The first step to field dressing a rabbit is to securely grab the rabbit by the hind legs. A quick strike to the back of the head near the neck will sever the spinal cord from the brain for a quick humane death.

Step two is to remove the head from the body.

Step three is to hold the rabbit by the back legs to allow any excess blood to drain from the body. This normally only takes a minute or so.

Step four is to make an incision in the fur on the back of the rabbit. Grab the fur on both sides of the incision and pull in opposite directions. The fur easily pulls away from the body.
Step four is to make an incision in the fur on the back of the rabbit. Grab the fur on both sides of the incision and pull in opposite directions. The fur easily pulls away from the body. Next, remove the feet at the first joint.

Step five is to remove the tail. Umm...that’s it for step five. I have a lot of space left to type in this box...so this is just some rambling.

Step six is to place the rabbit belly side up on your table. Pinch the skin at the middle of the belly and carefully make a cut. The skin is transparent and you should be able to cut up towards the neck and down towards the anus without cutting the guts. Also, be careful not to puncture the urine sack which is close to the anus.
Step seven is to carefully, but firmly, pinch the urine sack where it is attached and pull to remove. Next you can remove the guts and dispose.

The organs are very easy to differentiate and can be harvested. In the picture to the right: top two items are kidneys, far right is the heart and lungs at the bottom.

This is what your rabbit should now look like. Fur, feet and guts have been removed. You are now ready to cut into pieces.
You can section the rabbit how you see fit. Remove the front and hind legs and section the body.

Here is a sample picture of some my rabbit that I cooked with Jamaican spice rub and baked in the oven. It was quite yummy!