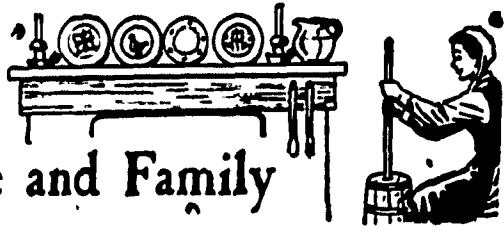


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

Tender Lamb Blends With Many Flavors



Lamb, which is defined as meat from an animal less than a year old, can provide interesting variations to family meals. Lamb is now on the market the year round at economical prices. Because the cuts are from the young animal, they are tender. Dry heat method is best for cooking lamb.

The shoulder, legs, loin and rack are suitable for roasting in a covered roaster — not true roasting because moisture which cooks out of the meat will be held in the roaster. Broil the steaks, loins and chops. As in cooking all meats, use a low temperature and avoid overcooking.

Use a meat thermometer in cooking roasts inserting the thermometer into the thickest part of the meat. Meat is still a little pink and make sure that it isn't resting juicy and flavorful in fat or touching a bone. It is best to trim the excess fat away before cooking.

ing some cuts such as rib- lots, which are tasty barbe- ened. Pour away accumulated fat after cooking before adding sauce.

For a flavor treat, tuck a clove of garlic in a leg-of-lamb before roasting. Or add sour cream to lamb gravy for a zestful flavor. A garnish of mint leaves or mint jelly is attractive and it complements the lamb flavor.

Lamb flavor blends well with most vegetables so try it in a stew or with green beans, broccoli, cauliflower, spinach, or brussels sprouts.

For a special treat, brown canned pears, pineapple, or peaches in the pan with the lamb roast or chops.

It is best to store fresh lamb in the coldest part of the refrigerator. Unwrap and cover loosely with waxed paper for use today or tomorrow. If ground lamb is to be kept over 24 hours, store it in the freezer.

SPRING

LAMB-VEGETABLE MEDLEY

- 4 lamb shanks
- 2 tablespoons fat
- 1 teaspoon salt
- 1 cup water
- 1 stick (½ cup) butter or margarine, melted
- ½ cup grated Parmesan cheese

- 1 large zucchini, sliced diagonally into ¼ inch slices
- 2 large tomatoes, cut into 12 wedges
- 16 large mushroom caps
- 1 teaspoon salt
- ¼ teaspoon pepper

Brown lamb shanks in fat in a large skillet. Season with 1 teaspoon salt. Add water. Cover; simmer over low heat for 1½ hours or until tender. Spoon off excess fat. Combine butter and Parmesan cheese. Brush ½ of mixture over lamb shanks. Add zucchini slices. Cover; continue to simmer 30 minutes. Add tomatoes and mushrooms. Season vegetables with 1 teaspoon salt and ¼ teaspoon pepper. Cover; cook 5 minutes. Brush remaining cheese mixture over vegetables. Cook covered, 5 minutes. 4 servings

SAUCY LAMB RIBBLETS

- 4 pounds lamb riblets
- Salt
- ¼ cup finely chopped onion
- 1 tablespoon butter or margarine, melted
- ¾ cup chili sauce
- ¼ teaspoon cayenne pepper
- 1 tablespoon vinegar
- 1 cup water

Place riblets on a rack in baking pan. Bake in a hot oven (400 degrees) for 1 hour. Pour off fat. Season

with salt. Sauté onion in butter in a saucepan. Add remaining ingredients; blend well. Simmer over low heat 15 minutes. Brush sauce over riblets. Reduce oven temperature to 350 degrees. Bake riblets in oven for additional 30 minutes, basting occasionally. 4 servings.

LAMB AND NOODLES

- 2 tablespoons olive oil
- ½ cup chopped onion
- 1 can (10 oz.) consommé
- 1 cup water
- ½ teaspoon salt
- ½ teaspoon pepper
- 8 ounces very small noodles
- 2 teaspoons lemon juice
- 1 tablespoon olive oil
- ¾ pound ground lamb
- 1 tablespoon dried parsley flakes
- ½ teaspoon dried chopped mint
- ½ teaspoon salt
- ⅛ teaspoon pepper

Heat a 1½ quart serving dish in large saucepan heat 2 tablespoons oil. Add onion and sauté until lightly browned. (Continued on Page 17)

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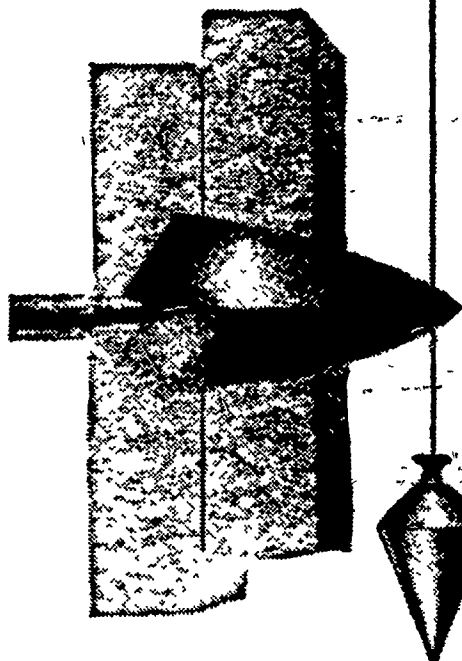
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