Fastest Way to Dress a Rabbit Carcass

Pinch the rabbit’s coat half way down its back with your less dominant hand (the one you do not write with) and using a sharp knife make an incision half way down the rabbits back with your dominant hand. Cut deep enough to cut through the skin, but not through the muscle tissue.

Use your hands to work the skin near the incision free from the muscle tissue. Dig your fingers below the coat to loosen it in both direction, up towards the head and back towards the rump.

Grasp the skin /coat near the incision with one hand facing towards the head and the other hand towards the rump. Begin to pull with both hands in opposite directions, similar to yawing.
Continue to pull the skin/coat in either direction. Make sure that you have a strong grip on the coat. DO NOT USE THE KNIFE again at this point.

Continue pulling on the coat till the majority of the rabbit’s body is exposed. The coat will be “bunched up” at both ends. The head is still attached at this point.

Place the rabbit down on the table and begin to work the coat off the limbs and head using your hands. Hold the exposed rabbit meat with one hand and pull on the coat with the other.
Pull the coat off the rabbit until you expose the ankles and wrists at the limbs (as seen above) and the neck at the head.

Using a sharp knife you can cut at the ankle, wrists and neck. Completely removing the coat and the parts of the rabbit that will not be consumed.

When done this is what the carcass will look like.
Thoroughly rinse the rabbit carcass with cold water and remove any hairs that might have gotten stuck to the meat.

Once the carcass has been rinsed and the loose hairs removed lay it down on the table, belly up. Using your non-dominant hand pinch the rabbit’s skin half way down the belly. You should only feel the skin and no intestines or any other materials between your fingers. Using a smaller knife (a smaller knife is used to gut the rabbit because it is easier to handle) make a small cut across the belly using your dominant hand. Be careful not to cut through the intestines!

The carcass should look like this. The intestines will easily be seen protruding from the belly. Be VERY careful not to cut these in any way! If you do the entire carcass has to be disposed of.
Make another small incision going down from the middle of the rabbit's belly towards the tail. Fold back the skin and expose more of the internal organs.

Make a similar cut going up towards the neck and again peel back the skin.

Using the small knife cut down the tail with your dominant hand. This will be difficult because you will be breaking through bone and connective tissue.
Now carefully start to remove the intestines from inside of the body cavity. You can carefully pull them out making a small cut where there is fatty tissue, but being VERY careful to not cut through the intestine.

Once the intestines are removed this is what the carcass will look like. You will be able to see all of the fat that cushions the organs and the bright red organs embedded in the fat.

You can carefully pull out the organs and fatty tissues. You will not need to use the knife to cut these out, as you pull on them they will come loose. (these dark pink organs being pulled are the lungs and the dark purple/red organ being held is the heart)
This organ being pulled out is the heart. This dark red organ is the liver.

Once all of the organs and fatty tissues have been removed the rabbit carcass is dressed. There are dishes that call for the whole rabbits where as others call for the rabbit cut into quarters. The loins and thighs are the parts of the rabbit that have the most meat. The rabbit giblets are also consumed in many dishes. Rabbit liver is said to produce a smooth pate that is much lower in cholesterol than the standard duck pate.