food to keep them alive and

well certainly didn't go down

Rabbit-raising experiences

has tried to base rabbit-

purchase ethics on such

rabbit-raising experience.

corporated into the rules of

the company which works on

the premise that all breeders,

selling to them, can be sure of

a fair deal. Cost of food per

rabbit is measured according

to weight, based on year-

round sales. In this way there

is no fluctuation of purchase

price and it makes it better

for the producer who knows

what his stable income will

These have been

Robert Kens Enterprises

in price," he said.

"Think rabbit," says proprietors of the newest rabbit processing plant in Erin township. Owners of Robert Kens Enterprises Ltd., located at R.R. 3, Acton. suggest that, when appetites are low and waiting for some succulent dish which will restore the z-1-n-g in eating. the cook in the house should consider the delicious taste of roast rabbit, rabbit fricasse or rabbit cooked until juley and tender, smothered in a sauce of fried mushrooms and onions.

Not new Rabbit as a food is not something new in Canada.

For years, customers in recommended by doctors as a small city meat stores have seen quantitles of the unakinned creatures hanging high in rows, waiting for customer purchase. Mostly though, they were in ethnic quarters of the city where Italians and Portuguese were the buyers. "It's the Europeans who enjoy rabbit as a food," says Joe Robert, vice-president and manager of the plant. He explains the big aim of the company is to widen the market and get it on the Canadian plate so that people who never thought of rabbit as another meat will try it and see how good it really is. Many English people also enjoy the taste of roast rabbit as a hangover from war-time days when other meats were scarce and they'd go rabbit hunting.

rabblt meat," he said, "They are on our customer list too." As well as being tasty and different, rabbit meat is, according to Mr. Robert, shouldn't reproduce: "Cost of

"They developed a taste for

high-quality health meat, low in cholesterol. It is suggested as a good "ulcer food." Having sold domestic

rabbits himself for a number of years, the plant manager is knowledgeable in the problems the breeder has to face. He found that, while raising animals for sale, the market would drop conalderably during aummer months when one very important rabbit outlet was cut down. "We'd sell our rabbits to processors and laboratories such as university research labs," he explained "but when holldays would come along, the market was flooded because university and lab people were away and didn't need the rabbits. Processors would take advantage of the rabbit grower and pay less money for the animals per pound." He explained that rabbits could not be told that during summer months they

be. Company owners feel this is one of the reasons why they are seeing more people in the business of rabbit production than ever before. They have regular sales people visiting large stores and supermarkets, promoting and introducing the meat into places where it was previously never considered. "What we see is Kentuckyfried rabbit," said the enthusiastic Mr. Robert who envisions replacing chicken with rabbitburgers as part of the restaurant food fare. From rabbit purchase to final product, at the local plant, animals are handled under only the most hygienic conditions. Government regulations specify that an pector be on hand during processing. There is constant supervision as every rabbit is tagged individually

transport delivery. According to authorities, rabbits require very little drying time. They are shipped to stores and packed in crushed ice, immediately after processing. Downtown Toronto is the plant's biggest outlet, although more and more, other stores are buying and selling rabbit meat. At the present time fresh rabbits are the big seller but eventually, company officials hope to see them packaged and frozen like choice fowl.

to ensure good quality meat.

Each one is electrically

killed, skinned, eviscerated

and washed before put into a

cooler ready for immediate

"Once people catch on to the taste, they should be very popular," said Mr. Robert. He pointed out that rabbits shrink very little in cooking and don't dry out.

Rabbit for wearing Besides using the animals for ment, Robert Kens Enterprises Ltd. has amibitions for even greater scope for the domestic rabbit. Officials are investigating the possibility of using entralls an commercial fertilizer. With the present attitudes against using rare animal hides for coats and accessories, they hope to sometime in the future, set up a garment plant where rabbit fur can be used for muffs and various other types of wearing apparel.

Robert Kens Enterprises Lid. is one of the largest private plants of its kind in Ontario. As wellprocessing, it is also building up special marketing services which are extensive and covers an area of sales including Hamilton, Kitchener and Guelph districts. This is good not only for people who would enjoy the new food but also for those raising rabbits. Mr. Robert points out that to buy the meat is to save because there is virtually no waste as rabbit has no bone

and it's all white meat. There are some favorite recipes which, according to company chefs, would whet the appetite of any first-time

Rabbits should be enten fresh while hare, like game should be hung for a week or longer, to improve texture of the flesh and the flavour.

BOILED RABBIT 1 rabbit

About 1 pint warm water
About 1 pint warm water
Apout water, dry and cut into neat joints.
Put in saucepan with cold water to
cover; bring to boil then throw
water away. Rinse joints of rabbit
in cold water, to remove any scum
that may have settled on them.
This takes away any unpleasant
atrong flavor from it.
Put pieces of rabbit back in
saucepan, with the salt and the
pint of warm water (or enough to
cover the rabbit). Bring to a boil
and simmer slowly for 1-1% hours,
or until tender. Lift joints of rabbit
out on to hot dish and pour the
sauce over them.

sauce over them.

1 small rabbit 2-3 potatoes notno I place of bacon

2 tablespoons chopped paratey 4 tap, mixed herbs I bay leaf Stock or water Bos, pastry (or enough to cover

Wash rabbit and cut into joints, putting aside head and thin pieces of ribs for stock. Prepare and silce potatoes and onton. Fill a ple dish with alternate layers of rabbit, bacon and vegetables, sprinkling each with seasonings and herbs. Put in kidneys and heart of rabbit, the bay leaf and sufficient liquid to come half way up dish. Cover with pastry, making a hole to let out the steam. Bake in a hot oven (430 degrees F.) until pastry is set and lightly browned, then reduce heat for about 4 hour. Fill up with stock and serve hot.

Points of interest: for 46 lb. serving of beef with a 46 fat content the calories are 750, for the same amount of rabbit calories are 290, The protein amounts are the same.

ROAST RABBIT

I large rabbit rat sait pork for larding Salt and pepper 6 juniper berries, mashed t carrot, chopped t medium onlin, chopped l stalk celery, chopped 4 cup butter to cup dry red wine 6 whole allepice I bay leaf Dash nutmeg, ginger i then, lemon juice thap, current jelly

1 cup sour cream.

Lard rabbit with pork. Rub with crushed Juniper barries and season with sait and pepper. Fry chopped vegetables in butter 10 minutes. Put in bottom of reasting pan and place rabbit on top. Roast 45 minutes in 325 deg. F. oven. Remove meat and keep warm. Add the remaining ingredients to the pan and mix well. Return rabbit to pan and continue rosating another 40 minutes, basting frequently with the sauce. When the ment is done, remove to platter and keep warm. Strain the gravy, add a cup of sour

Makes 3 to 4 servings. RABBIT CASSEROLE

cream and heat through. Season

to tasto and pour over meat

As a general rule, wild rabbit should be cooked in liquid unless quite young. These vegetarian animals have been a hunter's salvation on many an occasion when other game seemed to have

Preheat oven to 350 degree F. Wash and cut into serving pieces: I rabbil Oredge with a mixture of:

114 c. all purpose flour I tap. salt 14 tap, pepper I then, paprika Fry 5 or 6 alices chopped aide

bacon in vegetable of Add 1 medium onton chopped Cook until onlon la transparent. Remove becon and onlon, Brown rabbit pieces in baron fat. Place in casserole. Sprinkle with becon and onlon

Combine in order given 2 thep, all purpose flour 1 (10 oz.) can tomate juice I tap, gravy colouring is tap, salt pinch of thyme hay leaf. Pour sauce over rabbit. Cover.

Bake 350 degrees for 14 hrs. About 3 servings.

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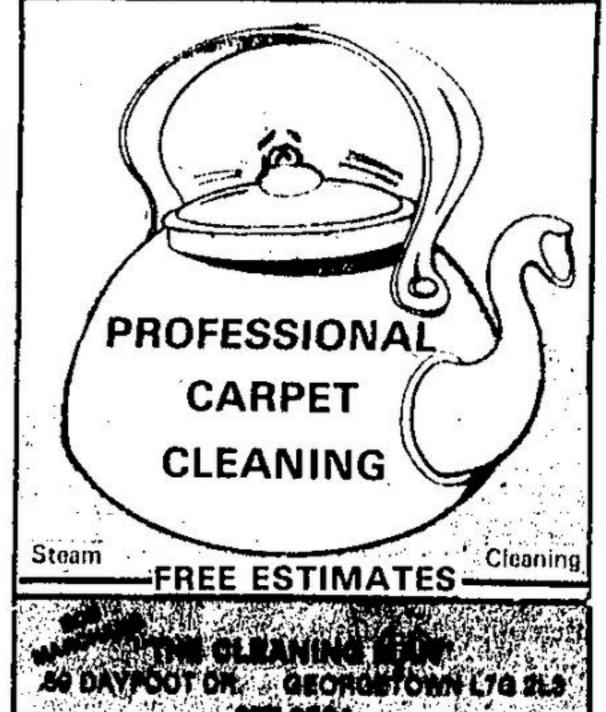
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The Acion Free Press, Wed., April 23, 1975

LIMITED TIME OFFER





Ottawa Report

dishes whetting every appetite.

By Dr. Frank Philbrook.



It won't be long before students will be looking for summer jobs. The federal government's Opportunities for Youth program is aimed at providing students with job opportunities through a selec-

tive grant system. I am pleased to announce that 11 Opportunities for Youth projects have been approved in Halton riding and there is a possibility of four more gelting approval in the near future. Each group has been phoned and advised of their project's approval and a covering letter will be sent to them in the near future.

Here are the 11 projects and the amounts which have been approved:

1. Erin - Village in Motion, \$5,815; 2. Erin - Community Kids, \$6,245; 3. Hillsburgh -Busy Burghs, \$4,990; 4. Acton - Bands for Action, \$3,550; 5. Georgetown - Divertissement Pour Enfants, \$7,530; 6. Georgetown - CAP '75, \$5,000. 7. Glen Williams - Glen Williams Renovations, \$4,830; 8. Oakville Discovering Old Oakville, \$6,570; 9. Oakville - Opportunity for Play, \$6,219; 10. Oakville - Camp Tornah, \$7,650; 11. Oakville - Project 16B, \$7,960.

description of these projects will be prepared, together with the names of the people involved, for release at an early date. I will take a great interest in watching their success this summer.

Commons committee work is very heavy these days because we are debating the budget estimates. I am involved with several committees including Finance. Industry, Trade and Commerce, Health and Welfare, and External Affairs.

We are also currently discussing NORAD (North American Air Defense). These discussions are critical in terms of our long term arrangement for adequate North American defense agreement in terms of working with the United States, and, on the other Canadian hand, our

Postmaster General Bryce Mackasey is getting credit these days for taking a tough stand on the postal situation. He is attempting to ensure that contracts are carried out properly with a minimum disruption of service. Mr. Mackasey has fired 22 postal workers and suspended 558. They were harassing other employees because of the use of casual workers taken on to handle a large backlog of mail totalling one-half million

pleces. He has stated that he is not prepared to permit illegal practices to interfere with the movement of mail. Furthermore, Jean

HALTON MP

RABBITS ARE the specialty and processing, the game of Robert-Kens Enterprises Ltd., the new company with plant located at R.R. 3, Acton. With a forward view to Kentucky fried rabbit Joe Robert, plant manager

and vice-president, sees rabbit meat as a high protein food to be used in

Chretlen, president of the Treasury Board, is taking a very tough line in terms of wage settlements. Mr. Chretien has recently filed sult against a number of workers in the Maritimes for having gone on illegal strikes over the past few months. Apparently this is a first in stand which the government is taking in an effort to get the postal service working properly. Labour and management must work together to settle their differences without illegal methods being used by either side.

Our inflation rates are down for the first three months of 1975. Retail prices are down from 14 per cent in the last quarter of 1974 to 6.8 per cent in the first quarter of 1975. We are below the United States rate for the first days.

quarter and only West Germany has a lower inflation figure than Canada, This is also the month when both food and commodity prices come down. In addition, wholesale and industry price averages are also down. Furthermore, our production rate has risen for the first time in a year. Retail sales and Alastair Gillespie, Minister of Industry, Trade and Commerce, has now postal negotiations. I per- made a special effort to boost made auto parts outside of the United States to compleour traditional American market.

Just a reminder that the Halton constituency office is located at 321 Lakeshore Road East in Oakville. The telephone number is 844-4146 in Oakville and Zenith 89110 outside the Oakville ex-change. Office hours are 9.30 a.m. to 12.00 noon and 1.30 p.m. to 5.30 p.m. weekdays, 10.00 a.m. to 1.00 p.m. Satur-

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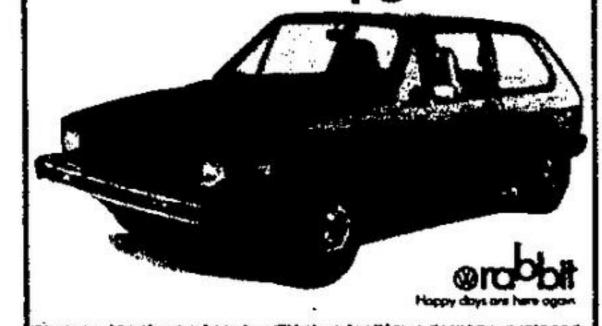
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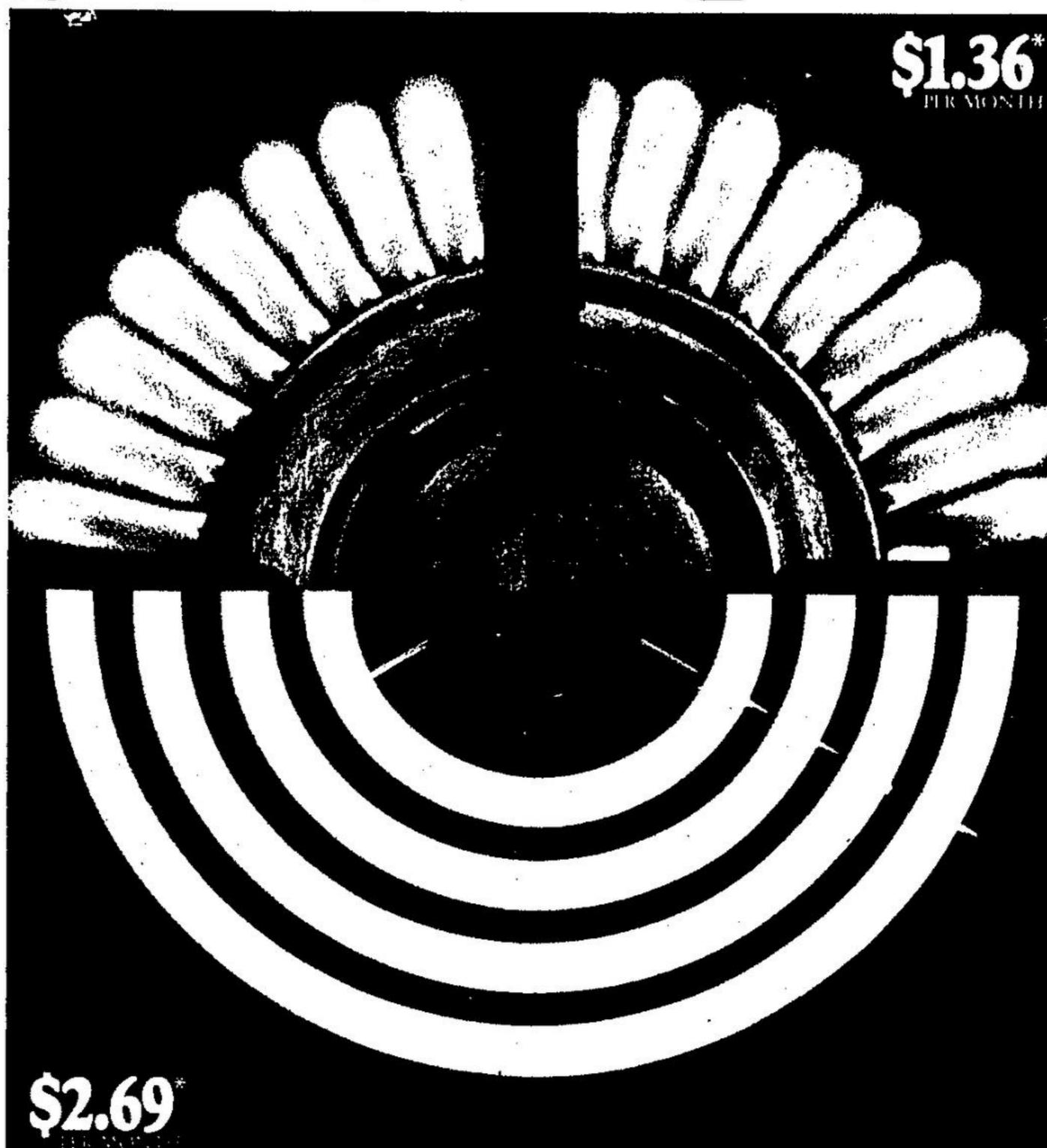
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to replace your present gas appliances, remember that you'll save money using natural gas.

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