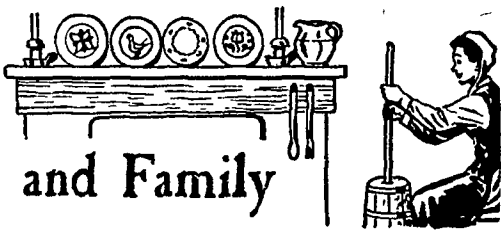


For the Farm Wife and Family



Lamb and Veal

By Mrs. Richard C. Spence

The first stirrings of spring are in the air, and thus atmosphere can be reflected at the dinner table with a leg of lamb feast. A perky centerpiece of garden flowers and a knowing use of spices will lend an extra element of Spring time to the meal.

Genuine spring lamb has a delicate, yet distinctive, flavor that combines with fruit and vegetables in a pleasing way. It can be used in so many imaginative recipes that it can figure in meal plans frequently without losing the family's interest. Seasoned shoppers know that the best guide to quality is the top brand of a well-known meat packer. One third to one-half pound per serving is the general rule to follow when buying bone-in meat.

All cuts of genuine spring lamb offer exceptional taste appeal and this spring, lamb legs weighing around seven pounds are especially fine in quality.

At home, remove the market paper from the leg of lamb. Cover it loosely with waxed paper to allow some circulation and place it in the refrigerator. If the meat was prepackaged by the meat dealer, it may be kept in the original wrapper for a day or two in the refrigerator. Leading home economists recommend oven-roasting leg of lamb uncovered in a low sided pan. To add to the ease of carving the paper-thin covering, known as the "fell", can be stripped off with a paring knife. The roast will look more attractive if the fell has been taken off before cooking.

A 6 pound roast will take about 3 hours at 325 degrees to bring it to 175 degrees F. (medium) on the roast meat thermometer; an 8 pound

roast needs about 4 hours. To bring either roast to 180 degrees F. (well-done), add about 30 minutes more roasting time.

FREEZING LAMB

While lamb is in good supply and prices reasonable, shoppers may want to stock their home freezers with several of their favorite cuts, or a whole, half or quarter lamb cut into chops, roasts, and stewing pieces ready for cooking.

For best results in freezing lamb, meat specialists advise using only high quality cuts, prepared and frozen as soon as possible after purchase. Use of airtight and moisture and vapor resistant wrapping materials is recommended to protect the meat from freezer burn, which often occurs when meat dries out in the freezer because of inadequate protection.

Before wrapping lamb cuts, trim off the rough edges of the meat so that it will be easier to wrap airtight without damaging the wrapping material. Lamb chops should be separated by placing a double sheet of paper between them. Usually it is most convenient to put enough meat for one or two family meals in each package, so that it is not necessary to thaw more meat than is needed.

Here is a tasty seasoned

sauce to serve with a golden brown lamb roast.

GOURMET SEASONED SAUCE FOR LAMB

6 to 8 pound leg of lamb roasted
12½ ounce can chicken consomme
2 ounce can whole mushrooms
1 bay leaf, crushed
1 tablespoon cornstarch
1 tablespoon water
2 tablespoons red currant jelly
¼ teaspoon ground rosemary
¼ teaspoon pepper
½ cup raisins
1 cup dairy soured cream, optional

Pour chicken consomme and juice from the mushrooms into a small saucepan. Add bay leaf. Heat to boiling. Combine cornstarch and water. Stir this mixture into sauce. Heat until sauce thickens and boils. Add currant jelly, rosemary, pepper, and raisins. If desired, fold in 1 cup of dairy soured cream. Serve hot over slices of roast leg of lamb.

A subtle-salad garnish is made by filling orange shells with a combination of minced pineapple chunks, cubes of orange (removed from the shells), and big salted roasted pecan halves. Use a touch of parsley, watercress, or celery leaves to soften the edge of the platter and bring the arrangement together.

LAMB & RICE BURGERS

1 cup cooked rice
1 pound ground lamb
¼ cup milk
1 clove garlic, minced
2 tablespoons minced onion
1 teaspoon salt
¼ teaspoon summer savory
¼ teaspoon pepper
5 slices bacon
5 canned pineapple slices

Combine rice, lamb, milk, garlic, onion, salt, savory & pepper. Mix well. Form into 5 patties. Wrap slices of bacon around each, securing it with a toothpick.

Place lamb patties and pineapple slices in a baking pan. Brush pineapple with melted butter.

Broil under a medium flame until lamb patties are brown, about 5 minutes. Turn pineapple slices. Turn patty and place each on a pineapple slice. Broil until patties are brown and cooked to desired doneness. Makes 5 servings.

VEAL

Do pause for a few moments at the section of the meat counter where the veal is displayed. Here you will be pleasantly surprised by the realization that veal can add a good deal of variety to your meat menu. Whether you choose a roast, chops, steaks, or cutlets you will find that the delicate flavor of veal combines well with many seasonings and other ingredients. Veal may be roasted, braised, or stewed depending upon the cut

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