

Producing Quality Meat Rabbits



Characteristics of rabbit meat

1. Its price is favorable compared to the price of fresh cattle and sheep meat.
2. Contains high protein content (20-21%) Contains a low percentage of fat and cholesterol.
3. Contains a high percentage of minerals and salts.
4. Its meat is white with fine fiber and nutritious.





Hold the rabbit from the head



Hold the knife and cut into the neck (slaughter)



Hold the knife and cut the skin in the middle of the body



Skinning

intestines



Remove internal intestines



Carcass





Butchering Process



Step 1: To remove leg quarters, find hip bone and follow to point on back. Cut towards spin at a 45 degree angle following the hip bone until free from body. Repeat process for other leg.



Step 2: Remove the abdominal wall. Follow meat to last rib. At a 45 degree angle cut in towards spine. Repeat for both sides. When both sides of abdominal wall are cut to the spine, make sure to cut all the way through the muscles around the spine. Now grab upper and lower half on either side of your cuts and twist and pull part. Set the lower spine aside for now.



Step 4: Following ribs until you reach the spine, which is very thin. Cut meat away from ribs. You may have to pull back connective tissue that has remained on the muscle. Grabbing tail bone area, Cut with knife down on either side of the spine. Pushing meat out while cutting, continue to follow the spinal processes staying as close as possible to the bone. Follow around removing the meat in one piece. Cut back in towards center of carcass to remove this meat. The large and tender loin will be removed at ones. Cut meat free of connective tissue. Repeat for other side of spine.





Step 5: Dispose of rib bones and “tail bone.” These pieces may also be given to the dogs or put in soup. The bones in rabbit are not like chicken and do not splinter.

Step 6: Either store or cook. Don't forget to date your meat if put in the freezer...the meat stacks up fast!!!



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