

## Hare Soup

Put all the jointed hare into a large pot and add piece of turnip. Carrot, stalk of celery, onion or any other vegetables preferred and simmer for 1 to 1½ hours till flesh is tender.

If blood available from the hare, pour through a sieve, add some cold water, put in a small handful of fine oatmeal and put into a pan; stir it one way till it boils and be careful not to let it curdle.

Bruise vegetables well through a sieve – or roughly liquidise – add the blood that has already been boiled, cut the meat into smallish pieces, sieve the liquid that meat and vegetables were cooked in to the pot, season with 2 tablespoons ketchup (Worcester sauce), pepper and salt to taste and a small teaspoonful of sugar for a further ¼ of an hour. If served with plain boiled potatoes into soup at the table it makes for an excellent meal!

(Taken from “The Scottish Womens Rural Institute COOKERY BOOK – Reprinted 1948)

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