

Home on the Range

This week we are pleased to feature some new and tasty recipes for using lamb. Lamb is very easy to cook and can be prepared much like any other red meat. While the leg of lamb and lamb chops have been the popular cuts over the years, many people are beginning to try other variations of the

meat such as chopped meat and lamb patties.

We hope you enjoy these recipes and try using lamb with other meats to give a variety to your menus.

Barbecued Sirloin

Lamb Chops
(6 servings)

6 (1½" thick) sirloin lamb chops, about 3 pounds

Salt and pepper
1 can (8 ounce) tomato sauce
2 tablespoons molasses
1 tablespoon cider vinegar
½ teaspoon instant minced onion
¼ teaspoon barbecue spice
¼ teaspoon tarragon leaves
¼ teaspoon dry mustard
Sprinkle lamb chops with salt and pepper. Combine remaining ingredients. Grill chops 6 to 7 inches from source of heat, 12 to 15 minutes per side or until desired doneness; brushing frequently with sauce. Serve lamb chops with remaining sauce.

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Lamb Meatballs En Brochette (6 servings)

two-thirds cup (small can) undiluted evaporated milk
1 egg
1 cup soft bread crumbs
½ teaspoon salt
½ teaspoon garlic salt
¼ teaspoon each: pepper, tarragon leaves and ground savory
1½ pounds ground lamb shoulder
12 large fresh pineapple wedges
6 plum tomatoes (about ¾ pound)
2 cucumbers, cut in ½ inch slices
Brown lemon sauce
Beat milk and egg together; add crumbs and seasonings. Let stand to

soften crumbs. Add lamb, mix well. With moistened hands mold into 18 balls, about 1½ inches. Chill thoroughly several hours or overnight. Place lamb balls on skewers; grill 4 to 5 inches from heat, 8 to 10 minutes on each side, or until desired doneness, brushing frequently with brown lemon sauce. Place pineapple and vegetables on skewers; grill 5 minutes per side brushing frequently with sauce.

To prepare

Brown Lemon Sauce (makes about 1½ cups)

Mix together ½ cup each: lemon juice and salad oil, ¼ cup water, 2 tablespoons dark brown sugar, 1 tablespoon soy sauce, and ¼ teaspoon ginger.

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Grilled Lamb Spareribs (6 servings)

1 can (1 pound) applesauce
1 tablespoon lemon juice
2 tablespoons brown sugar
1 tablespoon honey
¼ cup chili sauce
1 tablespoon Worcestershire
½ teaspoon salt
3 pounds lamb spareribs
Combine applesauce, lemon juice, sugar, honey, chili sauce, Worcestershire and salt; blend. Add part of applesauce mixture to lamb. Cook on outdoor grill, 15 minutes or until lamb is done. Turn lamb during cooking period. Brush with remaining sauce mixture frequently during cooking period.

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Creole Lamb Stew (4 Servings)

2 lb. lamb neck stew pieces
1 can (12 oz.) Libby's Tomato Juice
1 tsp. Worcestershire sauce
½ tsp. Schilling-McCormick Minced Garlic
¼ tsp. salt
Generous dash Schilling-McCormick Pepper

8 small whole white onions
¼ lb. fresh mushrooms
½ med. green pepper, cut in 1" squares
2 tbsp. water
1 tbsp. flour
Cooked rice, as needed
Brown lamb in skillet; pour off fat. Add tomato juice, Worcestershire sauce, garlic and seasonings. Cover and cook over low heat 45 minutes. Add onions, mushrooms, and green pepper. Cover and cook 45 minutes longer or until meat and vegetables are tender. Stir now and then. Gradually blend water into flour until smooth; slowly stir into sauce. Cook, stirring until thickened. Cook with rice.

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Hawaiian Leg of Lamb (6 Servings)

1 4-lb. leg of lamb (boned rolled & tied)
8 tsp. lemon juice
2 cups of bread crumbs
4 tsp. butter
1 cup Libby's Crushed Pineapple, well drained
½ cup brown sugar (packed firm)
¼ tsp. Schilling-McCormick instant garlic powder
½ cup chopped pecans
2 tbsp. Schilling-McCormick parsley flakes
1 tbsp. Schilling-McCormick minced onion
½ tsp. Schilling-McCormick ground ginger
Brown bread crumbs in butter; add pineapple, brown sugar, garlic, pecans, parsley, onion, and ginger. Let stand 1 hour. Brush cavity of leg of lamb with lemon juice; fill with dressing, skewer and lace. Barbecue over low fire 3-4 hours or until done, or roast in 325 degree oven until meat thermometer registers 175-180 degrees.

Lamb Shanks in Herbed Tomato Sauce (Makes 6 Servings)

1 tsp. salt
½ tsp. Schilling-McCormick Marjoram Leaves
¼ tsp. Schilling-McCormick Basil Leaves
¼ tsp. Schilling-McCormick Mint Flakes
¼ tsp. Schilling-McCormick Pepper
1 tsp. aromatic bitters
½ cup wine vinegar
6 lamb shanks (about 1 lb. each)
2 tbsp. flour
2 tbsp. butter or margarine
two-thirds cup water
1 can (8 oz.) Libby's Tomato Juice
Hot buttered noodles or rice
Combine salt, marjoram, basil, mint flakes, pepper, bitters and vinegar. Sprinkle over lamb; chill overnight. Remove lamb shanks from marinade and sprinkle meat with flour; brown in butter in skillet over medium heat. Lower heat and stir in water; cover and cook slowly 1 hour.

Garden goes bicentennial

The Schuylkill County Agricultural Extension Service will be conducting an evening program on Bicentennial Gardening on November 10, 7:30 p.m., at the Orwigsburg Senior Citizens Center (St. John's United Church of Christ Fellowship Hall) on Market Street.

The program is being sponsored by the Schuylkill County Cooperative Extension Service and the Orwigsburg Area Bicentennial Committee.

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