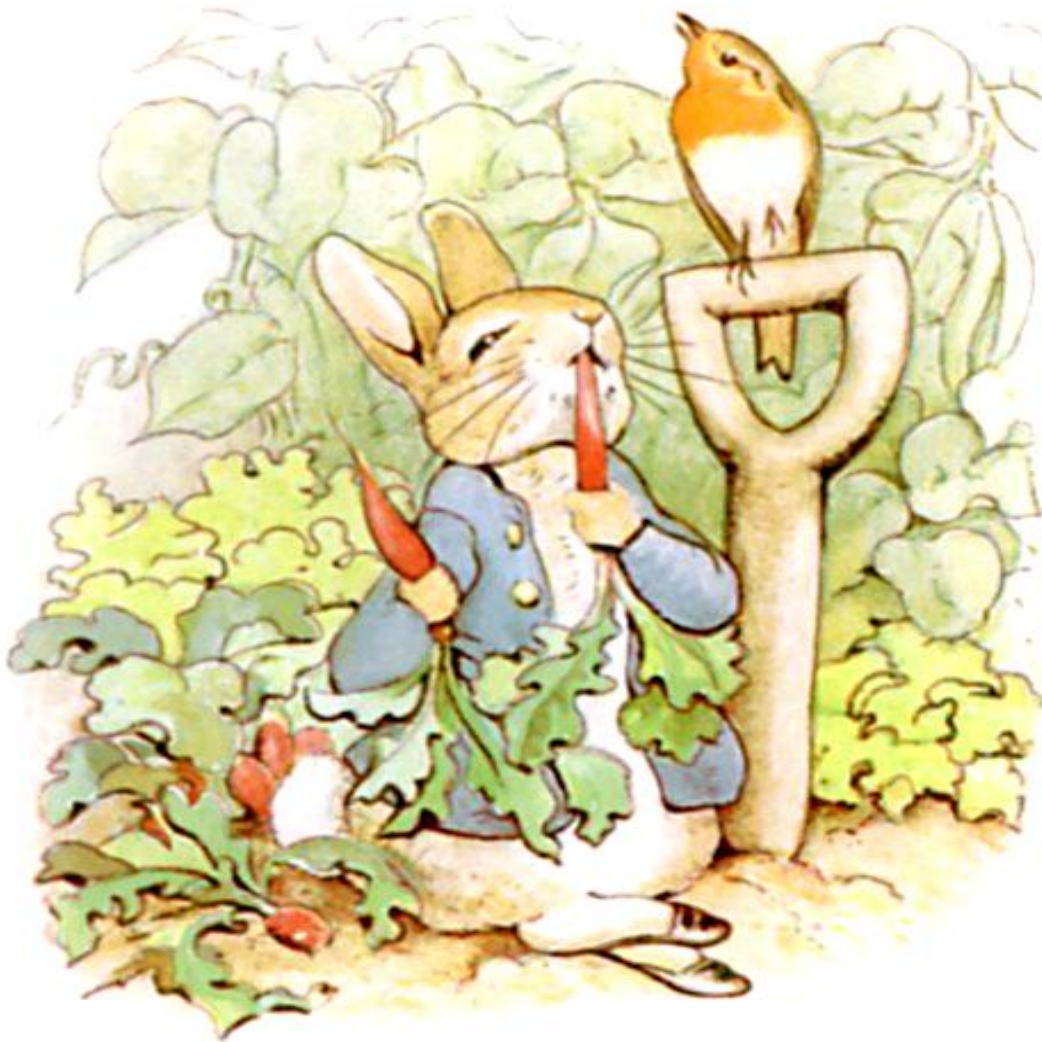


Peter Rabbit's Family Recipes



By Kit Singleton

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Introduction

Before we dig into Peter Rabbit's family recipes, it's important to know a little about his family. It consisted of Old Mrs. Josephine Rabbit, his mother who was widowed; and Flopsy, Mopsy, and Cotton-tail, his sisters.

Because Mrs. Rabbit was a single parent, she depended on her bunnies to help her as much as possible. The girls helped their mother by picking berries and doing other things that she asked of them. Peter helped too but he tended to ignore Mrs. Rabbit's instructions and warnings.

You should also know about three of the people who influenced the recipes that Mrs. Rabbit prepared. The first two people are Mr. and Mrs. McGregor, who owned the garden, where the Rabbit family got most of their vegetables. It seems that the bunnies weren't allowed to visit the garden due to a tragic incident involving their father.

The third person is the baker, who provided Mrs. Rabbit with wonderful brown bread and currant buns to serve with meals. Mrs. Rabbit found this to be very helpful because it meant she could spend more time with her bunnies.

To give you a better insight into the Rabbit family's food preferences, let's take a look at the sort of things they did in their daily lives. The recipes follow this glimpse inside the Rabbit family's activities.

The Tale Of Peter Rabbit





Once upon a time there were four little Rabbits, and their names were—Flopsy, Mopsy, Cotton-tail, and Peter.

They lived with their Mother in a sand-bank, underneath the root of a very big fir-tree.



'Now my dears,' said Mrs. Rabbit one morning, 'you may go into the fields or down the lane, but don't go into Mr. McGregor's garden: your Father had an accident there and was put into a pie by Mrs. McGregor.'



'Now run along, and don't get into mischief. I am going out.'



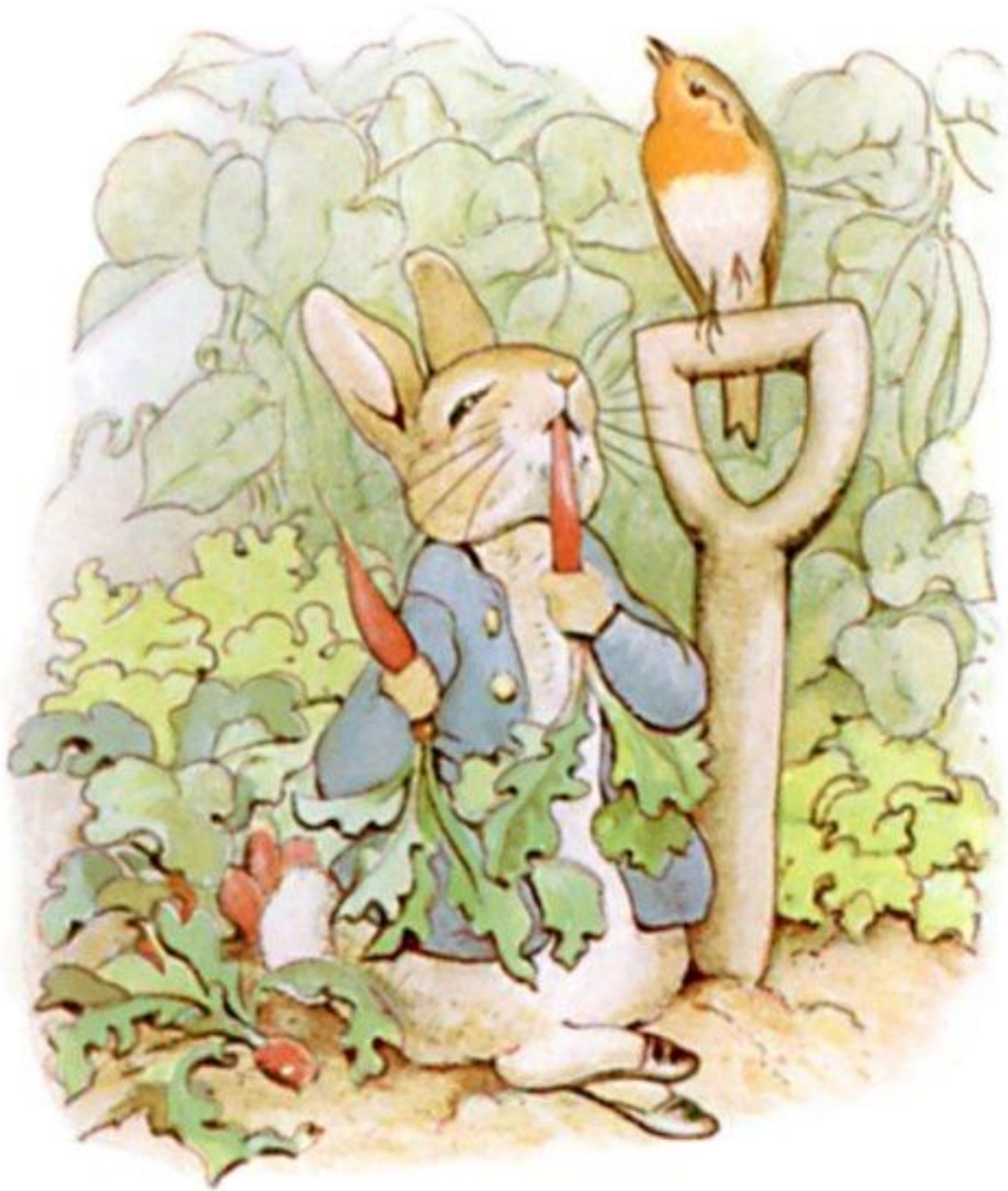
Then Mrs. Rabbit took a basket and her umbrella, and went through the wood to the baker's. She bought a loaf of brown bread and five currant buns.



Flopsy, Mopsy, and Cotton-tail, who were good little bunnies, went down the lane to gather blackberries:



But Peter, who was very naughty, ran straight away to Mr. McGregor's garden, and squeezed under the gate!



First, he ate some lettuces and some French beans; and then he ate some radishes;



And then, feeling rather sick, he went to look for some parsley.



But round the end of a cucumber frame, whom should he meet but Mr. McGregor!



Mr. McGregor was on his hands and knees planting out young cabbages, but he jumped up and ran after Peter, waving a rake and calling out, 'Stop thief!'



Peter was most dreadfully frightened; he rushed all over the garden, for he had forgotten the way back to the gate.

He lost one of his shoes among the cabbages, and the other shoe amongst the potatoes.



After losing them, he ran on four legs and went faster, so that I think he might have got away altogether if he had not unfortunately run into a gooseberry net, and got caught by the large buttons on his jacket. It was a blue jacket with brass buttons, quite new.



Peter gave himself up for lost, and shed big tears; but his sobs were overheard by some friendly sparrows, who flew to him in great excitement, and implored him to exert himself.



Mr. McGregor came up with a sieve, which he intended to pop upon the top of Peter; but Peter wriggled out just in time, leaving his jacket behind him.



And rushed into the tool-shed, and jumped into a can. It would have been a beautiful thing to hide in, if it had not had so much water in it.

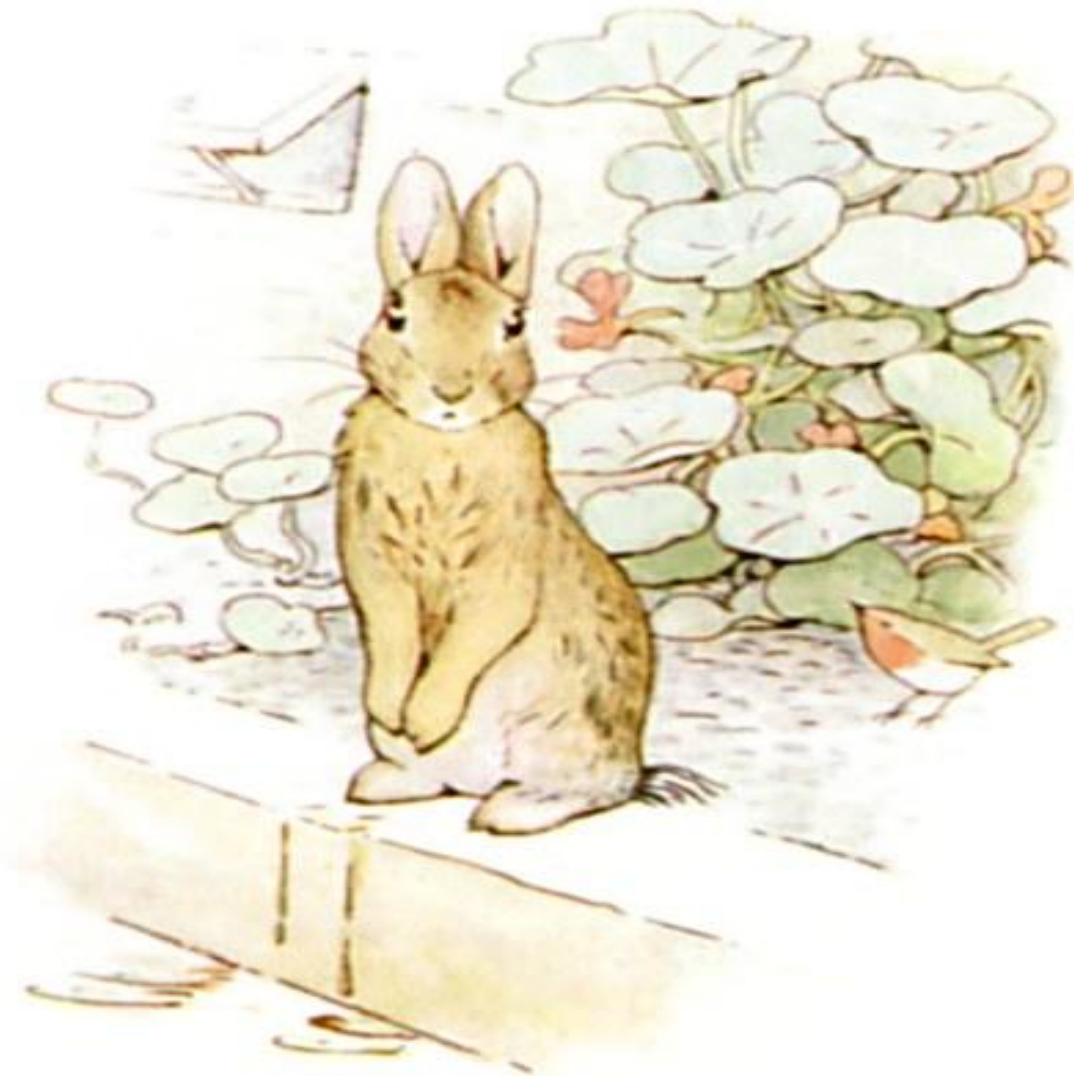


Mr. McGregor was quite sure that Peter was somewhere in the tool-shed, perhaps hidden underneath a flower-pot. He began to turn them over carefully, looking under each.

Presently Peter sneezed—'Kertyschoo!' Mr. McGregor was after him in no time.



And tried to put his foot upon Peter, who jumped out of a window, upsetting three plants. The window was too small for Mr. McGregor, and he was tired of running after Peter. He went back to his work.



Peter sat down to rest; he was out of breath and trembling with fright, and he had not the least idea which way to go. Also he was very damp with sitting in that can.

After a time he began to wander about, going lippity—lippity—not very fast, and looking all round.



He found a door in a wall; but it was locked, and there was no room for a fat little rabbit to squeeze underneath.

An old mouse was running in and out over the stone doorstep, carrying peas and beans to her family in the wood. Peter asked her the way to the gate, but she had such a large pea in her mouth that she could not answer. She only shook her head at him. Peter began to cry.



Then he tried to find his way straight across the garden, but he became more and more puzzled. Presently, he came to a pond where Mr. McGregor filled his water-cans. A white cat was staring at some gold-fish, she sat very, very still, but now and then the tip of her tail twitched as if it were alive. Peter thought it best to go away without speaking to her; he had heard about cats from his cousin, little Benjamin Bunny.



He went back towards the tool-shed, but suddenly, quite close to him, he heard the noise of a hoe—scr-r-ritch, scratch, scratch, scritch. Peter scuttled underneath the bushes. But presently, as nothing happened, he came out, and climbed upon a wheelbarrow and peeped over. The first thing he saw was Mr. McGregor hoeing onions. His back was turned towards Peter, and beyond him was the gate!



Peter got down very quietly off the wheelbarrow; and started running as fast as he could go, along a straight walk behind some black-currant bushes.

Mr. McGregor caught sight of him at the corner, but Peter did not care. He slipped underneath the gate, and was safe at last in the wood outside the garden.



Mr. McGregor hung up the little jacket and the shoes for a scare-crow to frighten the blackbirds.

Peter never stopped running or looked behind him till he got home to the big fir-tree.



He was so tired that he flopped down upon the nice soft sand on the floor of the rabbit-hole and shut his eyes. His mother was busy cooking; she wondered what he had done with his clothes. It was the second little jacket and pair of shoes that Peter had lost in a fortnight!



I am sorry to say that Peter was not very well during the evening. His mother put him to bed, and made some chamomile tea; and she gave a dose of it to Peter!

'One table-spoonful to be taken at bed-time.'



But Flopsy, Mopsy, and Cotton-tail had bread and milk and blackberries for supper.

THE END

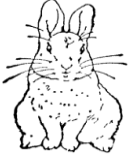
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Rabbit Family Recipes





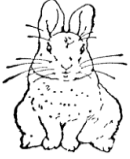
Cotton-tail's Blackberry Lemonade

Ingredients:

- 4 C. water, divided
- 1 C. sugar
- 1 C. lemon juice
- 1 Tbsp. grated [lemon](#) peel
- 1 C. blackberries
- 2 drops blue food coloring

Instructions:

Boil 2 cups of water and sugar in large saucepan for 2 minutes. Remove the saucepan from the heat and add remaining water, lemon juice, and lemon peel. Let cool. Blend in a blender 1 cup of the lemon mixture and all the blackberries until well blended. Strain to remove the blackberry seeds and then pour into a pitcher. Add the rest of the lemon mixture and the food coloring and then stir. Refrigerate and serve over ice. Makes approximately 1 1/2 quarts.



Flopsy's Garden Greens Salad

Ingredients:

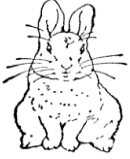
- 2 tsp. Yellow onion, grated
- 1 tsp. salt
- ½ tsp. freshly ground pepper
- 2 Tbsp. Dijon mustard
- ⅔ C. extra virgin oil
- 10 oz. Lettuce, Spinach, or greens of choice
- 6 to 8 button mushrooms, sliced
- ½ C. radishes, thinly sliced
- ½ red onion, thinly sliced
- 3 hard-[boiled eggs](#), peeled and chopped

Instructions:

Combine the yellow onion, salt, pepper, mustard, and vinegar in a food processor or blender. Process the items for 1 to 2 minutes until smooth. With the motor running slowly, add the oil to create an emulsion. Adjust the seasoning if necessary. Cover with plastic wrap set aside.

To prepare the salad immerse the fresh lettuce or greens in a large amount of water, swish the leaves to rinse well, and drain. Repeat until no grit or dirt is visible in bottom of the sink. Pick off any large parts or stems and tear into bite size pieces. Dry in a lettuce spinner and transfer to a large salad bowl. Place in refrigerator and cover with a paper towel until time to serve.

10 minutes before serving remove the lettuce or greens from the refrigerator, add the mushrooms, onions, and eggs to the bowl, and toss again. Serve immediately.



Mopsy's Cabbage & Cucumber Salad

Ingredients:

Lettuce leaves

4 Tbsp. grated Brazil nuts

4 Tbsp. chopped dates

2 tomatoes, sliced

2 [carrots](#), grated

2 raw beetroots, grated

12 oz grated [cabbage](#)

½ cucumber, sliced crosswise

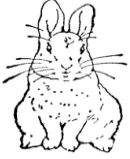
Vinaigrette of your choice

Instructions:

Place lettuce leaves on plates. Combine the Brazil nuts and the chopped dates and put them in a group in the middle of the plate. Add the other vegetables in groups around the nuts and create an appetizing and colorful dish.

Just before serving, pour a bit of vinaigrette over the salad to moisten.

This is perfect as an appetizer or even as a light lunch eaten with the baker's brown bread (see included recipe.)



Peter's French (Green) Beans And Potatoes

Ingredients:

2 (14 oz) cans green beans, drained

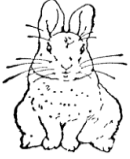
2 (15 oz) cans diced [potatoes](#), drained

1 (10.75 oz) can condensed [cream of chicken soup](#)

1 lb shredded Colby cheese

Instructions:

Spray a casserole dish with nonstick cooking spray. Empty the cans of green beans and potatoes into casserole dish. Fold in chicken soup and blend well with beans and potatoes. Add shredded cheese and mix. Cover casserole with aluminum foil and bake in a preheated 350-degree oven for 25 minutes. Remove foil and continue baking 10 to 15 minutes or until slightly brown on top.



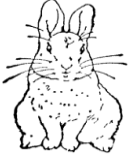
Mrs. Rabbit's Green Pea & Macaroni Salad

Ingredients:

- 1 C. fresh pea pods
- 8 oz dried elbow macaroni
- 1 C. frozen [peas](#), thawed
- 1/2 C. mayonnaise or salad dressing
- 1/2 C. dairy sour cream
- 1/3 C. milk
- 1/4 C. horseradish mustard
- 2 cloves garlic, minced
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 3/4 C. thinly sliced celery
- 2 Tbsp. chopped onion
- 1/4 C. [Parsley](#), freshly chopped

Instructions:

Boil macaroni until tender. Add peas to boiling water for one minute. Drain macaroni and peas and rinse with cold water. Combine, mayonnaise (salad dressing), sour cream, mustard, milk, garlic and salt and pepper in a bowl to create dressing. Set dressing to the side. In a large bowl combine macaroni and peas with the celery and onions. Pour dressing mixture over and stir until coated well. Cover and refrigerate for 4 hours. When ready to serve, stir and add one to two tablespoons of milk if desired.



Peter's Gooseberry Foolishness

Ingredients:

3 C. (about 1 lb.) Gooseberries or berry of choice

½ C. Sugar

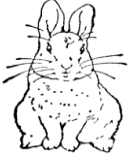
½ C. Water

½ C. [Whipping Cream](#)

Instructions:

Clean fresh gooseberries, making sure to cut off the stems. Place in a saucepan with sugar and water. Stew until soft. Press gooseberries through a sieve to remove the skins and seeds as well as puree the gooseberries. This should give you about 1 pint of puree.

Half-whip the cream and mix lightly with the puree. Sweeten to taste. Serve in dessert cups with whipped cream on top.



The Baker's Brown Bread

Ingredients:

3 C. Whole-wheat [bread](#) flour

1 ½ C. All-Purpose flour, sifted

1 tsp. salt

1 tsp. Baking soda

1 Tbs. Margarine, soft

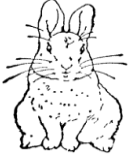
1 ½ to 1 ⅔ C. Buttermilk

Instructions:

Measure the whole-wheat flour into a large mixing bowl. Sift together the all-purpose flour, salt, baking soda, and sugar. Mix into whole-wheat flour. Cream in margarine. Add buttermilk a little at a time.

Form dough into a ball and knead for 15-20 seconds. Place on a lightly greased baking sheet and flatten into a 1 ½ inch thick circle. Cut a cross in the top with a lightly floured knife. This helps to prevent cracking during the baking process.

Bake at 425 degrees F for 25 minutes. Reduce heat to 350 degrees F and bake 15 minutes longer. Cool on a wire rack and seal in a plastic bag until the next day. This bread is more easily cut if you wait 24 hours.



Currant Buns For Everyone

Ingredients:

4 C. All-Purpose flour, sifted

1 tsp. salt

1 level tsp. allspice or mixed spice

½ stick margarine

½ C. [currants](#)

1 oz. yeast

½ C. sugar

1 C. milk

¼ C. Water, lukewarm

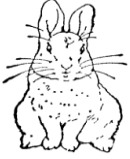
1 [Egg](#), slightly beaten

Instructions:

Sift flour, salt and allspice into a large bowl. Add currants. Scald milk with margarine and sugar. Cool mixture until lukewarm. Soften and dissolve yeast in lukewarm water. Add yeast and lightly beaten egg to milk mixture.

Pour into a hollow made in the dry ingredients. Mix into a dough. Knead as for bread and let dry in a warm place, free from light and drafts, until dough has doubled in size. Divide into portions, a little larger than biscuits. Work lightly with fingers until smooth. Flatten slightly and place on a greased baking sheet. Mark a cross on the top of each. Let rise until light, about 10 minutes and bake at 400 degrees F for 15 to 20 minutes.

When almost done, brush with milk, sprinkle with sugar, and return to oven to melt sugar glaze.



Mrs. Rabbits Chamomile Tea

Ingredients:

1 tsp. Dried Chamomile flowers

1 C. Water

Sugar to taste

Instructions:

In a teacup, place 1 tsp. dried chamomile (flowers only.) Cover with boiling water. Steep covered for 3-4 minutes. Strain and drink. You may want to add sugar to taste.

WARNING: Because chamomile flowers contain pollen, tea made from them may cause allergic reactions, especially to those who cannot tolerate ragweed, chrysanthemums, or other members of the *Compositae* family.

You can find more of the Rabbit family's favorite dishes at the links listed within each recipe or just visit [MyCountryCookin.com](http://www.MyCountryCookin.com).