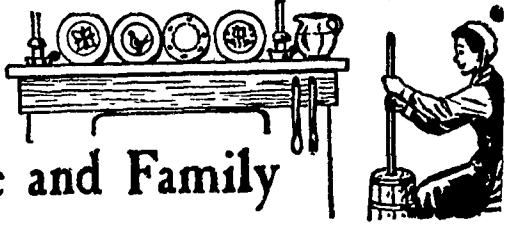


For the Farm Wife and Family



Lamb In The Menu

by Mrs. Richard C. Spence

An elegant roast leg of lamb is a food fashion that's right in style. Lamb is a tender meat with a delicate flavor prized by gourmets the world over and well deserving of a special place in meal plans.

A roast leg of lamb is one of the easiest meats to prepare and serve. When purchased with a well-known brand name as a guide, high quality is assured. Because young lamb is so tender and juicy, roasting in an open pan is the ideal method. A low oven temperature (325 degrees) keeps the juice and flavor in the meat and cuts down shrinkage.

The roast should be placed fat side up on a rack in an open low-sided pan. It is not necessary to add water and the meat should not be covered. The paper-thin covering known as the fell may be removed from the meat before roasting if you wish.

Using a roast meat thermometer is the best way to insure just the degree of doneness desired. The point of the meat thermometer is inserted into the center of the thickest part of the meat, making sure it does not touch the bone. As the meat roasts the internal tempera-

ture is registered on the thermometer. For example, a six pound leg roast will reach the Medium stage of doneness (175 degrees internal temperature) in approximately 3 hours. Allow an additional half hour to bring it to the Well done state (180 degrees). An 8 pound roast will require about 4 hours for Medium and 4½ hours for well-done.

You might like to try the following garnish with your roast leg of lamb. To make 6 "hats" you'll need:

- 3 hard-cooked eggs.
- 6 thin slices yellow turnip or rutabaga
- 2 carrots
- Wooden picks
- Shell and cut eggs in half

crosswise. Place one egg half, yolk side down, on each slice of turnip. Cut the carrot in pennywise slices ¼ inch thick. Cut each slice with ½ inch scalloped cutter to make the flowers. Stick a wooden pick through the center. Use a tiny piece of turnip for the center of the flower. Turn up the "hat" brim, and stick two of the carrot "flowers" in the "hat".

*Variation: Use thin slices of pimiento to make a "ribbon" around the egg 'crown' of the 'hat'. Slice a gherkin pickle lengthwise and stick it in the "hat" for a "feather".

MINT GOES WITH LAMB IN SAUCES & GARNISHES

When you serve lamb, you'll probably plan some mint flavor to go with it. For variety, try using the mint in new sauces, garnishes, and on vegetables, fruits and stuffing that goes with the lamb dinner.

Vary the mint sauce by using a cup of applesauce and seasoning it with a drop of oil of peppermint. You may want to tint the sauce a delicate green. Or you can stir in some mint jelly for flavoring. Or start with currant jelly or orange marmalade and season them with the oil of peppermint until nicely flavored.

For garnishes brown pears, pineapple and peaches with a lamb roast and then top

with mint meringue. Beat egg whites until they are stiff and adding mint jelly. Drop the mint meringue on the fruit half and brown lightly under the broiler.

For sizzling lamb chops, direct from the broiler you might like a mint butter sauce. You make the sauce by creaming butter, then adding lemon juice and mint flavoring.

If you have fresh mint leaves you can chop them to use in the butter sauce, over vegetable, as a stuffing for roast cushion shoulder of lamb, or to combine with cold slices of lamb in a sandwich.

When you serve lamb be sure that it's either piping hot, right from the oven or grill to a hot plate, or that it has been thoroughly chilled.

Two relishes that go well with lamb—

CRANBERRY GINGERY RELISH #1

- 2 tablespoons slivered candied ginger
- 2 tablespoons grated orange rind
- 1 (1-pound) can whole cranberry sauce

Stir the candied ginger and grated rind into the whole cranberry sauce. Chill thoroughly for the flavors to blend. Makes about 1¼ cups relish.

CRANBERRY GINGERY RELISH #2

- 1 (1-pound) can whole-

cranberry sauce
½ cup seedless raisins
½ large unpeeled orange
¼ teaspoon powdered ginger

Stir cranberry sauce into bowl. Put orange rind through food chopper. Stir into cranberry sauce with raisins and ginger. Blend thoroughly for flavors.

If you have some left-over lamb try using it up this way:

CURRIED LAMB

- 1 cup diced celery with tops
- 1 small onion (diced)
- 3 tablespoons cooking fat or oil
- 2 cups diced cooked lamb
- ¾ cup brown gravy
- Curry powder
- 2 drops tabasco sauce
- Salt

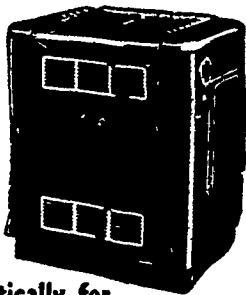
Brown celery and onion slowly in the fat or oil. Add meat, gravy, and seasoning. Use ¼ to 1 teaspoon curry powder, as desired. Stir over low heat until well mixed and hot. If too dry, add boiling water.

With this you might serve flaky cooked rice, string beans, coleslaw, and for dessert sweet potato pie or pineapple chiffon pie.

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