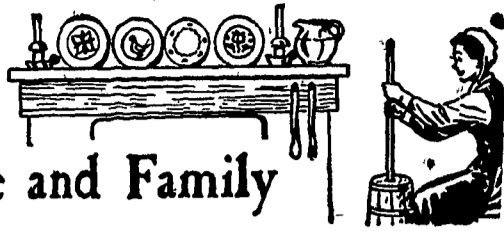


For the Farm Wife and Family



Menus With Lamb

By Mrs. Richard C. Spence

Meals cease being monotonous when one looks to lamb and chooses from the variety of roasts and chops appearing in the refrigerated meat cases of modern meat and food markets.

Scientists are busy tracking down the source of lamb flavors — they discovered some time ago that the flavors that distinguish one kind of meat from another come from the fat that is normally present on any consumer cut of meat — not from the lean portions. Patties made from lamb with all the fat removed had only the general taste of meat, not a distinctive lamb flavor.

High fat isn't important to good eating quality of lamb. Tests done on rib loin and leg cuts varying from fat to lean, which are roasted in an uncovered pan at 325 degrees, ended up with about the same

amount of tenderness. In taste tests of the meat served warm from the oven, there didn't seem to be any difference in tenderness, juiciness or flavor between the lean and fat cuts.

The leg of lamb is the most popular roast. The full leg includes the sirloin and the leg, weighing about 8 or 9 pounds. Sometimes the retailer removes the sirloin section and markets it as a fine small oven roast weighing 2 to 2½ pounds. Or he may cut it into sirloin chops, which are tender enough for charcoal, oven and pan-broiling.

The rib, T-bone, and round bone chops are also fine for broiling. The rib chops are cut 1 to 2 inches thick — they are often cut with 2 ribs per chop and are listed on a restaurant menu as double lamb chops. The rib section also makes a fine small oven roast and is

called a rack of lamb unless it is tied into a circle. Then it becomes a crown roast. The T-bone lamb chops are highly prized for broiling because of their meatiness and tenderness. A T-bone chop cut 1-inch thick may weigh as much as 4 to 6 ounces.

The round bone shoulder chop weighs from 5 to 7 ounces when cut ¾ inch thick and because it is a little less tender and less picturesque than the T-bone and rib chop, usually is a little cheaper. This chop is also fine for broiling.

The blade bone chop, especially good for braising, is cut from the shoulder section. It is usually cut ½ to ¾ inches thick and weighs 1 to 8 ounces per chop.

TO BROIL LAMB CHOPS:

Chops should be cut 1 to 2 inches thick for broiling. Slash the edges of the chops in several places to prevent curling. Place the meat on the broiling rack located so that the surface of the meat is about 3 inches from the source of the heat. Allow about 5 minutes per side for medium done chops cut 1 inch thick. Add 1 minute per side for well-done chops. Turn once. Season before serving.

TO BRAISE LAMB CHOPS:

Dip the chops into seasoned flour and brown in a small amount of hot fat. Add liquid and cover, cook slowly on top of the range or in a moderate oven (350 degrees).

ROAST LEG OF LAMB WITH SPECIAL MARINADE

- 6 pound leg of lamb
- 3 cups pineapple-grapefruit juice
- ½ cup white wine vinegar
- 1 teaspoon rosemary, crushed
- ½ teaspoon oregano, crushed
- 1 bay leaf
- ¼ cup chopped parsley
- 1 carrot, scraped and sliced
- ¼ cup sliced green onions
- ½ teaspoon garlic powder
- 1 teaspoon salt
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- Beef bouillon cube

Mix together juice, vinegar, herbs, carrot, onions, and seasonings and pour over leg of lamb which has been placed in a deep bowl. Allow lamb to stand in refrigerator 6 to 8 hours, turning once or twice. Remove lamb from marinade, place on rack in a low-sided pan, and roast uncovered in a slow oven (325 degrees). Allow about 3 hours to bring the lamb to medium or 175 degrees on a roast thermometer. Add ½ hour for a well-done (180 degrees) lamb leg. Remove lamb from roasting pan. Melt butter in a pan. Blend in flour. Drain 2 cupfuls liquid from marinade and heat. Dissolve bouillon cube in hot marinade.

Stir slowly into flour mixture and bring to a boil, stirring constantly. Serve sauce over sliced roast leg of lamb.

FRUITY LAMB CHOPS

- 6 loin or shoulder lamb chops (about 2 pounds)
- Salt and pepper
- ¼ cup flour
- ¼ cup shortening or salad oil
- 3 tablespoons brown sugar
- 1 teaspoon grated orange peel
- 1 cup fresh orange juice
- ½ teaspoon mace
- 2 medium oranges, peeled, sliced into cartwheels
- 3 cups steamed rice

Season lamb chops with salt and pepper, coat lightly with flour. Heat shortening in large

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