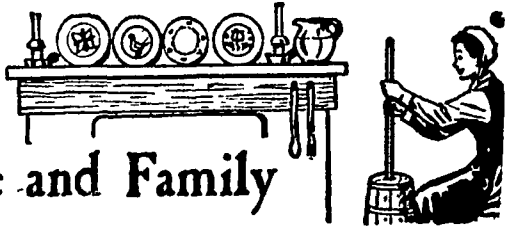


For the Farm Wife and Family



Lamb Is For Spring

by Mrs. Richard C. Spence

Roast leg of lamb, tender and mild in flavor, is an elegant roast for a spring dinner menu. The lamb leg roast may be selected with ease at the meat counter. The Lamb legs weigh from about 5 to 8 or more pounds. The lighter weight is excellent for 2 to 4 guests, while the 7 to 8 pound roast is suited for 5 or 6 people.

A question often raised is whether or not the fell, a thin paper-like covering on the outside of the roast, should be removed. It is good to remove the fell (do it yourself or ask the meat man to do it for you) before roasting if seasoning is to be rubbed over the surface of the meat just before slipping it uncovered into the oven. In carving, the continental carving method is particularly popular with those who favor serving very thin slices of roast lamb. Place the roast on the platter with the shank bone to the left of the

carver. Plunge the fork into the roast toward the shank end. Begin carving at the butt end with the knife turned at a slight angle. The roast may be turned as needed. Continue until there is enough to serve each person 3 or 4 thin slices of lamb.

A 6-pound roast needs approximately 3-3/4 hours in a 325 degree oven to be done while an 8-pound roast takes 4 to 4 1/2 hours.

Some recipes using other cuts of lamb—

BRAISED SHOULDER OF LAMB

1 lamb shoulder roast, bone-in, 3 to 5 pounds
 1/4 cup melted shortening
 1 onion, sliced
 1 carrot, diced
 1 clove garlic, chopped
 1/2 cup chopped celery with leaves
 1/2 bay leaf
 4 whole black peppers
 1 teaspoon salt
 2 cups water
 Flour
 1 teaspoon Worcestershire sauce
 Salt and pepper

Brown roast in melted shortening in a heavy kettle. Add onion, carrot, garlic, celery, bay leaf, whole peppers,

1 teaspoon salt, and water. Cover and bake in a slow oven (325 degrees) 2 hours or until fork-tender. Remove meat to a hot platter. Lift vegetables from broth and place around meat. Cover or place in oven to keep warm. Thicken broth for gravy, making a paste with 1 1/2 tablespoons flour mixed with a small amount of cold water for each cup of broth. Add Worcestershire sauce and salt and pepper as needed. Simmer gravy 5 minutes. Serve with meat and vegetables.

ARABIAN LAMB CASSEROLE

4 lamb shoulder chops
 4 slices onion
 4 green pepper rings
 3/4 cup uncooked rice
 1 pound, 12 ounce can tomatoes
 1 1/2 teaspoons salt
 1/2 teaspoon pepper

Brown chops in a skillet. Arrange in a 2 quart casserole and top with a slice of onion and a green pepper ring. Pour rice around chops. Add tomatoes and juice. (If tomatoes are whole, cut into quarters) Sprinkle with salt and pepper. Cover tightly. Bake in a slow oven (325 de-

grees) for 1 1/2 hours.

LAMB STEW WITH BLACK EYED PEAS

1 1/2 pounds lamb shoulder, breast, or neck cut into 1-inch cubes,
 1/4 cup flour
 2 tablespoons fat
 1 1/2 teaspoons salt
 1/2 teaspoon tryme
 1 medium clove garlic, finely chopped
 10 1/2 ounce can condensed onion soup
 1 cup water
 10 oz. pkg. frozen black eyed peas
 6 medium carrots, cut to 1 inch pieces

Roll meat in flour. Brown well on all sides in hot oil in a heavy kettle. Add remaining ingredients except carrots. Cover and simmer 1 1/2 hours. Add carrots and simmer 1 hour longer, or until meat is tender and vegetables are done. Broth is too thin, simmer covered about 5 minutes.

FLAVORFUL STEWED LAMB SHANKS

4 lamb shanks
 1 tablespoon fat

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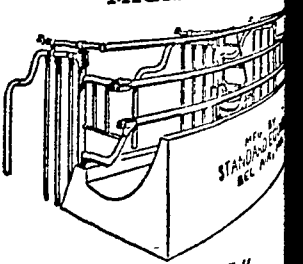
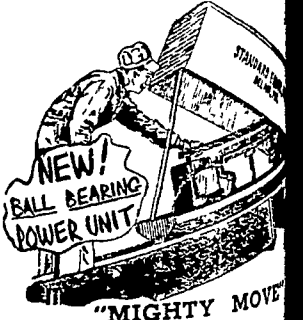
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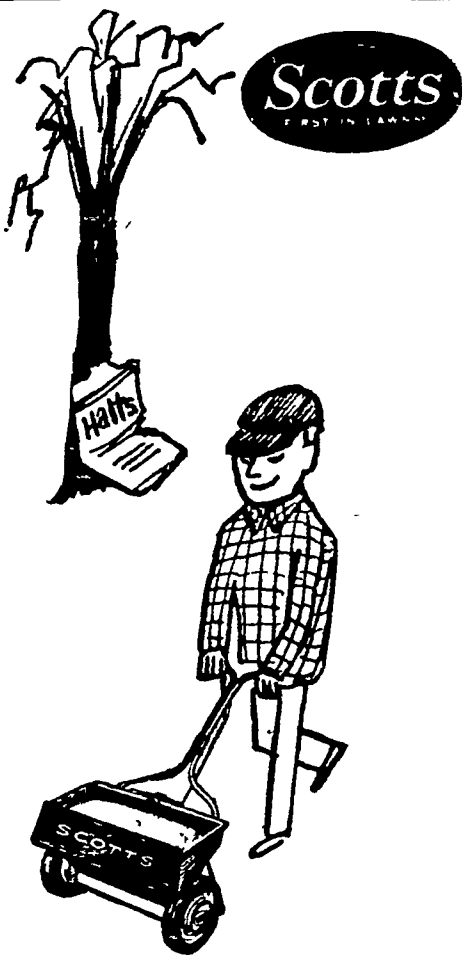
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