

Rabbit Processing

Our breeding mommies and young babies



Tools Needed:

- *BB gun (or other humane way to kill rabbit)
- *Sharp knife
- *Sharp shears
- *Waste bucket
- *Cutting board
- *Ziploc Bag
- *Hanging post
- *Rabbit (very important)



Step1: Humanely kill your rabbit.

I prefer a BB gun to the back of the head. The kill is quick and the rabbit feels no pain.

Step 2: When the rabbit has stopped flopping around, hang rabbit up by an ankle on post by tying a rope on a foot, or simply poking the head of a nail through the skin of the foot that is on the post or pole.

Step 3: Cut off feet at wrists, front only. Shears work well.

Step 4: Remove head. This is easily accomplished by cutting with the shears cutting through skin, neck bones and all.

**Keep the bucket under hanging rabbit. Removing these facilitates draining all the blood. The longer the blood stays in the rabbit, the more the meat tastes gamey.



Step 5: Cut around the skin at the back ankle all the way around to get access to the meat underneath.

Step 6: Cut skin or tear away working towards the abdomen. Repeat process on other leg.

Step 7: Reach through abdominal cavity under skin from one thigh to other. With shears, snip skin to open the cavity closeto the genitals without bothering any internal organs.

Step 8: Repeat on backside just above tail.



Step 9: Pull skin down body as if you were taking off a sock.

Continue pulling down until you start to see the shoulders. Work each arm out. Continue the degloving method until skin is free from body. You should now have a clean carcass.



Step 10: Pinch abdominal wall, making sure you do not also pinch the intestines or bladder. Carefully cut hole for 2 fingers. Using two fingers inside abdominal wall, use them as a channel to cut the connective tissue. After cutting the entire abdominal wall, allow the intestines to fallout. Do not cut out yet

Warning if you cut into the intestines you can foul all the meat of this rabbit.

Step 11: Locate and pinch the bladder above the liquid. The bladder is yellow and

usually full. Cut the connective tissue above your pinched area. This liquid can also foul your meat. Dispose of in waste bucket.



Step 12: Gently pulling intestines and stomach out of abdominalcavity. Cut connective tissue between wall and the organs. Again concentrating on not cutting into organs. Dispose of in bucket.



Step 13: Locate black organ (gull bladder) and the bright red one (liver). Being very careful to not cut the gull bladder, grab whole liver. Remove the liver by cutting the connective tissue. Pinch and tear the liver at the gull bladder disposing of the intact gull bladder. The liver may be kept to eat, or to feed to dogs

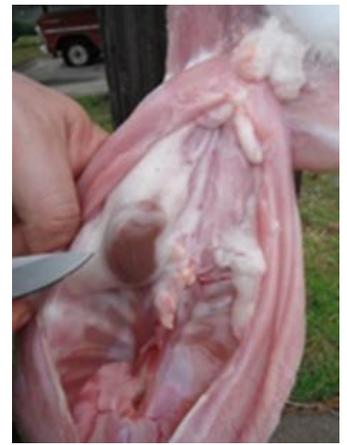
Step 14: Remove both of the kidneys. Simply grab one kidney at a time and pull. The connective tissue will tear away. You may also keep these to eat or to feed to your dogs.



Step 15: Locate the hole in the diaphragm towards the rear. Insert a finger in the hole and cut to the ribs..

Step 16: Locate the pink fleshy on each side (lungs). Pull both lungs out. No cutting needed. Dispose of in waste bucket.

Step 17: Locate the heart and remove it by tearing. This may be kept or thrown away.



Step 18: Using shears cut through the front of the chest wall from the abdominal opening through to the neck opening. Clean out remaining items in chest to include large vessels, trachea, bits of lung, or chunks of fat.



Step 19: Gather fluff at rear of rabbit to include tail. Cut off with shears.

Step 20: With shears between hip bones cut and clean out fat and reproductive organs.

Step 21: Cut off remaining back feet with shears.



Step 22: Rinse whole rabbit. You may now store whole in Ziploc or butcher to smaller pieces.



Butchering Process



Step 1: To remove leg quarters, find hip bone and follow to point on back. Cut towards spine 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 3: Cut off front legs by finding the shoulder and cutting in the same 45 degree angle used on hind legs until completely removed. Repeat process for both front legs.



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!!!