

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

The Delicate Goodness Of Lamb



SPENCE

ROAST RACK OF LAMB WITH HONEY-LIME GLAZE

3 to 4 lb. lamb rack, 8 to 9 ribs
1 teaspoon salt
1 cup honey
About 2 teaspoons grated lime rind
Juice of 2 limes
Fresh mint leaves

Rub lamb roast with salt. Place roast rib side down in an open pan. Do not add water or cover. Roast in a slow oven (325 degrees) from 3 1/4 to 3 3/4 hours for a medium well-done roast. While the roast cooks, prepare the glaze. Add lime rind and juice to honey. Blend well. Heat in saucepan. Spoon honey-lime mixture over surface of roasted lamb rack to glaze during the last 30 minutes of the cooking time. Serve remaining glaze as a hot sauce with roast lamb. Garnish with fresh mint leaves and lime twists

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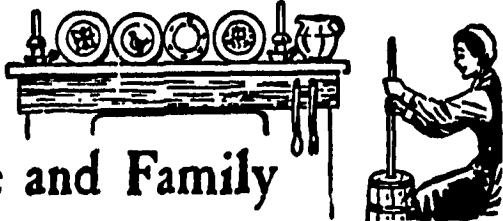
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When you are having only two or three for dinner, a delicate rack or rib roast of lamb is perfect. The rack is usually cut into single or double rib chops in the market and so you may have to order the roast in advance. Plan to serve two to three ribs per person

The lamb leg roast is suitable for few or many. The whole leg of lamb will weigh from 6 to 8 pounds. Nowadays it is often cut in half so that small families may enjoy this flavorful roast. Plan on two servings per pound but remember that lamb fanciers may want two servings each.

ROAST LEG OF LAMB WITH MINT MERINGUE PEARS

Lamb leg
1 can (1 lb. 13 oz.) pear halves
8 drops green food coloring
2 egg whites
1/4 teaspoon salt
1/4 cup mint jelly

Place lamb leg roast on rack in open roasting pan. Place in slow oven (325 degrees) Allow 3 hours for a medium-done 6 pound roast and 4 hours for an 8 pound roast. To serve well done, roast 1/2 hour longer. 5 to 7 servings.

To make Mint Meringue Pears: Drain syrup from canned pears. Add food coloring to syr-

up and blend well. Add pear halves to syrup and let stand for 3 to 4 hours, until pears turn a light green color. Drain well. Beat egg whites and salt until stiff. Slowly add jelly and continue beating until meringue stands in stiff peaks. Spoon fluffy meringue onto pears. Bake in a moderate oven (350 de.) 15 to 20 minutes or until lightly browned. Serve hot with roast leg of lamb. Garnish with watercress.

LAMB SKILLET

4 lamb shoulder chops, cut 1/2 inch thick
2 tablespoons shortening
1 1/2 teaspoons salt
1/4 teaspoon pepper
4 slices onion, 1/4 inch thick
4 green pepper rings, 1/4 inch thick
1/2 cup uncooked rice
1/2 teaspoon dill weed
1 can (1 lb., 12 oz.) tomatoes

Melt shortening in a large skillet. Add chops Season with salt and pepper. Brown evenly on both sides. Remove from heat. Top each with a slice of onion and a green pepper ring. Pour rice around chops. Add remaining ingredients (if tomatoes are whole, cut into quarters). Cover tightly. Return to heat. Simmer slowly for 1 1/2 hour or until chops are tender. 4 servings.

LAMB RIBS TERIYAKI

3 to 4 lb. breast of lamb, cut into serving pieces
1 teaspoon ginger
1 teaspoon garlic salt
2 teaspoons sugar
3 tablespoons soy sauce
1 tablespoon lemon juice
1/2 cup wine vinegar

In a small bowl, combine gin-

ger, garlic salt and sugar. Gradually add remaining liquid ingredients, stirring constantly to blend well. Place ribs in a shallow pan, rib side up. Pour sauce over ribs. Marinate overnight in refrigerator. Drain well. Charcoal broil very slowly over glowing coals. Turn and brush occasionally with sauce. Cook about 1 hour or until ribs are tender and well browned. 4 servings.

SPICY LAMB PILAF

3 cups cooked, cubed lamb
1 stick (1/2 cup) butter or margarine
1/2 cup crushed fine noodles
1/2 cup chopped onion
1 cup chopped green pepper
1/2 teaspoon ground ginger
1/2 teaspoon cayenne pepper
1/2 teaspoon salt
2 cups hot beef bouillon
1 can (4 1/2 oz.) mushroom slices
1 cup rice

Melt 3 tablespoons margarine in large skillet. Brown noodles. Add onion and green pepper. Sauté until onion is transparent. Combine seasonings. Add seasonings, bouillon, mushrooms and liquid, rice, and lamb cubes. Stir to blend mixture. Cover tightly. Simmer 25 to 30 minutes until rice is tender and liquid absorbed. Add remaining margarine and cover until margarine is melted. Stir well. Serve hot with Fresh Vegetable Chutney. 8 servings.

FRESH VEGETABLE CHUTNEY: Combine 1 cup dairy sour cream and 1 cup yoghurt. Cut a large unpared cucumber lengthwise into 8 wedges, then cut into 1/2-inch chunks. Cut a tomato into 1-inch chunks. Prepare 1 cup diagonally-sliced cel-

ery and 1/4 cup each chopped onion and chives. Fold vegetables into sour cream and yoghurt mixture. Chill. Excellent served with Lamb Pilaf.

BRAISED STUFFED SHOULDER OF LAMB

5 pounds boned and rolled lamb shoulder
3 tablespoons butter flavor oil
1/4 cup finely chopped onion
1 cup buttery-flavored cracker crumbs
2 teaspoons grated lemon rind
1 teaspoon mint flakes, crushed
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 egg, slightly beaten
4 ounces, left-over cooked ham, cut julienne
1/2 cup apple juice
1 can (10 1/2-oz.) condensed beef consommé
2 cups cherry tomatoes
2 tablespoons all-purpose flour
Cold water

Unroll meat; wipe with damp paper towels. In Dutch oven, heat 2 tablespoons oil; add onion; cook until soft. Combine with next five ingredients. Add egg; mix. Spread ham strips on meat; then stuffing. Roll. Tie securely. Heat remainder of oil; brown meat slowly on all sides. Add apple juice and half of consommé. Refrigerate remainder. Cover. Place in a preheated slow oven (325 degrees). Cook 2 to 2 1/2 hours. During last few minutes, add cherry tomatoes and heat gently. Transfer meat and tomatoes to platter. Remove string; keep warm. Blend flour with sufficient cold water to form a smooth mixture. Add to meat juices. Bring to a boil stir-

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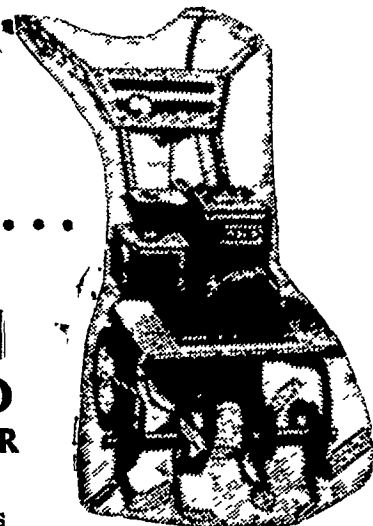
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