



Rabbit A Healthier Alternative

When thinking of rabbits, the first countries that'll probably come to mind are France and Italy with their great love for the domestic meat. In fact, rabbit meat is prized in many other countries across the globe for a leanness that many compare to chicken, albeit with a more 'exotic' flavour. In China, especially in Sichuan, the locals have a massive appetite for the meat. Around 200 million tons of rabbit meat are produced a year world-wide, with China easily consuming about 30 percent of the lot. The head is especially popular and is cooked in spicy Sichuan broth and eaten with the hands – a messy, delicate affair, and an accessible remedy for the winter cold.

Other countries don't share the same love though. In the United States for example, rabbits are mainly seen as pets, not so much as food for the dinner table. It also has a reputation of tasting gamier than the usual fare. Despite these perceptions, the popularity of its meat has risen over the past few years. Chef de Cuisine of Le Bistrot du Sommelier, Brandon Foo (pictured), helped us prepare the mouth-watering dishes featured. Here's his say on the matter: "Rabbits are cute and delicious! A lot of people mistake rabbit for being 'gamey' though nowadays they are farmed. Hence, their flavours are more delicate and texture, much more refined." Looks and taste aside, the household favourite makes for an incredibly healthy meal. Not only does it have one of the highest percentages of protein compared to other meats, it's also low on sodium, cholesterol, and calories. It has a higher meat to bone ratio than

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Whole rabbit
SGD\$2.95/100g



Rabbit leg for ragoût
SGD\$5.20/100g
Rabbit leg
SGD\$3.60/100g



Rabbit Kidney
SGD\$2.20/100g



Rabbit back
SGD\$4.20/100g

even chicken, and can be cooked in many of the same ways: braising, grilling, roasting, stewing, steaming - you name it. There are environmental benefits too, with the water and feed it takes to produce 450 grammes of beef you could have 2.7 kilogrammes of rabbit. The idiom "breed like rabbits" comes to mind. So if you're considering an alternative to the more popular meats, consider trying your hand at rabbit. It's delicate size and unconventionality makes it an easy but exciting choice from the rest. You can find a comprehensive spread of rabbit cuts at Huber's Butcher, along with mouth-watering homemade rabbit sausages and rillettes. To top it all off, their GMO-free rabbits from Hungary are fed exclusively with untreated forage and hay; you really can't get much healthier than that. **RO**