

01. INTRODUCTION

Rabbit domestication began >2,000 years ago on the Iberian Peninsula, and formalized in the post-war (1939–1950). Industrial rabbit farming began 1970s.

Main european producers

Production in Italy remains constant, while it declines in France and Spain (Fig 1).

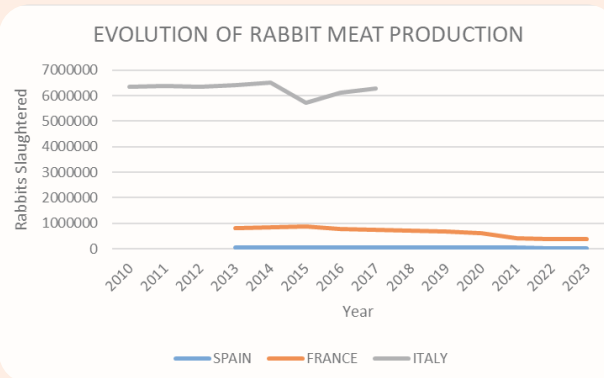


Fig 1: rabbit meat production over the years

02. OBJECTIVES

Main

- 1 To give awareness of nutritional and organoleptic characteristics of rabbit meat.
- 2 Inform about potential benefits of its consumption compared to other meats.

Secondary

- 1 To shed light on the environmental impact of rabbit production in comparison to other types of productions.
- 2 To collect typical recipes to promote rabbit consumption.

03. QUALITY AND ENVIRONMENTAL IMPACT

Quality

Table 1:

Lowest fat content & calories with the best composition → unsaturated fatty acids
 Highest protein content → almost all essential amino acids
 Rich in K & P; high Fe; low Na and cholesterol
 High content of niacin & vitamin B12
 Easy to digest

Table 1: composition of the different meats

MEAT	ENERGY (Kcal/100g)	PROTEINS (%)	FATS (%)	WATER (%)	RATIO
Beef	160	16-22	8-10	70	1.21
Pork	344	12-16	30-35	52	1.61
Lamb	260	11-16	20-25	62	0.77
Chicken	150	12-18	8-12	73	1.75
Rabbit	133	19-25	3-6	72	2

Benefits

- For overweighted or hypertensioned
- For high cholesterol
- For children, pregnant women, and athletes

Environmental impact

- The second most efficient, after chicken → convert 20% of its feed into meat.
- Adapt to ecosystems.
- Less intensive in water, feed and soil than beef, pork and lamb.
- Environmentally friendly.

04. CONSUMERS OPINION

- 50% eat rabbit twice a month (Fig 2)

Table 2: survey

QUESTION	CONSUMER ANSWER	CORRECT ANSWER
Principal vitamin and mineral	Didn't know	B-group vitamins; potassium
Major saturated fatty acids	Pork	Lamb
Most efficient	Pork	Chicken
Most ecofriendly	Rabbit	Chicken
Organic production	Yes	Yes
Purchase decision factors	Main Price & Quality Secondary Taste & Health benefits	

05. RECIPES

- Rabbit with garlic
- Navarrese-style rabbit
- Valencian paella with rabbit

06. CONCLUSIONS

1. Consumption & production is declining
2. Low salt, fat, cholesterol, calories
3. High protein with essential amino acids, easy to digest
4. Low pollution
5. Consumers are misinformed → want more information

Consumption

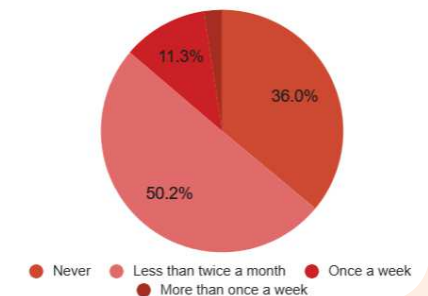


Fig 2: rabbit meat consumption