and you may get another chance.
- **If you don't actually see** the rabbit run away look for blood or fur in the area of the shot.
- **It's not uncommon to see a second rabbit** appear after you shoot at rabbit #1. Just be sure that you have marked the location of rabbit #1 before you start chasing after rabbit #2!
- **Jackrabbits are heavy!** If you set a rabbit down and plan to retrieve it later, be sure to mark the spot (maybe with flagging tape or a GPS) so you don't waste time looking for or, worse yet, lose the rabbit you already have — a bunny in the hand is worth two in the bush!

## Helpful Equipment

- **.22 rifle** is all you need, but other calibers such as .22 Mag, .17HMR, .218 Bee, .22 Hornet are also fun to use. Don't forget the ammo!
- **A GPS unit** to mark the location of the truck
- **Hunter orange** hat and vest
- **Pocket comb** for flicking off cholla spines stuck to you or your rabbit
- **Two-way radios or cell phones** if you are hunting with someone else
- **Binoculars** (a "bino-buddy" type harness makes it easier to carry all day)
- **Small rope, knife, rubber gloves, and ziplock bags** for cleaning the rabbits
- **Cooler & ice** for the meat
- **Small cordura sling** or strap to carry rabbits (optional)
- **Water**
- **Sunscreen**
- **Camera** (not optional)



# Jackrabbit Care and Recipes

Dress your jackrabbits at the first opportunity and put them on ice. For a great demonstration of field dressing a jackrabbit, check out the AZ Game and Fish video: "How to Clean a Jackrabbit" at [www.youtube.com/azgfd#p/u/40/Bw4ZfLBx8p4](http://www.youtube.com/azgfd#p/u/40/Bw4ZfLBx8p4).

(Occasionally rabbits are the host to the large grub of the bot fly. These unpleasant looking grubs do not affect the meat of the rabbit and no rabbit should be discarded because of them.)

Even though you cleaned your rabbits in the field, you still need to give the meat a good second cleaning at home to get it ready for the table or the freezer.

Use cold water to wash off any blood or dirt from the meat.

Trim away any damaged meat. Discard all bruised and bloodshot pieces. Trim and discard the major tendons and tough connective tissues.

With a little practice, the hindquarters can be easily boned and cut into recipe sized pieces.

If you are freezing the meat, be sure to use good quality freezer bags and label with contents and date.

Because jackrabbits are really hares, the meat is dark red, like venison or beef. Cottontails on the other hand are true rabbits with a paler pink meat, like pork. If you find rabbit at the supermarket it will have pink meat like a cottontail.

Jackrabbit meat is very lean and mild flavored. If you take good care of the meat it will have no "gamey" flavor. The shoulders and hindquarters are best suited for slow, moist cooking methods. Give them enough cooking time to get tasty and tender.

The loins (back straps) are the only part of the rabbit meat that is always tender. These can be wiped clean and packaged separately for use in recipes that require quick cooking like frying or grilling.

Besides the recipes in this booklet, try using jack meat with your favorite venison, elk or javelina recipes — or use your big game meat with these recipes!

You can even grind the meat for sausage or "Jackrabbit Helper." Just remember it has almost no fat so you may need to add some to keep the meat moist.

Have fun cooking and eating!

# Jackrabbit Jim's Jack Stew

This is the stew made world famous at the Junior Jack Kamps!

2 Jackrabbits deboned and cut into 1 inch cubes

Lawry's Seasoned Salt

$\frac{1}{4}$  cup Olive or Canola oil

1 bag of frozen stew vegetables (potatoes, carrots, celery, and onions already peeled, cubed)

1 envelope beef stew seasoning

Sprinkle meat with seasoned salt and brown surfaces with oil in hot frying pan.

Place browned meat and stew seasoning envelope in crockpot and fill 2/3rds with water. Cook for 4 hours.

Add frozen vegetables and cook 1 more hour.



## Rabbit Stew Two

This is one of the very best tasting rabbit recipes. The seasoning packs really give the meat a fantastic flavor, and the gravy gives the stew a great "stick-to-your ribs" taste.

Best served with fresh baked sourdough or Italian bread.

### Ingredients:

2 - 3 Rabbits cut and cubed for stew meat  
2 boxes Lipton garlic and chive potato seasoning packs  
4 - 5 large potatoes cut and cubed  
1 cup sliced carrots  
1 large white onion, sliced and diced  
1 jar Heinz "heat and eat" Brown gravy

Soak the rabbit pieces in saltwater overnight.

Preheat oven to 350 degrees.

Brown the rabbit pieces in a skillet with a small amount of oil.

Use one package of Lipton potato seasoning to coat the rabbit meat and the other package of seasoning to coat the potatoes (Follow the directions on the box).

Spread the rabbit, potatoes, carrots and onion on a shallow baking sheet and bake at 350 degrees for 45 minutes.

Add the gravy and bake for an additional 15 minutes, stirring occasionally.



## Jackrabbit with Onions

This is a regional favorite from the island of Cyprus (Where jackrabbits are the only Big Game animal!)

2 jackrabbits cut in pieces - about 4 or 5 lbs. meat

4 lbs. yellow onions sliced thin

1½ cups vinegar

2-3 bay leaves

1 cinnamon stick (optional)

1 cup red wine

Salt and pepper

Brown rabbit pieces in oil in a Dutch oven or heavy pot.

Remove rabbit meat and brown onions in the same pot.

Return rabbit meat to the pot along with the vinegar, add bay leaves (and cinnamon).

Add water to cover if needed. Bring to a boil. Reduce to a simmer.

Cover and cook until rabbit is tender (about 2 hours).

Add wine and simmer an additional 15 minutes. Remove bay leaves and cinnamon stick.

Serve with rice or potatoes.



## Jack Karnitas

This popular southwestern dish gets "jacked" up with the inclusion of a few antelope jackrabbits!

2 - 3 Rabbits cut into 1 inch cubes

$\frac{1}{4}$  Cup oil

Flour Tortillas

3 Tomatoes

1 Onion

1 bunch of Cilantro

1 tsp. Cumin

$\frac{1}{2}$  tsp. Oregano

1 tsp. Red Chili

Salt and Pepper to taste

Shredded Cheddar Cheese

Sour Cream

Sprinkle meat with salt/pepper and brown surfaces with oil in hot frying pan.

Place browned meat in crock pot and cover with water. Cook for 4-5 hours on low (add water if necessary). Drain off all water except for about 1 cup and transfer to large frying pan.

Add all seasonings, sliced onion, cubed tomatoes and simmer uncovered until onions are soft and most liquid is evaporated.

Add chopped cilantro in the last 5 minutes of cooking.

Serve in warm tortillas with cheese and sour cream.



## Jackrabbit Loins

As we mentioned earlier, jackrabbit loins (back straps) are always tender. They can be prepared in ways you wouldn't try with the rest of the rabbit.

Just be sure to remove the "silver skin", a membrane, which you see on the topside of the loin. Do this by sliding a thin, sharp knife between the meat and the silver skin. (Note: If you are going to freeze the loins, leave the silver skin on — it helps protect the meat from freezer burn.)

The loins can be cooked in a variety of ways. Here are few easy ideas:

### Seared Rabbit Loins

Cut each loin in two or three pieces. Season the meat with fresh ground black pepper and kosher salt. Add a tablespoon of butter to a hot cast iron pan and sear the loin pieces for a couple minutes on each side. Cook as rare or well-done as you like. Serve immediately with piece of toast to sop up the juices.

### Rabbit Loin Stir-Fry

Cut loins into stir-fry size pieces, marinate in your favorite stir-fry sauce for at least  $\frac{1}{2}$  an hour. Follow your usual stir-fry recipe.

### Rabbit Loin Fingers

Slice loins diagonally into strips about  $\frac{1}{4}$  to  $\frac{1}{2}$  inch thick. Dip in first in flour (seasoned to taste), then beaten egg mixed with a little milk, and finally coat with bread crumbs. Fry in hot oil until brown and crispy. Dip in your favorite sauce and enjoy!

## Jac & Cheese

1½ cups uncooked elbow macaroni  
5 Tbsp. butter (divided into 4 and 1 Tbsp)  
3 Tbsp. flour  
1½ cups milk  
1 cup (8 oz.) shredded cheddar cheese  
2 ounces cubed Velveeta cheese  
½ tsp. salt  
¼ tsp. pepper  
2 Tbsp. dry bread crumbs  
2 cups cooked and cubed jackrabbit meat (great use of leftovers!)

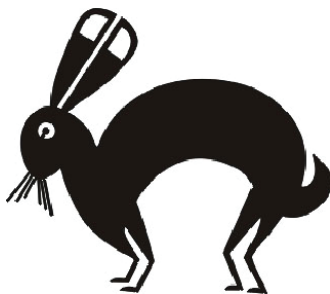
Cook macaroni according to package directions; drain. Place in a greased 1½ quart baking dish, add jackrabbit meat and set aside.

In a saucepan, melt 4 tablespoons of butter over medium heat. Stir in flour until smooth. Gradually add milk; bring to a boil.

Cook & stir for 2 minutes; reduce heat. Stir in cheeses, salt & pepper until cheese is melted. Pour over macaroni; mix well.

Melt the remaining butter; add the bread crumbs. Sprinkle over casserole.

Bake uncovered at 375 degrees for 30 minutes.



## **Jackrabbit Burgers**

Makes 4-6 burgers

1  $\frac{1}{2}$  lbs. ground jackrabbit meat

$\frac{1}{2}$  cup minced onion

1 large egg, scrambled

1 Tbsp. Salt

1 Tbsp. Black pepper

1 Tbsp. Sage

Mix ingredients together in a large bowl. Make 4 to 6 equal sized burgers, depending on how large you want them.

Grill, broil, bake or fry until burgers reach desired temperature.

Serve on buns. Great with pepperjack cheese and avocado, but dress to your liking.

## **Jackrabbit & Sausage Burgers**

Ground jackrabbit has almost no fat but if you mix it with your favorite fresh pork sausage or chorizo you can fry or grill up some juicy, spicy burgers with only half the fat of regular sausage!

1 lb. ground jackrabbit meat

1 lb. fresh pork sausage or chorizo

Mix the two meats together.

Form into patties and fry or grill. Add cheese if you want.

Serve on hamburger buns with your favorite condiments.

## Rabbit Pie

2 Jackrabbits or 4 Cottontails  
1 Celery stalk, diced  
1 Large onion, diced  
Salt & Pepper  
1 package prepared biscuits

### GRAVY:

Reserved stock  
Chicken bouillon  
1 Medium onion, diced  
Celery (from above stalk)  
Flour  
Salt  
Pepper  
Sage  
Poultry seasoning

Soak rabbits in salt water in refrigerator overnight.

Dry, cut up and stew rabbits with celery and onions for 2 to 3 hours. Save the stock.

Add salt and pepper to taste, then strip meat from bones and put in a pie or baking pan, add stock or gravy for moisture.

Cover with biscuits. Bake at 350 degrees for 1 hour.

For gravy, take reserved stock, add bouillon, onions and celery. Bring to a boil. Strain. Mix flour with an equal amount of water, add sauce to thickening.

Season to taste with spices.

(12 servings)

## Scrambled Eggs with Jackrabbit Hearts and Livers

Not everyone likes liver but if you do, here is a great way to use these tasty morsels!

You can also add cottontail, quail and dove hearts and livers if you have them.

After returning from the hunt, thoroughly wash hearts and livers. Discard any liver with that is bruised or spotted. Be sure to carefully remove the small green bile sack from the liver with a sharp knife.

Cut the hearts and livers into small bite-sized pieces, season with salt and pepper.

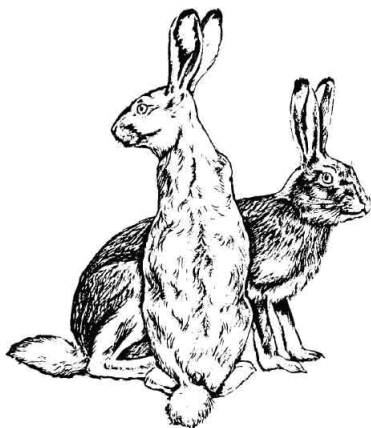
In a good size fry pan, quickly brown the pieces in a little hot oil or butter.

Reduce heat to simmer and cover pan with a lid. Simmer the meat a few minutes until cooked though.

Get your eggs broken and scrambled. Mix in grated cheese or chopped herbs, whatever you like in your omelet.

Uncover the meat, drain any excess oil. Turn up the heat and add the eggs and stir everything together.

Cook until the eggs are done.



## Rabbit Bel Air

1 rabbit cut up

Garlic powder, paprika, pepper

1 can cream of mushroom soup

1 onion chopped or to taste

5 to 6 large mushrooms, sliced

Parsley to taste

$\frac{1}{2}$  Tbsp. Worcestershire sauce

$\frac{1}{2}$  cup Sherry

Arrange rabbit in casserole dish, sprinkle with garlic powder, paprika, and pepper.

Arrange sliced mushrooms over rabbit.

Mix remaining ingredients and pour over rabbit.

Bake 325 degrees for 2 hours.

Serve over rice or noodles.



# Stuffed Rabbit

Rabbit

3 oz. Butter

2 oz. Flour

10 fluid oz. Stock

2 cup Bread crumbs

1 Large onion

2 Large cooking apples

2 Tbsp. Parsley

1 tsp. Thyme

1 Tbsp. Sugar

1 tsp. Salt

1 Egg

Pepper to taste

Wash and dry rabbit. Chop onions and fry gently in 2 oz. of the butter.

Peel apples and chop; add to onions and fry until soft.

Mix onions and apple with all other stuffing ingredients, and brown quickly in remaining butter.

Place rabbit in a casserole, stuff, surround with excess stuffing, add well-seasoned stock, and cook for  $1\frac{3}{4}$  hours, or until tender, at 350°F. (4 servings)



## Jackrabbit Stew with Green Chiles and Beer

2 lbs. boned jackrabbit  
 $\frac{1}{2}$  cup flour  
2 tsp. salt  
 $\frac{1}{2}$  tsp. black pepper  
2 Tbsp. butter or canola oil  
1 large onion, thinly sliced  
1 bottle of beer or ale (12 oz.)  
1 clove garlic minced  
6-8 roasted green chiles

Cut rabbit into bite-size pieces. Combine flour, salt and pepper in a bag or covered dish. Add rabbit and shake.

In a large skillet, sauté onions in 1 Tbsp. butter or oil until clear. Remove onions, add more oil if necessary and brown meat. Return onions to the pan.

Pour beer over the meat and add the garlic and green chili. Bring to a boil, cover, reduce heat and simmer two to three hours, or until meat is tender and flavors are well blended. Serve over noodles, rice or mashed potatoes.

(This recipe also works great with venison, elk and javelina.)



## Jackrabbit Braised in White Wine

2 Rabbits, cut into serving pieces

Salt and pepper

Flour

2 Tbsp. olive oil

2 Onions, sliced

2 cloves Garlic, minced

6 Carrots, peeled and sliced

1 lb. Fresh mushrooms, sliced

2 Tbsp. Fresh parsley, minced

$\frac{1}{4}$  tsp. Thyme

$\frac{1}{2}$  tsp. Oregano, rubbed

4 Bay leaves

2 cups Dry white wine

Salt and pepper rabbit and coat with flour.

Place oil, onions, garlic, carrots and mushrooms in large casserole dish.

Place rabbit on top of vegetables. Sprinkle with parsley, thyme and oregano. Add bay leaves and wine.

Cover and bake at 350° for 1½ hours or until rabbit is tender. Remove bay leaves before serving.

Serves 6-8



## Jackrabbit Chile Rellenos

6 Anaheim chiles  
1 large jackrabbit loin, silverskin removed  
1 cup shredded sharp cheddar cheese  
6 oz. white button or shiitake mushrooms, chopped  
2 Tbsp. Finely chopped cilantro  
1 large clove garlic, minced  
1 Tbsp. butter  
1 Tbsp. vegetable oil  
1 large egg, beaten  
1 cup milk  
2 cups panko-style bread crumbs  
1 cup flour, AP  
1 Tbsp. + 2 tsp. Salt  
1 tsp. Black pepper  
Parchment paper

Roast Anaheim chiles on a grill until skin is mostly blackened. Place roasted chiles in a large bowl and cover with plastic wrap. Let steam for 15 minutes. Carefully remove plastic wrap from bowl and fill bowl with water. Gently peel off skin of chiles and discard. Gently tear a seam down the side of each chile, taking care not to rip the bottom of the chile, and scrape out seeds. Set cleaned chiles aside.

Preheat oven to 400 degrees. Saute chopped mushrooms and garlic in butter over medium heat. Season with 1 tsp. salt and cook until soft. Add chopped cilantro to mixture and remove from heat.

Pat jackrabbit loin dry with a paper towel and season with 1 tsp. Salt and 1 tsp. black pepper. Heat 1 Tbsp. vegetable oil in a skillet until just before smoke point. Carefully place loin in skillet and sear each side — about 4 minutes per side. Remove from pan and set aside to rest and cool for 5 minutes After jackrabbit has rested, chop into  $\frac{1}{2}$  inch cubes.

Lay chiles flat on a work surface with plenty of space. Stir in jackrabbit chunks and cheddar cheese to mushroom mixture. Spoon mixture into chiles, leaving enough space to close the chile. Once all of the chiles are stuffed, set up breading station. In one large bowl, place flour. In second bowl, beat together egg and milk. In third bowl, mix together bread crumbs and remaining salt.

Coat chiles in flour, then egg mixture, then bread crumbs. Let sit for a moment, and then repeat with a second egg and bread crumb coat. Once chiles are breaded, place on a parchment paper covered cookie sheet and bake at 400 degrees for 20 minutes.

Serves 6

## Jackrabbit Pot Roast

2 Jackrabbits cut into serving pieces

Marinade for Jackrabbit Post Roast\*

1 medium Onion sliced

Paprika, sprinkle

Garlic powder, sprinkle

1 cup stock or 1 can chicken broth

6 Potatoes peeled and cut into chunks

8 Carrots, peeled and cut into pieces

Marinate the rabbit in a sealed plastic container for 24 hours in the refrigerator.

Place the meat, with marinade, into a roasting pot and add onion. Sprinkle meat with paprika and garlic powder.

Add stock or chicken broth to pot. Cover and roast for  $1\frac{1}{2}$  to 2 hours in a 350° oven.

Add potatoes carrots and onion. Continue to cook until vegetables are finished. Add more liquid, baste and turn meat as needed.

Rabbit is ready when it falls off the bones. Place meat on serving dish surrounded by potatoes and carrots.

Serves: 6-8

\*Marinade for Jackrabbit Post Roast

2 cups Burgundy or other red wine

2 cups Stock or 2 cans chicken broth

$\frac{1}{4}$  tsp. Nutmeg, ground

$\frac{1}{4}$  Tarragon

$\frac{1}{2}$  Onion, sectioned

Combine wine and stock or broth add nutmeg, tarragon and onion. Mix well.

## Rabbit Chili

Skin, clean and cut into pieces:

1 medium-sized rabbit

Brown the pieces in large skillet in:

2 Tbsp. of olive oil.

With:

1 clove of garlic; pressed

Add:

1 cup of hot water or light chicken broth or vegetable stock

$\frac{1}{2}$  tsp. salt

$\frac{1}{2}$  tsp. pepper

1 can of tomato paste (6 oz.)

1 tsp. chili powder

2 cups kidney beans

Cover and simmer gently about 2 hours.

Before serving, sprinkle with grated cheese.

Place under broiler until cheese is golden brown.



## Jackrabbit Chili 2

- 1 lb. jackrabbit meat, boned and silverskin removed (preferably shoulders or legs)
- 1 can black beans, rinsed & drained
- 1 can pinto beans, rinsed & drained
- 1 or 2 jalapeños, minced fine (remove seeds and membrane for less heat)
- 1 large yellow onion, diced
- 4 cloves garlic, minced fine
- 1 Tbsp. dark chili powder
- 1 tsp. cumin
- 1 beer (alternatively, use 12 oz. chicken stock)
- 1 tsp. Tabasco sauce
- 2 Tbsp. vegetable oil
- 3 tsp. salt
- 1 tsp. black pepper
- Sour cream, for garnish
- Shredded cheddar cheese, for garnish
- Chopped green onions, for garnish

Prepare all vegetables as above. Heat 1 Tbsp. vegetable oil in a large pot over medium heat. Add onion, garlic and jalapeños. Season with 1 tsp. salt and cook until onions are translucent. Remove from heat and set aside.

Pat jackrabbit meat dry with a paper towel and season with 1 tsp. salt and 1 tsp. black pepper. In a skillet, heat remaining 1 Tbsp. vegetable oil over high heat until just before smoke point. Carefully sear jackrabbit meat in skillet until well-browned on all sides, but medium-rare to medium in the middle.

Remove jackrabbit from pan and set aside to rest and cool. Return large pot to medium-high heat and add beans, chili powder, cumin, Tabasco, beer and remaining 1 tsp. salt. Heat to a boil and then immediately reduce to a simmer. Let simmer 10 minutes.

Cut up cooled jackrabbit into bite-sized chunks and add to pot. Simmer an additional 5 minutes. Serve garnished with sour cream, shredded cheddar cheese and chopped green onions.

Serves 4-6

## Louisiana Creole Rabbit

1 or 2 Cleaned rabbits (3 - 4 lbs. meat)

1 tsp. Salt

1 tsp. Black pepper

$\frac{1}{2}$  tsp. Cayenne pepper

$\frac{1}{4}$  cup Onion, chopped

3 Garlic cloves, minced

2 Tbsp. White vinegar

1 tsp. Browning sauce

1 can Mushrooms, drained (8oz)

1 Tbsp. Butter or margarine, melted

1 Tbsp. Parsley, minced

2 Tbsp. Green bell pepper, minced

2 Tbsp. Green onions, chopped

$\frac{1}{2}$  to  $\frac{3}{4}$  cup White wine, dry

Dry rabbit and place in bowl.

Combine salt, black pepper, cayenne pepper, onion, garlic and vinegar; pour over rabbit, turning pieces to coat.

Cover bowl and marinate overnight in refrigerator.

Transfer rabbit and marinade to a well-greased baking dish. Bake in a preheated 450°F. oven 1 hour.

Combine remaining ingredients and pour over rabbit. Bake 30 to 45 minutes longer, until rabbit is fork-tender.

4 - 8 servings

## Mexican Rabbit

1 Rabbit, cut up  
2 cups Corn  
1 tsp. Parsley  
1 Can tomatoes (10 oz.)  
1 tsp. Rosemary  
1 cup Minced black olives  
1 tsp. Thyme  
2 tsp Chili powder  
1 Bay leaf  
Salt and pepper to taste  
2 Peppercorns  
2 cup Yellow cornmeal  
1 Garlic clove, minced  
1 Egg yolk  
 $\frac{1}{2}$  cups Minced shallots



Place the rabbit, parsley, rosemary, thyme, bay leaf, and peppercorns in a large saucepan and add enough water to cover.

Bring to a boil and simmer for 30 minutes or until rabbit is tender. Drain rabbit and reserve 1 cup liquid. Remove rabbit from bones.

Sauté the garlic and shallots in small amount of fat in a skillet until tender, then add the rabbit, corn, tomatoes, olives, chili powder, salt, and pepper.

Simmer for 20 minutes.

Combine the cornmeal and egg yolk. Strain the reserved liquid, add to cornmeal mixture and mix well.

Stir into the rabbit mixture and spoon into a greased casserole.

Bake at 325 degrees for 40 minutes or until set.

6 servings

## Sweet "N" Sticky Jackrabbit

1 Cup Honey  
Juice of 1 Lemon  
1 tsp. Prepared Mustard  
Paprika  
1 to 2 Jackrabbits, cut up  
2 Tbsp. melted butter or margarine  
Parsley for garnish

Preheat broiler to 550 degrees.

In a small sauce pan, combine honey, lemon juice, and mustard. Stir over medium heat until hot and well mixed. Remove from heat and set aside.

Rub paprika all over rabbit pieces. Place rabbit on broiler pan and brush with melted butter.

Place rabbit 5 to 7 inches from heat and brown on both sides for 5 to 7 minutes.

Remove from broiler and place rabbit in a casserole dish.

Pour the honey, lemon, and mustard sauces over the rabbit, cover, and bake 45 to 50 minutes at 325° until tender.

Remove from oven and serve on platter garnished with parsley.

Serve with potato salad and corn.



## Rabbit Confit

Confit is a cooking term for a variety of foods, most often meats, preserved by being salted and cooked slowly in their own fat, resulting in an extremely tender and flavorful product.

(Can be made with jackrabbit or cottontail)

3 Tbsp. Salt

3 garlic cloves, mashed into a paste

1 Tbsp. Black pepper

4 jackrabbit legs or 8 to 10 cottontail legs

4 cups lard or duck fat

Arrange meat in a single layer in refrigerator-safe cookware. Rub all pieces with garlic, salt and black pepper.

Refrigerate for 1 to 2 days, covered.

Preheat oven to 225 degrees. Melt the lard or duck fat in a saucepan. Rinse seasoning off the rabbit pieces and then pat dry with a paper towel.

Re-arrange in a single layer in clean cookware with high sides. Pour melted fat over the rabbit pieces until they are completely submerged.

Cook for 3 to 4 hours, or until meat is easily removed from the bone. Remove from oven.

Cool completely and store the rabbit in the fat (it will keep in the fridge for several weeks).

When ready to use, remove one leg at a time, heat in oven at 350 degrees until heated throughout, and then shred meat from bone.

Great in salads, soups, sandwiches or on crackers for an appetizer.

## Hasenpfeffer

### Braised Rabbit in Spiced Red Wine Sauce

- $\frac{1}{2}$  lb. Lean bacon, finely chopped
- 2 Rabbits ( $2\frac{1}{2}$  to 3 lbs.), cut into serving pieces.
- $\frac{1}{2}$  tsp. Salt
- $\frac{1}{2}$  tsp. Black pepper
- $\frac{1}{2}$  cup Flour
- $\frac{1}{2}$  cup Minced shallots or onions
- $\frac{1}{2}$  tsp. Finely chopped garlic
- 1 cup Dry red wine
- 1 cup Chicken stock
- 2 Tbsp. Brandy
- 1 tsp. Currant jelly
- 1 small Bay leaf
- $\frac{1}{8}$  tsp. Dried rosemary
- $\frac{1}{8}$  tsp. Dried thyme
- 2 tsp. Fresh lemon juice

In a heavy 5 quart flameproof casserole, cook the bacon over moderate heat, stirring frequently, until crisp.

Spread the bacon out on a double thickness of paper towels to drain and set the casserole with the bacon fat aside.

Wash the rabbit pieces under cold water and pat thoroughly dry. Sprinkle with the pieces with salt and pepper, then dip into flour and shake off any excess.

Heat the bacon fat in the casserole over high heat until it sputters. Add the rabbit, a few pieces at a time and brown on all sides, regulating the heat so that they brown quickly and evenly without burning.

As they are done, transfer the pieces to a plate. Pour off all but 2 tbsp. fat from the casserole and in it cook the shallots/onions and garlic, stirring frequently, for 4 or 5 minutes until the onions are soft and transparent but not brown.

Pour in the wine and stock, and bring to a boil over high heat, scraping in any brown bits clinging to the bottom and sides of the pan.

Stir in the brandy, currant jelly, bay leaf, rosemary and thyme, and return the rabbit and any juices collected around it to the casserole.

Add the drained bacon, cover the casserole tightly and bake in a 350° oven for 1 to 1½ hours, or until the rabbit is tender but not falling apart.

(Young fryer rabbits cook in about an hour). Pick out the bay leaf, stir in the lemon juice and taste for seasoning. The sauce should be quite peppery.

Serve the rabbit directly from the casserole or arrange on a deep heated platter and pour the sauce over noodles or German Spatzle (Tiny Dumplings).

Serves 6 to 8



## Crock Pot Rabbit

This dish is at its best served over rice with a fresh green salad.

2 rabbits, cut into serving pieces

1 cup celery, sliced

1 cup carrots, peeled and sliced

1 onion, chopped

1 can water chestnuts, sliced

2 cups fresh mushrooms, sliced

3 cups chicken broth

Salt and pepper

2 Tbsp. cornstarch

$\frac{1}{2}$  cup sherry

Place all ingredients except cornstarch and sherry in crock pot and cook on low for 6 hours.

Remove rabbit from pot.

In a separate bowl, combine sherry and corn starch.

Pour into crock pot to thicken the sauce.

Return rabbit to the crock pot and mix.

Serves 6-8



## Barbecued Jackrabbit Roast

3-4 lbs. Jackrabbit quarters  
1 cup ketchup  
5 Tbsp. Worcestershire sauce  
1 tsp. Chili powder  
1 Tbsp. salt  
2-3 dashes of Hot sauce  
1 cup Water  
1 Onion sliced  
1 Lemon sliced

Brown rabbit in a little oil. Place in a roasting pan.

Combine all ingredients except onion and lemon and pour over meat. Top with the onion and lemon slices.

Cover and bake at 350° for 2½ to 3 hours or until tender. Baste occasionally and add water if necessary.





## **Jackrabbit Track Soup**

The perfect recipe! 0 grams fat, 0 grams sodium, 0 grams cholesterol, 0 calories.

Twenty-four sets of prime rabbit tracks imbedded in at least three inches of fresh snow.

Using a large, flat shovel, carefully remove top two inches of snow containing rabbit tracks and place in a well scrubbed bucket.

Make sure the snow is white (not yellow) and free of small, dark, round objects or other debris.

Place the snow in a six quart soup kettle and heat on medium high to the desired temperature.

Serve in dark bowls for contrast with the snowy white soup. Make sure there is no hare in the soup.

May be garnished with a pinch of north wind.

# Jackrabbit Notes

You can use this page to keep a record of your jackrabbit hunts. Make a note of the date, location, weather, number of jacks seen, number of jacks harvested and any other interesting observations.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Jackrabbit Notes

You can use this page to keep a record of your jackrabbit hunts. Make a note of the date, location, weather, number of jacks seen, number of jacks harvested and any other interesting observations.

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