











Cooking with Meat





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Cooking with Meat





Being Yourself: Find and share your authentic sparks and interests.



Belonging Together: Recognize, understand, respect, and appreciate each other.



Building Connection: Grow positive relationships with peers and adults.



Discovering Skills: Develop skills through hands-on learning to help you succeed and thrive.



Exploring New Opportunities: Open the door to new experiences, projects, and places.



Giving Back to Your Community: Make meaningful contributions

through community service and leadership.

Reflection:

- What is something you learned while learning to cook with meat?
- → What is something you would like to learn more about?
- → Is there a recipe or skill for cooking meat you would like to try on your own? Talk to someone about it.
- Is there a type of meat you think is easier to cook with? Why?
- Is there something you would try differently next time you cook one of the recipes?
- → What's the best way to find the internal temperature?

Objectives:

 Youth will learn the safe way to cook, store, freeze and thaw meat of different species.



- Youth will be able to find the correct internal temperature of the cuts of meat.
- Youth will be able to try different recipes, helping them learn different methods of flavoring and cooking meat.

We encourage youth to learn to cook with the animal species they may be raising, but also to try others to learn some differences and other skills.

Follow the steps below to begin your learning:

Step 1:

Look over the materials, which includes educational information, nutrition facts, and other species specific information. Different recipes for each species will help you learn how to cook different cuts of meat from each.

Step 2:

Decide what recipe or species you want to learn more about and how to cook. Purchase your groceries and cook your meal. Be sure to take photos to document your learning!

Step 3:

Reflect on what you learned and on your experience. We have some reflection questions to the left that you can use. If you are participating to receive educational credit, report back following your counties requirements.

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Cooking with Meat



Beginner or Intermediate

Project Skills

Meat Cut Identification Kitchen Safety Food Preparation

Life Skills

Personal Safety
Disease Prevention
Self-responsibility
Healthy Lifestyle choices
Planning/Organizing
Decision Making

Time

30-60 minutes depending on the recipe used

Getting Ready to Practice Food Safety:

- 1. Wash hands with warm, soapy water for 20 seconds.
- 2. It is a good idea to use clean, disposable gloves while working with raw uncooked meat.
- 3. With hot, soapy water, thoroughly wash all surfaces that come in contact with raw meat before moving onto the next step in food preparation.
- 4. Keep cutting boards clean before and after use as well.

Supplies:

- Meat thermometer
- Ingredients as listed in recipe
- Kitchen utensils and equipment as outline in recipe (We encourage you to read through the entire recipe before starting to ensure you have everything you need.)
- Handouts, recipes, and any other needed materials

Visit the Project Box website for materials, access to Zoom links, video recordings, and ways to connect with other youth participating in this opportunity!



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Meat Safety Basics

Meat is a perishable product, meaning it can spoil or go bad.

- Put packages of raw meat in disposable plastic bags, if available, to contain any leakage which could cross-contaminate cooked foods or produce.
- Meat is kept cold during store distribution to slow the growth of bacteria.
 - Take meat home immediately
 - Refrigerate it at 35-38°F
 - Use within 3-5 days (1 or 2 days for ground beef and variety organ meats)

Preventing foodborne illness by following these four easy steps:



CLEAN Wash hands and surfaces often.



SEPARATE Don't crosscontaminate.



COOK Cook to proper temperatures.



Refrigerate promptly.

It is safe to freeze meat in its original packaging or repackage it.

For long-term freezing:

- Overwrap the porous store plastic with aluminum foil, freezer paper, or freezer-weight plastic wrap or bags to prevent "freezer burn," which appears as grayish-brown leathery spots and is caused by air reaching the surface of food.
- Cut freezer-burned portions away either before or after cooking the beef. Heavily freezer-burned products may have to be discarded for quality reasons.
- ☐ For best quality, use steaks and roasts within 9-12 months.

Meat Safety Basics

Preparation

- ☐ Always wash hands with soap and warm water for 20 seconds before and after handling food.
- ☐ Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food.
- ☐ Marinate meat and poultry in a covered dish or plastic ziploc bag in the refrigerator.
- ☐ Clean surfaces and tools that came in contact with raw meat immediately after use.
 - ☐ Wash cutting board, knife, and countertops with hot, soapy water.
 - ☐ Sanitize cutting boards by using a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.

It isn't necessary to wash raw meat before cooking.

- ☐ It spreads tiny droplets of contamination around the kitchen and sink area.
- ☐ It can also cause the meat to lose some of its flavor.
- ☐ Any bacteria which might be present on the surface would be destroyed by cooking.



Safe Thawing - There are 3 ways to thaw meat:



Refrigerator

Never thaw on the counter or in other non-refrigerated locations. It's best to plan ahead for slow, safe thawing in the refrigerator.



Cold Water

To thaw in cold water, do not remove packaging. Be sure the package is airtight or put it into a leak proof bag. Submerge the package in cold water, changing the water every 30 minutes. Cook immediately.



Microwave

When microwave-defrosting meat, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving-defrosting. Partially cooking food is not recommended because any bacteria present wouldn't have been destroyed.

IMPORTANT!

Foods defrosted in the microwave or by the cold water method should be cooked before refrigerating or refreezing because they may have been held at temperatures at or above 40 °F, where bacteria multiply rapidly.

For more information, use the QR code to visit and learn more from the USDA.





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Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook whole muscle meat such as steaks and roasts to desired temperatures. All ground meat products must be cooked to a minimum of 160°F. Poultry needs to be cooked to 165°F due to Salmonella and other food-borne pathogens.

	Product	Minimum Internal Temperature & Rest Time
	Beef, pork & lamb steaks, chops, roasts	145°F (62.8°C) and allow to rest for at least 3 minutes
	Ground meats	160°F (71.1°C)
	Ground poultry	165°F
9	Ham, fresh or smoked (uncooked)	145°F (62.8°C) and allow to rest for at least 3 minutes
ध्यार्थ	Fully cooked ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140°F (60°C)
		and all others to 165°F (73.9°C).
E ST	All poultry (breasts, whole bird, legs, thighs, wings, ground	165°F (73.9°C)
#	poultry, giblets, and stuffing)	
	Eggs	160°F (71.1°C)
	Fish & shellfish	145°F (62.8°C)
G G	Leftovers	165°F (73.9°C)
	Casseroles	165°F (73.9°C)



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Food thermometers help you with cooking meat:

- Cook food to a safe temperature
- Prevent overcooking and get the best flavor



Using a food thermometer is the only reliable way to ensure safety and to determine desired "doneness" of meat, poultry, and egg products. To be safe, these foods must be cooked to a safe minimum internal temperature to destroy any harmful pathogens that may be in the meat.

- Place the food thermometer from the side for chops, steaks, hamburgers, etc. The thermometer should not touch bone, fat or gristle.
- Use the thermometer to check the internal temperature toward the end of the cooking time, but before the food is expected to be done.
- Clean after each time you use with hot soapy water. Be careful washing and do not fully submerge the meat probe in a sink of water or water may get inside. Do not place it in the dishwasher.



Testing Your Thermometer

Thermometers should be checked and adjusted on a regular basis. To test your thermometer:

- Fill a tall glass with ice and add cold water.
- 2. Place and hold the thermometer in the ice water for 30 seconds without touching the sides or bottom of the glass. If the thermometer is a dial thermometer, allow 1-2 minutes for temperature calibration.
- If the thermometer reads 32°F, it is reading correctly and can be used. The are considered 3. accurate if they are within two degrees on the plus or minus side.



For more information, use the QR code to visit and learn more from the USDA.



References

Developed by Carlea Liermann, Calumet County 4-H Program Educator, University of Wisconsin-Madison, Division of Extension and Bernadette O'Rourke, Extension Youth Livestock Specialist, UW Madison Animal & Dairy Sciences Department and Division of Extension using these sources:

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Image courtesy of Bernadette O'Rourke, Extension Youth Livestock Specialist, UW-Madison Department of Animal & Dairy Sciences, Division of Extension.



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Why Do Consumers Select Certain Foods?

"I think careful cooking is love, don't you? The loveliest thing you can cook for someone who's close to you is about as nice a valentine as you can give." -Julia Child





Foods and cooking bring people together. Traditions, family gatherings, and whole ways of life are built around cooking for and with people we care about. If you plan to cook for others, there are some things to think about.

Food Allergies and Sensitivities

Some people may have allergies or sensitivities to certain foods.

- A sensitivity, or intolerance, is caused by the digestive system and can make a person uncomfortable if they eat the wrong food.
- Allergies, on the other hand, are caused by the immune system. That means the body sees the food as an attack on its overall health and it reacts to protect the body.

When cooking for people, make sure to understand what they are allergic or sensitive to so you can help them stay healthy.

Religious or Cultural Beliefs

People from some cultures or religious traditions choose not to eat meat or certain types of meat. For example:

- Hindu people do not eat meat from a cow, because cows are considered sacred animals.
- For Jewish people, it is important to eat foods, including meat, that are kosher. Kosher foods were harvested or prepared in a special way that makes it okay to eat, but pork and some kinds of seafood are not considered kosher.
- For many Muslim people, pork is haram, or forbidden.
- In many Christian religions, eating meat on Fridays during the season of Lent is not allowed.

Learning about what people can or cannot eat or how to prepare it is a way to show respect and care when you cook for others.

How can you find out what is safe to cook for other people? Don't guess. Ask.

- Are there some foods you can't eat?
- Is there a certain way I should prepare food for you?
- Are there some foods, flavors, or textures you don't like?
- Are there some foods you especially like or need?



Personal Choice

Some people may simply choose to not eat meat for many different reasons.



Many of the recipes included in this packet can be adapted for people who choose not to eat meat. Get creative with mushrooms, tofu, or even jackfruit. Being creative with food and asking questions can help provide a meaningful experience, and help create belonging.

Some consumers choose not to eat meat for a variety of reasons. These folks are known as vegetarians. Although vegetarians are a small percentage of the United States population, many more consumers enjoy eating meat for it's nutritional value and taste.

Reflections

- What foods (if any) do you choose not to eat? Why don't you eat them?
- How might it feel if there is nothing on the menu that you can eat?
- What are some of your family's beliefs & values? How do these they influence how your family eats?
- Think of someone you know who has a dietary restriction. How could you change a favorite recipe or what you plan to cook so they can eat safely?

References

Adapted by Carlea Liermann, Calumet County 4-H Program Educator, Emery Bork, Vernon County 4-H Program Educator, and Monica Lobenstein, Learning Resources Specialist, University of Wisconsin-Madison, Division of Extension, Bernadette O'Rourke, Extension Youth Livestock Specialist, UW Madison Animal & Dairy Sciences Department and Division of Extension, with permission from Oklahoma 4-H and from the following sources:

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Binding & Marinades



Binding:



Eggs bind other ingredients for making meat loaves, casseroles, meatballs, croquettes, and sometimes even burgers.

Eggs can also be used to coat food with crumbs, flour, and other ingredients. The eggs help the other ingredients stick better to the meat and help create a more brown and appetizing appearance when thoroughly cooked.

When using an egg as a binder or to help put a coating on meat, make sure the egg is fully whisked. This means the egg yolk and egg white are fully mixed together.

Marinade:



An acidic sauce you soak the meat in to help add flavor and tenderize it. A true marinade must have a form of acid in it, in order to soften and flavor the meat, which helps with tough cuts of meat. The most commonly used acids include, but are not limited to, vinegar, tomato juice, or citrus juice.

Tips on marinating:

- Do not use a metal container. The acidic mixture can react with the metal. Use a plastic bag or glass, then cover with plastic food wrap.
- Turn your meat occasionally to ensure all parts of the meat are covered by the marinade.
- Marinate the meat in the refrigerator.
- It's recommended to use a half cup of marinade for each pound of meat.
- You can save some of the marinade mixture before marinating the meat to use as a baste after cooking the meat.

References:

Developed by Carlea Liermann, Calumet County 4-H Program Educator, University of Wisconsin-Madison, Reviewed by: Bernadette O'Rourke, Extension Youth Livestock Specialist, UW Madison Animal & Dairy Sciences Department and Division of Extension. Division of Extension using these sources:

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Beef

Theme Overview:

- According to the USDA National Agricultural Statistics Service, Wisconsin ranks ninth in the nation for the number of cattle and calves.
- There were 3.4 million cattle in Wisconsin as of January 1, 2023.
- Wisconsin cull dairy cows contributes to a large production of hamburger to the food system.
- According to the Wisconsin Department of Agriculture, Trade and Consumer Protection, there are still 500+ licensed meat establishments in Wisconsin.
- According to 2019 data from the North American Meat Institute, there were 175,069 people employed by the meat sector.
- Beef is a great source of protein and important nutrients including iron, zinc, riboflavin, and magnesium.
- Cattle provide more than meat. We use cattle by-products daily.
 - About 98% of the animal is used. Around 60% is used to create non-food related products.
 - We create cattle by-products using the hide, hooves, horns, hair, fat, blood, bones, and internal organs.
 - · Cowhides are used in furniture, clothing, medicine, footballs, candy, gelatin, and more.
 - Cattle by-products can be found in many household goods, travelrelated products, and pharmaceuticals.

About Cattle:



A bull is a male.



A steer is a neutered male.



A heifer is a young female.



A cow is an older female who has given

Cattle are social animals.

They gather for meals and eat for nearly 6 hours a

If you think that is a lot, they spend 8 more hours re-chewing that same food, also known as a **cud**.

Their tongues feel similar to sandpaper, which helps them grasp hay with ease.

Cattle are ruminant animals.

This means they have **four compartments** in their stomach. These different compartments allow the animals to easily digest grass, hay and grain.





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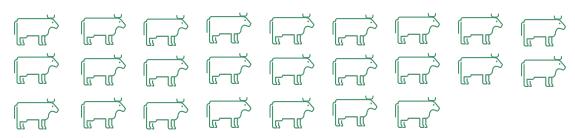
Beef (continued)

Raising Cattle

Some cattle are better at producing milk and others are better for providing meat. When raising cattle for meat, it is typical to have one mature (2 years and older) bull for every 25 cows.







1 mature bull

25 cows

Calves

- Each year a group of calves are born during the same season.
- These calves weigh around 70-100 pounds at birth and are weaned around 7 months.
- After being weaned, these cattle are fed for almost 10 months and later sold for meat.

Cuts of Beef

A beef carcass has eight primal cuts: Brisket, Chuck, Shank, Rib, Loin, Flank, Plate and Round.

Not all cuts are the same. More expensive cuts come from the center section of the animal where the muscles are used to support the animal. The muscles that the animal uses for movement usually tougher. A moist low heat slow cookery is best for these cuts.

While hamburger is the most popular product, the most popular whole muscle cuts include Ribeye, Filet Mignon, and New York Strip. The most valued and most expensive beef in the world is Wagyu Beef. This breed of cattle produces a beautifully marbled product with amazing flavor.

Meatball Subs



Ingredients:

- 1 pound ground beef
- 1/4 cup seasoned dry bread crumbs
- 1 egg
- 2 tablespoons water
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups regular pasta sauce
- 4 crusty Italian bread rolls (5 to 6-inches each), split

Cooking:

- 1. Preheat oven to 400°F,
- 2. Combine ground beef, bread crumbs, egg, water, salt and pepper in large bowl, mixing lightly but thoroughly.
- 3. Shape into twelve 2-inch meatballs.
- 4. Place on rack in broiler pan that has been sprayed with cooking spray.
- 5. Bake in 400°F oven 18-20 minutes.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

- 6. Heat pasta sauce according to package directions in medium saucepan. Add hot cooked meatballs to pasta sauce; stir to coat evenly.
- 7. Divide meatballs and sauce evenly among rolls.

Beef Kabobs

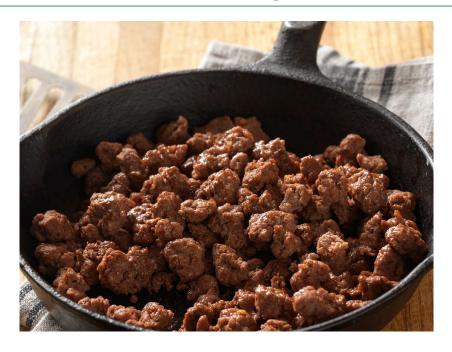


Ingredients:

- 1 pound beef top sirloin steak cut 1-inch thick
- 8 ounces mushrooms
- 1 medium red, yellow, or green bell pepper, cut into 1-inch pieces
- 1 medium red onion, cut into 1-inch pieces Salt
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano leaves
- 2 cloves garlic, minced
- 1/2 teaspoon ground black pepper

- Cut beef top sirloin boneless steak into 1-inch pieces. Combine seasoning ingredients in large bowl. Add beef, mushrooms, bell pepper pieces and onion pieces; toss to coat.
 - Cook's Tip: One pound beef tenderloin steak cut 1-inch thick may be used.
- 2. Alternately thread beef and vegetable pieces evenly onto eight 12-inch metal skewers, leaving small spaces between pieces.
 - **Cook's Tip:** Eight 12-inch bamboo skewers may be substituted for metal skewers. Soak bamboo skewers in water 10 minutes before using; drain.
- 3. Place kabobs on grill over medium, ash-covered coals. Grill kabobs, covered, 8-10 minutes (over medium heat on preheated gas grill, 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once. Season kabobs with salt, as desired.
 - **Cook's Tip:** To broil, place kabobs on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 9 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

Basic Country Beef Breakfast Sausage



Ingredients:

- 1 pound ground beef (93% lean or leaner)
- 2 teaspoons chopped fresh sage or 1/2 teaspoon rubbed sage
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon crushed red pepper

Cooking:

- 1. Combine ground beef and seasonings in large bowl, mixing lightly but thoroughly.
- To make patties, lightly shape sausage mixture into four 1/2-inch thick patties. Heat large nonstick skillet over medium heat until hot. Add patties; cook 10-12 minutes or until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

3. To prepare crumbles, heat large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8-10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

Cook's Tip: Two to 2-1/2 cups fully cooked sausage crumbles can be frozen for 3-4 months. To use, heat large nonstick skillet over medium heat until hot. Add frozen crumbles and cook 6-9 minutes or until crumbles reach 165°F, stirring occasionally.

Beef and Egg Breakfast Mugs



Ingredients:

1 recipe Basic Country Beef Breakfast Sausage (previous page)

1 cup chopped fresh vegetables such as tomato, baby spinach, bell pepper, zucchini, or green onion 1/2 cup shredded reduced-fat cheese such as Cheddar,

Monterey Jack, or American

8 large eggs

Salt and pepper (optional)

Toppings (optional):

Dairy sour cream, salsa, sriracha, ketchup

Cooking:

1. Prepare sausage. Remove skillet from heat. Let cool 10 minutes, stirring occasionally. Evenly divide beef and vegetables into 8 food-safe quart-size plastic bags. Close securely and refrigerate up to 4 days.

Basic Country Beef Breakfast Sausage:

2. Combine 1 pound ground beef (93% or leaner), 2 teaspoons chopped fresh sage or 1/2 teaspoon rubbed sage, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon salt, and 1/4-1/2 teaspoon crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8-10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

- 3. For each serving, spray one 6-12-ounce microwave-safe mug or bowl with non-stick cooking spray. Add 1 egg and 1 tablespoon water; whisk with fork. Stir in 1 bag refrigerated sausage-vegetable mixture.
- 4. Microwave, uncovered, on HIGH for 30 seconds. Remove from oven. Stir. Continue to microwave on HIGH 30-60 seconds or until egg is just set. Stir. Top with cheese. Let stand 30 seconds or until cheese is melted. Season with salt and pepper, if desired. Serve with Toppings, if desired.

Taco Seasoning Variation: Prepare beef as directed above, substituting 1 packet (1 ounce) reduced-sodium taco seasoning mix for herbs and seasonings in sausage in step 1.

References

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Images courtesy of the Wisconsin Beef Council.



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- The demand for high quality, lean, healthy red meat is one of the reasons why the popularity of raising meat goats has risen.
- Much of the demand does come from ethnic consumers, due to traditions of eating goat meat.
- Goat meat is consumed throughout the entire world, though it may be difficult to find in a grocery store.
- According to the USDA, the meat goat industry is one of the fastest growing areas of livestock production in the US.
- In 2020, there were about 2.09 million head of meat and other goats in the US. Wisconsin has more dairy goats than meat goats.
- Wisconsin has been a leader of milk goats and kid inventory according to the National Agricultural Statistics Service.
- The most popular breed of meat goat is the boer goat, which originated in South Africa.
- Perhaps add that "sheep and goats are one of the only domesticated animals that produce three usable products; wool/mohair, meat and milk.



About Goats:



A buck or billy is a male goat.



A wether is a neutered male goat.



A doe or nanny is a female goat.



A kid is a baby goat – under one year

Another name for goat meat is chevon.

Chevon is when a kid or goat is of older age.

What does it mean to "cull?"

A kid will most often be slaughtered when they are 3-5 months old and weigh 25-50 pounds. These are often the cull goats. Cull means to slim down a larger quantity of a herd to sell to other producers or to a marketing channel.

Goat farmers or ranchers will cull their herd most often after the kidding season.



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Goat (continued)

Goat Meat in Specialty Dishes



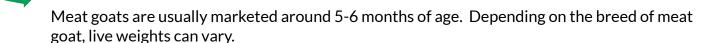
Many ethnic groups consume goat meat as a majority of their meat consumption. As ethnic groups have shared more on their culture and traditions, there has been an increase in consumers exploring new culinary experiences.



Goat meat is often served in specialty dishes at festivals or holiday events, including the Islamic New Year, Muharram, Ramadan, Mother's Day, Easter, and Passover. Depending on the holiday and religious beliefs, the size, weight, sex, and harvesting method is different for goat meat.

What is the differences in goat meat?

- A buck or billy goat is usually lower in fat.
- Some meat goats are harvested earlier for certain ethnic cultures. Usually a producer has a market for these goats.



Chevon (Goat Meat)

Chevon is considered a red meat. It is low in fat and cholesterol. It is higher in potassium and iron and leaner than poultry and other red meats.

Chevon should have bright red color, firm, fine-grained muscle with well-distributed white fat.

Dairy goats can also be used as a meat goat, however, there will be less edible product from a dairy goat versus a meat goat because they are bred for meat production.

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Developed by Carlea Liermann, Calumet County 4-H Program Educator, University of Wisconsin-Madison, Division of Extension, Reviewed by: Bernadette O'Rourke, UW Madison Animal & Dairy Sciences Department and Division of Extension, using these sources:

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Images courtesy of the American Boer Goat Association.



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Stir-Fry Chevon with Green Onions



Ingredients:

2/3 pound chevon (loin or leg), cut into thin slices

2 tablespoon sesame or safflower oil 12 green onions, cut into 1-inch lengths

Marinade 1

1/2 teaspoon garlic powder
2 tablespoon soy sauce
1/2 tablespoon sugar
2 tablespoons rice wine vinegar
2 tablespoons cornstarch

Marinade 2

3 tablespoons soy sauce 1/2 teaspoon sugar 1/2 teaspoon black pepper 4 teaspoon water

Cooking:

- 1. Cut meat into uniform 1/8-inch slices, 1-1/2 to 2 inches long.
- 2. Combine meat and Marinade 1 in a resealable bag. Shake to coat thoroughly.
- 3. Refrigerate at least 1 hour.
- 4. Stir-fry meat in oil, stirring often.
- 5. Add Marinade 2 and green onions.
- 6. Continue to stir-fry until thoroughly heated.
- 7. Serve over warm rice.

Recipe from: American Boer Goat Association https://www.abga.org/recipe-stir-fry-chevon-with-green-onions

Goat Birria Ramen



https://www.cylonrollingacres.com/blogs/recipes/goat-birria-ramen

Goat Birria Stew



https://www.cylonrollingacres.com/blogs/recipes/birria-stew

For these goat recipes and more from Cylon Rolling Acres, visit the QR codes!



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Lamb

Theme Overview:

- From large scale range operations in the west to smaller farm flocks in the east, raising sheep improves the quality of our land, supports rural communities, and provides food and fiber for the nation.
- There are more than 80,000 family farmers and ranchers caring for over 6 million sheep throughout the United States.
- Lamb is produced in every state in the country, so fresh, local lamb is available year-round.
- Sheep improve pastures and rangeland by cycling vital nutrients back through the soil, minimizing erosion, minimizes forest fires and encouraging native plant growth.
 - Sheep graze on a variety of nutrient-dense grasses, legumes, forage and grain in order to produce succulent, tender meat.
 - In Wisconsin as of January 2022, there were a total of 82,000 head. Total breeding stock was 66,000 head, with market lambs totaling 16,000 head.
- Wool production for 2021 was 300,000 pounds, with fleece weights averaging 6.3 pounds.

About Sheep:



A ram is a male.



A wether is a neutered male.



A ewe is a female.



A lamb is a sheep less than 12 months of age.

Sheep were among the first animals ever to be domesticated by humans more than 10,000 years ago.



The domestication of sheep mostly likely started in the Middle East, in what is now Turkey. Lamb was introduced into the Western Hemisphere in the early 16th century when Spanish explorers brought sheep with them on their explorations.

Lamb is good for health-conscious people



Lamb is a source of "good fat" in the body.

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Lamb

Health Benefits of Lamb

Lamb is a red meat with tremendous health benefits. Obtained from a young sheep not more than one year of age, it serves as a great source of necessary nutrients in the body. Mutton is a product from sheep over 1 year of age and less commonly seen in grocery stores.

Supporting a strong immune system begins with a healthy diet.



A single portion of American lamb serves up nutrients essential for immune function: zinc, selenium, protein, and iron.



Lamb is an excellent source of riboflavin, niacin, and vitamin B12. It is also a good source of vitamin B6.



The niacin (vitamin B3) present in lamb promotes healthy skin Vitamin B3 also lowers the risk of developing osteoarthritis by as much as half.

Cuts of Lamb

You can find lamb in some main grocery stores, but lamb is more commonly found in specialty food retailers and local meat shops. Look for American lamb with a dark red color with white marbling.

There are five basic primal cuts into which lamb is separated: shoulder, rib/rack, breast, loin, and leg.

Bacon Lamb Burgers



Ingredients:

1-1/2 pounds ground American lamb (patties will be roughly 5-1/2 ounces each, so 4 patties require just under 1-1/2 pounds ground lamb)

Kosher salt Freshly ground black pepper 4 burger buns

- 1. Divide ground lamb equally into 4 portions weighing roughly 5-1/2 ounces each. To make slider-sized patties, weigh each to 3-1/2 ounces each.
- 2. Flatten into uniform rounds, then use your thumb or finger to make a small indentation right on top in the center of each patty.
- 3. 30 minutes prior to cooking, sprinkle each patty generously with kosher salt (about 1/2 teaspoon per burger) and freshly ground black pepper (about 1/4 teaspoon each) on both sides.
- 4. Preheat a grill, cast iron skillet, or griddle over medium-high heat. Coat with non stick oil spray (if grilling) or a couple tablespoons olive oil (if cooking indoors).
- 5. Cook each burger patty for 5 minutes per side, or until an internal temperature of 150°F is reached (for medium). Allow burgers to rest 2-3 minutes before serving on buns with herbed yogurt sauce and additional toppings.



Curried Lamb Meatballs



Ingredients:

2 pounds ground lamb
1/4 cup minced onion
1/4 cup minced Serrano chili
2 tablespoon curry powder
1 tablespoon ground cumin
1 teaspoon ground cinnamon
2 teaspoon salt
2 cloves minced garlic
pinch of ground cloves

For sauce

1 cup coconut cream (not milk) 1 tablespoon curry powder 1/2 cup water

- 1. Remove the ground lamb from its package, and put it into a bowl large enough to accommodate all the ingredients.
- 2. Chop up the onion, peppers and garlic-finely. Measure out spices and add them all to the bowl and mix until everything comes together.
- 3. Roll the meatballs and fry them. If using a non-stick pan, you will not need oil.
- 4. Once meatballs are fully cooked, pour the cream sauce mixture over meatballs and reduce heat to medium. Sauce will thicken and reduce, once sticking to side of meatballs, it's done.

Sweet & Spicy Lamb Chops

Ingredients:

7-8 lamb chops (about 1-1/2 pounds)

Olive oil or grapeseed oil

1/4 cup brown sugar

1/8 cup white sugar (2 tablespoons)

1 tablespoon salt

1/2 tablespoon ancho chili powder (optional)

1/2 tablespoon chili powder

1/2 teaspoon cumin

1/2 teaspoon cayenne pepper

1/2 teaspoon garlic powder

1/2 teaspoon dry mustard

Cooking:

- 1. Brush or rub each lamb chop with oil.
- 2. Mix remaining ingredients in a small bowl to make the rub. Place this rub onto a plate.
- 3. Drag each chop in rub to coat on all sides. Pat to make sure the rub sticks.
- 4. Broil in oven for about 7 minutes per side.
- 5. Can grill on medium with cover on for 2-3 minutes per side for medium rare.
- 6. Let rest for 5 minutes before serving.

Recipe from: Olivia Halbur, Halbur's Heavenly Hill Farm, Fond du Lac County 4-H.

Lamb Pilaf

Ingredients:

2 cups chicken broth

3 tablespoons butter

2 teaspoons lemon juice

1 teaspoon salt

1 bay leaf

1 cup uncooked white rice

1 medium onion chopped

1 small green pepper chopped

2 teaspoons butter

1 to 1-1/2 cup cubed cooked lamb

1/4-1/2 teaspoon thyme

- 1. Combine chicken broth, 2 tablespoons butter, lemon juice, salt, and bay leaf in medium saucepan. Bring to a boil and add rice.
- 2. Cover tightly, lower heat, and cook 20 minutes or until rice is tender and all liquid is absorbed. Remove bay leaf.
- 3. Combine onion, green pepper, and 2 tablespoons butter in 1-quart measuring cup. Microwave for 3-4 minutes on HIGH or until onion is transparent and green pepper is tender-crisp.
- 4. Add lamb and thyme. Mix well and microwave for 3 minutes on HIGH.
- 5. Layer lamb and rice. Cover. Microwave 5 minutes on MEDIUM or until very hot.



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Images courtesy of Nils Hoyum and Well Seasoned Studio.



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Pork

Theme Overview:

- Pigs were domesticated around 6,000 years ago.
- There were around 2,198 swine farms in Wisconsin in 2021 according to the USDA National Agricultural Statistics Service.
- Wisconsin has over 400,000 hogs. The Wisconsin swine industry supports more than 10,997 jobs.
- Pork is the second most consumed meat in the world and the third most consumed meat in the U.S.
- It has been debated whether pork is a red meat or white meat, but it is considered a red meat.
- Pork contains all 9 essential amino acids needed to maintain your body's health. Pork is especially high in thiamin, which converts carbohydrates into energy.
- Pigs provides a wide range of products.
 - Nearly 40 prescription drugs and pharmaceuticals, including insulin, come from pigs.
 - · Pig heart valves can be used to replace damaged human heart valves.
 - Pig fat can be used in weed killers, chalk, cosmetics, crayons, antifreeze, cement, and more.
 - Pigskin is commonly used for high-quality leather.

About Swine:





A boar is a male pig.



A barrow is a neutered male pig.



A sow is a female pig.



A gilt is a young female pig who hasn't yet given birth.



A piglet is a pig less than 40 pounds.

Hogs are highly intelligent and have excellent memories.

Most learn to push a lever to access drinking water and food. They have been taught to hunt, race, pull carts, dance, and tumble.

Pigs have poor eyesight but a great sense of smell. They have even been trained for war, where they served as mine sniffers on battlefields.

Pigs are curious animals and like to keep busy.

Some farmers entertain pigs with beach balls or old tires. These are called enrichment activities and allows pigs to express their natural behaviors.



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Pork (continued)

Raising Pigs

Hogs are one of the fastest reproducing mammals. Their gestational period is 3 months, 3 weeks, and 3 days; 114-116 days. Sows can give birth to a litter twice a year. Litters typically range from 8-12 pigs.



Pigs cannot sweat, so to cool down they enjoy playing in the mud. Apart from playing in the mud to cool down, pigs are very clean animals. When given enough space, a pig will not soil areas where they sleep or eat. They are social animals and prefer to be in groups rather than be alone. They may not be able to fly, but pigs can swim and run a seven-minute mile.

- → Piglets weigh around 2.5 pounds at birth and are weaned between 2-4 weeks old.
- Once hogs weigh over 40 pounds, they are referred to as growing or finishing pigs.
- → Hogs usually go to market when they weigh between 260-290 pounds.
- When fully grown, a boar can weigh more than 500 pounds and a sow weighs between 300-500 pounds.

Cuts of Pork

Pork has four primal cuts: shoulder, belly/side, loin, and Leg/ham.

- **Shoulder** includes the boston butt and picnic shoulder, great for roasts and pulled barbecue pork. Pork burger and pork sausage can also come from the lean trim from this primal cut.
- **Belly** is the primal cut that comes from the pig's underside belly area. Popular belly cuts include bacon and spareribs.
- Loin comes from the back of the carcass. The loin yields some of the most tender cuts of pork because of the support it provides the skeleton of the animal. Cuts from the loin are ideal for dry heat cooking methods such as grilling. Common retail cuts here are rib chops, butterfly loin chops and sirloin chops.
- Leg/Ham refers to the rear leg and rump area of the pig. The meat here is very lean and can be cut in a variety of ways. When cured and smoked, the leg produces ham shank portion or ham rump portion, smoked center slices; when dry-cured and aged, it produces prosciutto. Cuts from the leg can be smoked, unsmoked or fresh. Some other cuts are center slices, pork hocks and roasts.

Skillet Ziti with Ground Pork



Ingredients:

- 12 ounces ground pork
- 8 ounces penne pasta (about 3 cups)
- 3 cups tomato pasta sauce
- 2/3 cup ricotta cheese low fat
- 3 tablespoons Parmesan cheese

- 1. Cook pasta in large saucepan with unsalted water according to package directions. Drain well.
- 2. Meanwhile, cook ground pork over medium-high heat in large, nonstick skillet about 3 minutes or until pork is no longer pink, breaking pork in to 3/4-inch crumbles. Drain and discard any juices
- 3. Add hot pasta to ground pork in skillet. Stir in pasta sauce and ricotta cheese. Cover and cook over medium-high heat until hot, stirring occasionally.
- 4. Sprinkle with grated cheese and serve.



Honey-Mustard Tenderloin



Recipe from: National Pork Board and Wisconsin Pork Association,

https://www.yummly.com/recipe/Honey-Mustard -Tenderloin-1555194

Ingredients:

- 1 pound pork tenderloin
- 4 tablespoons honey
- 2 tablespoons cider vinegar
- 2 tablespoons brown sugar
- 1 tablespoons Dijon-style mustard

Cooking:

- 1. Combine all ingredients but tenderloin; coat tenderloin well with sauce.
- 2. Roast in 450°F oven for 20-27 minutes, basting occasionally, until meat thermometer registers 145°F, followed by a 3-minute rest time. Slice thinly to serve.

Honey-Apple Pork Chops

Ingredients:

- 4 New York pork chops (top loin, 1 inch thick)
- 1-1/2 cups apple cider
- 1/4 cup lemon juice
- 1/4 cup soy sauce
- 2 tablespoons honey
- 1 clove garlic (minced)
- 1/4 teaspoon pepper

Cooking:

- Combine all ingredients, except pork chops.
 Mix well. Place chops in a shallow dish. Pour marinade over chops.
- 2. Cover and refrigerate overnight, turning meat occasionally.
- 3. Remove pork chops from marinade, discarding any leftover marinade. Place on grill about 6 inches above medium coals. Grill for 10-15 minutes, turning once or until the internal temperature reads 145°F on a thermometer, followed by a 3-minute rest time.

Recipe from: National Pork Board and Wisconsin Pork Association, http://www.wppa.org/wp-content/uploads/2015/04/WI ChopS.pdf



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Images courtesy of National Pork Board and Wisconsin Pork Association on Yummly.



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Poultry

Theme Overview:

- Poultry refers to the domestication of birds such as chickens, turkeys, and ducks that are later harvested for food.
- Archaeologists discovered evidence that chickens were domesticated over 8,000 years ago.
- Beginning in the 19th century, domesticated chickens have been a staple commodity in US agriculture.
- Chickens are omnivores, meaning they consume both plants and meat, specifically insects.
- Their weight stops them from flying very high, but they can run up to 9 miles per hour.
- Prime egg laying time is between 7-11 a.m.
- Eggs do not have chicks in them unless a rooster is present.
- If eggs are fertilized, they are incubated for three weeks before hatching.

About Chickens:



A rooster is a male.



A broiler is raised exclusively for meat.



A hen is a female and produces eggs.



A pullet is a female before they are old enough to lay eggs.



A chick is a baby chicken.

Did you know?

Counting all the chickens in the world, there would be four chickens to every human?











That is a lot of birds!

Chicken is a great source of lean protein and is simple to prepare.

When the meat reaches an internal temperature of 165°F, it is ready to eat.



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Poultry - Chickens (continued)

Raising Chickens

The goal of poultry production is to raise broilers in the fastest, most efficient way.



Operations receive chicks from hatcheries and feed them until they reach market weight, taking approximately 6 weeks.



Large poultry operations raise broilers in barns. Broilers roam freely within the barn and are protected from external factors such as predators.



Broilers are then sold to meat processing facilities and the process restarts.

Want to raise your own chickens? Check your community's Chicken Ordinance first.

Cuts of Poultry

Poultry birds have four primal cuts of meat: breast, thigh, drumstick, and wing.

- **Chicken breast** is one of the most versatile cuts. The white meat contains little fat and can be prepared in a variety of ways. Tenderloin, a cut attached to the underside of the breast, is slightly more tender than the rest of the breast. These two cuts are normally detached during processing and sold separately.
- **Thighs** are a dark meat that contains more fat and flavor compared to the breast. They are sold as either fillets or cutlets. Fillets had the skin and bone removed during processing, and cutlets have the skin and bone still attached.
- **Drumsticks and wings** are often enjoyed for barbecuing. Drumsticks come from the lower part of the leg, taken from the knee down. The meat is dark, juicy, and very flavorful. Drumsticks can be deboned, but you typically see them with the bone-in. Wings are a white meat and can be broken down into three smaller cuts.

Poultry birds can be cooked whole or divided into these cuts.



Chicken Quesadillas

Need a delicious, quick meal after a long day? These are easy and are packed with protein and veggies!

Ingredients:

1 package of flour tortillas

1 can of canned chicken breast

1 pepper, diced

onion, diced

1 package of shredded cheese of choice

Oil of choice (butter or vegetable oil)

Salt and pepper to taste



- 1. Drain chicken breast from the can and shred. Dice the pepper and onion.
- 2. Fry the onion and pepper until soft and caramelized. Add chicken and any other ingredients you prefer (i.e. mushrooms) and cook for 1 minute. Salt and pepper to taste.
- 3. In a clean pan, add a 1/2 teaspoon of oil. Take a tortilla and place on the oil. Swirl the tortilla around to coat the pan/tortilla. Build your quesadilla by adding a spoonful of chicken mixture and a handful of cheese.
- 4. Place an additional tortilla on top to make a sandwich. Check the bottom for browning and flip. This part is a little tricky!
- 5. Cook until mostly browned and crispy. Take a pizza cutter and cut into 4 pieces. Dip in sour cream, ranch dressing, or eat plain. Enjoy!

Apricot Chicken

Sweet, sticky and tantalizingly tangy! This will quickly become a household favorite!

Ingredients:

8 skin-on, bone-in chicken thighs, or any cut of chicken/mix of cuts

- 1 jar of apricot preserves
- 1 envelope of dry onion soup mix



- 1. Preheat the oven to 375°F.
- 2. Lightly oil the baking dish for easier clean up.
- 3. Place the thighs skin side down in the baking dish.
- 4. Spread the preserves over the chicken until entire jar is used.
- 5. Sprinkle the packet of onion soup mix over the preserves.
- 6. Bake for 20 minutes.
- 7. Flip thighs over and spoon leftover sauce over the top of the thighs and bake for another 25-30 minutes.
- 8. Serve with rice and steamed vegetables (drizzle sauce over both!)

Hawaiian Teriyaki Chicken Skewers

This is a favorite Hawaiian teriyaki sauce in my household!

Ingredients:

4 boneless skinless chicken breasts cut into 1-inch cubes

1/2 cup brown sugar

1/2 cup soy sauce

1/4 cup pineapple juice

2 garlic cloves, minced

1/4 teaspoon pepper

1/2 teaspoon salt

1 tablespoon cornstarch

1 tablespoon water

1 red bell pepper cut into 1-inch cubes

1 yellow bell pepper cut into 1-inch cubes

1 green bell pepper cut into 1-inch cubes

1 red onion cut into 1-inch cubes

2 cups fresh pineapple cut into 1-inch cubes



- 1. In a small saucepan, whisk together the brown sugar, soy sauce, pineapple juice, garlic, pepper, and salt. In a small bowl, whisk together the water and cornstarch. Slowly whisk this into the other mixture.
- 2. Bring to a boil and boil for about 1-3 minutes until the mixture starts to thicken. Constantly stir the mixture. Remove from heat and save 1/4 cup of the sauce for later.
- 3. Marinate the chicken in the sauce in the fridge for at least 30 minutes. Do this overnight, or in the morning before school/work.
- 4. Thread the chicken on the skewers along with the peppers, red onion, and pineapple.
- 5. Grill 8-10 minutes until the chicken is cooked. Remove from the grill and baste with the reserved sauce.
- 6. Pair these with rice for a full meal!



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Adapted by Emery Bork, Vernon County 4-H Program Educator, & Carlea Liermann, Calumet County 4-H Program Educator, UW-Madison Division of Extension, Reviewed by: Ron Kean, Extension Poultry Specialist, UW Madison Animal & Dairy Sciences Department and Division of Extension, with permission from Oklahoma 4-H and from the following sources:

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 https://national4hpoultry.ca.uky.edu/marketpoultry/partsID

Images courtesy of: Canva, The Genetic Chef https://www.thegeneticchef.com/apricot-chicken/, and Carlea Liermann.



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Rabbit

Theme Overview:

- Since the beginning of time, people have consumed rabbit.
- Rabbits are an ancient species, and its use crossed the Mongolian territory and into Europe.
- Historians can trace evidence back to ancient Mediterranean people-mostly identifying rabbit dishes in celebrations and local specialties.
- Today, rabbit meat is eaten all over the world. China is currently the largest consumer. Europe, South Korea, and Africa also are top consumers.
- Rabbit meat is connected to culture. lore, and customs and is a highly valued dish.
- There are 50 recognized rabbit breeds in the United States, and a large number of those breeds are selectively bred for commercial meat production.
- Rabbit meat is a great lean protein source, as it has the highest percentage of digestible proteins compared to other meat while also having the lowest amount of fat.

About Rabbit:



A buck is a male rabbit



A doe is a female rabbit



A kit is a baby or young rabbit

Rabbit meat is great for your bones!



Rabbit is rich in vitamins B12 and E and has a higher concentration of most minerals: selenium, phosphorus, niacin, and calcium.

Rabbit Breeds

There are many different commercial breeds today. Farmers or homesteaders can choose qualities that suit their situation best. Larger commercial farms usually raise New Zealand or Californian rabbits due to their rapid growth.

Many breeds are dual-purpose-pelt and meat-and they grow slower. Some examples of these breeds include:

- Silver Fox
- Satin
- Creme d'Argent
- American Chinchilla
- Rex, and more



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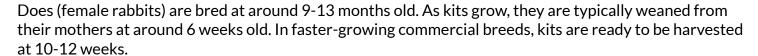




Rabbit (continued)

Raising Rabbit





























Efficient livestock animals to raise.

When looking at feed conversion ratios (FCR), or the amount of feed it takes for a rabbit to gain 1 pound of weight, rabbits score near the top. lit takes around 3 pounds of food to create 1 pound of meat.

Cuts of Rabbit

Rabbits are most often sold whole in the store. Consumers can break them down or use them whole, and all of their meat is considered white meat. Rabbit can be used in just about any recipe that calls for chicken, processed into sausages, and even jerky!

It may be hard to find rabbit in a supermarket. However, some consumers find it from online grocers or at local butcher shops. Local breeders may be able to offer butchered rabbits if certified by the state where you live.

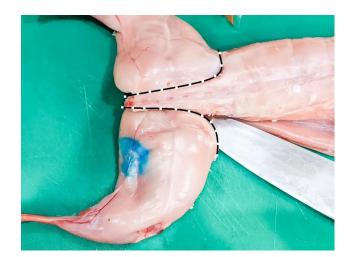
It is important to consider the age of the rabbit and how to cook the meat. Rabbits are sold as fryers, stewers, and roasters.

The following recipes in this guide call for fryers, which are younger, more tender animals that are no more than 3 ½ pounds each and not older than 10 weeks.



Breaking Down a Rabbit

Rabbits are most often sold whole. This guide will show you how to break it down into different parts.



First remove both back legs. You cannot cut all the way through, as there is a bone. You'll need to go around it, stretch the legs to find where the joint connects. As you practice more, this will become easier.



Next remove the front legs. Find where the shoulder is, and start there. There is no joint/connecting area, so this will be much easier. Trim off any excess tissue from the head area while cutting off front legs.



The midsection of the rabbit can be split many ways. Some choose to cut straight through the spine while others prefer to cut the tenderloins out from the spine, using the line in the photo. You can keep the belly flap attached to the tenderloin or separate it out for bacon/jerky.

Save your remaining spine/rib cage combinations for making bone broth. When you have 3-4 sets, place them in a large stockpot with water, onions, celery, seasonings of your choice, and low simmer for 8-10 hours. Strain broth, and either freeze or pressure can. Shred the remaining meat for shredded protein recipes.

Mustard Cream Rabbit With Bacon

This classic French dish is an absolute favorite.

Ingredients:

4 strips raw bacon
1 fryer rabbit cut up
salt & pepper to taste
1/2 cup onion chopped
1/2 cup chicken broth or white wine
1/4 cup water
1/2 cup grainy mustard like Dijon
1 teaspoon dried thyme
1/2 cup heavy cream
1/4 cup fresh parsley chopped (or 2 tablespoons dried)



- 1. Cook bacon in a skillet until crisp. Remove bacon and cool on paper towels.
- 2. Season rabbit pieces with salt & pepper. Brown rabbit pieces in bacon fat over medium-high heat, in batches if necessary. Place in 9"x13" baking pan.
- 3. Preheat oven to 350 degrees. Saute onions in skillet until translucent, about 3-4 minutes. Pour chicken broth into pan, scraping up any browned bits. Add water, mustard and thyme. Turn heat to high and bring to a rolling boil.
- 4. Pour mustard sauce over rabbit pieces. Cover pan with foil and bake at 350 degrees for 45 minutes to 1 hour until meat is tender and falling off the bone.
- 5. Remove rabbit pieces to serving platter. Stir cream and parsley into sauce and pour over rabbit. Sprinkle with crumbled bacon. Serve with rice or crusty bread.

Rabbit Tacos with Savory Sauces

Who doesn't love a good taco!

Ingredients:

1 fryer rabbit, cut into 6-8 pieces

¼ cup olive oil

1 lime for juice

½ teaspoon kosher salt

¼ teaspoon ground black pepper

Optional: 1 teaspoon chile-lime seasoning salt in place of salt & pepper



Cooking:

- medium baking dish, cover and cook 30-45 minutes or until meat shreds easily with a fork. Set aside to cool slightly.
- 2. Prepare the sauces of your choice while the rabbit bakes.
- 3. Shred meat from the rabbit bones and set aside, cover to keep warm.

Here are some traditional taco filling options:

Using 4-6" corn or flour tortillas wrapped in foil and warmed in a low oven, add shredded baked rabbit, then shredded green cabbage, diced tomatoes, diced onion or slivers of pickled onion. Top with chopped green chiles-mild or hot as you desire-fresh avocado slices, chopped fresh cilantro leaves, queso fresco, or other white crumbling cheese, and lime wedges for squeezing over the finished taco.

Another option is to use Avocado Lime Sauce:

½ cup extra virgin olive oil

½ medium avocado, peeled, pitted and diced

1 jalapeno chile, seeded and finely chopped

1 garlic clove, finely chopped

1 teaspoon finely chopped shallots

2 limes halved

2 tablespoon chopped fresh basil

1 tablespoon coarsely chopped cilantro leaves

Salt and pepper to taste

Use a spoon to scrape some of the pulp and all of the juice from the limes. Stir together all ingredients until well blended. Makes about $1\frac{1}{2}$ cups.



Rabbit Marinade Two Ways

Here are some tasty marinades for fryer rabbits.

Ingredients:

Teriyaki Marinade

½ cup soy sauce

3 tablespoons sugar

1 teaspoon fresh ginger root or ginger powder

1 large clove of garlic

Filipino Adobo Marinade

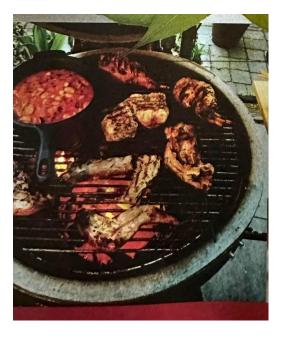
½ cup soy sauce

½ cup white or rice vinegar

4 cloves of garlic

1 teaspoon black peppercorns

3 bay leaves



Cooking:

Choose a recipe for the marinade, blend together the ingredients and marinate broken down rabbit in a ziploc bag, turning every few hours if possible-but it is best to marinate overnight. Then grill or smoke to your preference. Service with your favorite vegetables, rice or noodles if desired.

References

Developed by Emery Bork, Vernon County 4-H Program Educator, UW-Madison Division of Extension, Reviewed by: Ron Kean, Extension Poultry Specialist, UW Madison Animal & Dairy Sciences Department and Division of Extension, with these sources:

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Images courtesy of The American Rabbit Breeders Association publication *Domestic Rabbit and* Alyssa of Homestead Rabbits, <u>www.HomesteadRabbits.com</u>

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Recipe:

Ingredients:

Directions:



Recipe:

Ingredients:

Directions:



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