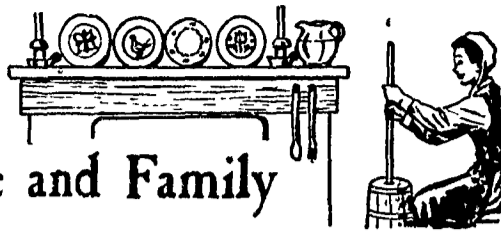


For the Farm Wife and Family



Lamb Lovers Look Lively

Today we are featuring lamb in our recipes. We hope you lovers of lamb will find some recipes to your liking here.

Roast Shoulder of Lamb with Mint Stuffing

Select a three to four pound shoulder of lamb, plump and well-fatted. Remove the fell or thin papery covering; take out all the bones and save them for broth. According to the way the shoulder blade is taken out, the shoulder may be stuffed and rolled, or stuffed to make a cushion.

The cushion-style shoulder holds more stuffing and is easier to sew together than the roll. Either of these completely boned stuffed shoulders can be carved straight through in attractive slices of part meat and stuffing.

Make mint stuffing Sprinkle in the inside of the meat pocket with salt and pepper, pile the stuffing in lightly, and sew the edges together. Sprinkle the outside with salt, pepper, and flour also if desired.

Place the stuffed shoulder fat side up, on a rack in a shallow pan. Do not add water and do not cover.

Cook until tender in a moderate oven (350 degrees) allow about 2½ hours. Turn occasionally for even cooking. Remove the strings be-

fore serving. Serve piping hot with gravy made from the pan drippings, or chill and serve cold.

Mint Stuffing

1½ tablespoons chopped onion.
3 tablespoons chopped celery and leaves.
4 tablespoons fat
½ cup fresh mint leaves
3 cups soft bread crumbs
Salt and pepper to taste
Cook the onion and celery for a few minutes in the fat.

Then stir in the mint leaves and bread crumbs, season with salt and pepper, and mix all the ingredients together until hot. This quantity of stuffing is for the cushion-style shoulder.

For a rolled shoulder use one-half the quantity of bread crumbs and of other ingredients.

This recipe is for a three to four pound shoulder of lamb.

Breast of lamb makes a good roast for two or three persons. Select a breast that includes the foreshank. Saw or crack the breast-bone so that the roast can be carved between the ribs.

Remove the foreshank, cut off the meat, and grind it for the forcemeat stuffing. Make a pocket in the breast by slipping the knife between the flesh and the ribs.

Make forcemeat stuffing. Sprinkle the inside of the pocket with salt and pepper, pile all but one-half cup of the stuffing in lightly, and sew the edges together. Sprinkle the outside of the meat with salt and pepper, and if desired with flour also. Lay the stuffed breast, ribs down, on a rack in a shallow pan. Do not add water and do not cover.

Cook until tender in a moderately hot oven (375 degrees) — allow about 1½ hours. Turn the roast occasionally for even cooking. Make gravy with the pan drippings. Remove the strings before serving.

BAKED STUFFED ONIONS

Choose a large, mild-flavored variety. Cut the onions in half crosswise and simmer in lightly salted water until about half done. Lift the onions out, drain, and arrange in a baking dish.

Remove the centers without breaking the outer layers, chop, and add to the one half cup of forcemeat stuffing. Fill the onion shells with this mixture, cover and bake until tender at 375 degrees—about one half hour.

Remove the cover from the baking dish during the last half of the cooking so that the onions will brown well on top. Serve piping hot with the roast breast and gravy.

Forcemeat Stuffing

¼ cup chopped celery and leaves
1 tablespoon chopped onion
1 tablespoon chopped parsley
2 tablespoons fat

¼ to 1 cup ground meat
2 cups soft bread crumbs
¼ teaspoon savory seasoning
Salt and pepper to taste
Cook the celery, onion, parsley in the fat for 2 minutes. Add the ground meat from the lamb foreshank, or from another source, and cook until slightly brown. Then add the bread crumbs and seasonings and stir until well mixed and hot.

Irish Stew

1½ pounds lean raw lamb or mutton
Salt and pepper
Flour
2 onions, sliced
Fat
4 potatoes, diced
4 carrots, diced
2 turnips, diced
1 tablespoon chopped parsley

Shoulder, neck, flank shank of lamb or mutton all good for Irish stew. Cut the meat in inch cubes, sprinkle with salt, pepper and flour; and brown with onions in two to three tablespoons of fat. Add water, cover and let lamb simmer 1½ hours or until tender. Mutton takes more fat.



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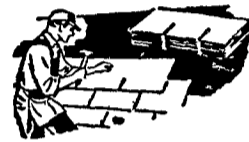
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