

# Rabbit with vegetables

1,2 kg rabbit, cut in pieces

2 cups hot water

flour, salt, pepper

1 teaspoon salt

$\frac{1}{3}$  cup cooking oil

$\frac{1}{4}$  cup flour or maizena

4 cups raw vegetables such as peas, carrots, onion, cabbage, celery, cauliflower, mealies



## Method

1. Mix flour, salt and pepper and roll rabbit pieces in it.
2. Heat oil in large pan or pot and brown rabbit pieces on all sides, turning often.
3. Add water and put the lid on.
4. Cook slowly on low heat for about 1 hour, or until meat is almost soft. Add more water if necessary.
5. Add vegetables and salt and cook for 25 minutes or until vegetables are done.
5. Mix the  $\frac{1}{4}$  cup flour or maizena with a little cold water.
6. Add slowly to the meat and cook until thick.

**Serve with rice or potatoes.**



## Curried rabbit

(Four servings of 1 cup each)

2 cups cooked rabbit meat, cut in pieces

$\frac{1}{3}$  cup flour

2 cups meat extract (or vegetable extract)

$\frac{1}{4}$  cup milk

1 tablespoon curry powder

salt and pepper

$\frac{1}{4}$  cup finely chopped onion

## Method

1. Bring extract to boil, add curry and onion and cook until soft.
2. Stir flour into milk, add a few tablespoons of hot liquid and mix.
3. Stir the flour mixture into the rest of the hot liquid and cook over low heat until thick and smooth.
4. Add rabbit meat, salt and pepper and heat well.

**Serve with rice.**