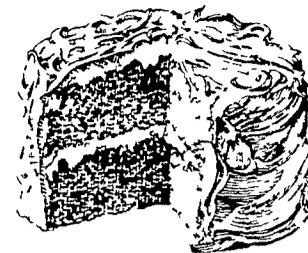


Home on the Range



Let lamb add flavor to your meal plans

If you're looking for a change of pace in meats, why not try lamb? Today's Home on the Range recipes offer a wide choice of uses for the meat. Many of the recipes were furnished by the American Lamb Council.

According to one of our readers, Mrs. Mary Bow, Annville, there are a few tricks to cooking lamb and getting the best flavor.

She says that lamb is a very versatile meat and may be substituted in many recipes calling for hamburger or other meat. She noted that it is delicious in chili, lambburg meatballs and spaghetti, california hamburgers or stew. She said cooks should use their imagination and experiment.

Some things she mentioned to remember when cooking with lamb are: Don't cook until overdone; do not smother the flavor with spices. Salt, pepper, or a little garlic is sufficient seasoning. Roast, using rather low heat, around 300 Degrees F., and do shoulder and leg roasts on an open rack in the oven. Excess fat should be poured off.

Mrs. Bow related that lamb or mutton is delicious when mixed with pork in sausage, etc. Legs or shoulders can also be smoked and one will have a delicious ham-like meat, she noted.

Next week we swing into February and our recipe theme will be cheeses-any and all recipes that use cheese as a major ingredient. The following week will feature Valentine Day Surprises—anything from a love potion to your loved one's favorite dish.

Cherry desserts will be seen in the third week of February and the month will finish out with eggs—any way you like them.

We'd like our readers to suggest some themes for the month of March and if there is a certain theme that you would like to see in Home on the Range, why don't you send the idea to us. These ideas and any recipes should be sent to Home on the Range, Lancaster Farming, Box 366, Lititz, Pa. 17543.



Here's a switch from the every day menu that looks mouth-watering good. It's lamb stew and the

recipe can be found below.

STUFFED LAMB CHOPS

- 6 thick loin lamb chops
- 1 tablespoon butter or margarine
- 2 tablespoons each of minced onion and celery
- 3 tablespoons bread crumbs
- 1 teaspoon grated lemon rind
- 1 tablespoon chopped chives
- salt and pepper
- 1 egg, beaten

Cut a pocket in each chop. Heat butter and cook onion in it until soft and brown. Combine with all other ingredients except egg. Bind beaten egg with ingredients (to moisten stuffing). Stuff chops and broil three to four inches from heat for seven to 10 minutes on each side, or until done. Makes six servings.

LAMB LIVER WITH RICE

- 2 lamb livers (2 pounds)
- 1½ cups boiling water
- ¼ cup flour
- ¼ cup bacon fat
- 4 parsley sprigs
- 1 bay leaf
- pinch of ground thyme
- pepper to taste
- 1½ teaspoons salt
- 1 medium onion, sliced
- hot cooked rice

Cover livers with the water. Let stand for five minutes.

Drain, reserving water. Dry livers and dredge with two tablespoons of flour. Brown in hot fat in heavy kettle. Add herbs, seasonings, onion and reserved water. Cover and simmer for two hours, or until done. Remove livers and slice. Thicken liquid with a flour and water paste. Season with salt and pepper. Serve with the liver on hot rice.

Mrs. Eva S. Rubinosky
Upper Gwynedd, Pa.

LAMB ROLLETTES WITH CURRY SAUCE

- 1 pound ground lean lamb
 - ½ firmly shredded carrot
 - ¼ fine dry bread crumbs
 - ¼ cup milk
 - 1 tablespoon minced onion
 - ½ teaspoon salt
 - ½ teaspoon ground allspice
 - 1/8 teaspoon coarsely ground black pepper
 - 4 slices bacon, slightly cooked, drained
- Curry Sauce**
- 2 tablespoons butter
 - 2 tablespoons flour
 - ½ to 1 tablespoon curry powder
 - ½ teaspoon salt
 - 1½ cup milk
 - ½ cup cooked green peas or canned sweet peas

Lightly mix the lamb, carrot, bread crumbs, milk, onion, salt, allspice, and pepper. Form into four small loaves. Wrap a strip of slightly cooked bacon around each loaf, tucking ends under loaf. Place in shallow baking dish. Bake at 350 Degrees F. for 25 to 30 minutes. Service hot with curry sauce.

To make curry sauce, melt two tablespoons butter in pan. Stir in two tablespoons flour, ½ to 1 teaspoon curry powder, and ½ teaspoon salt. Gradually stir in 1½ cup milk and cook, stirring, over medium heat until thickened and smooth. Add ½ cup cooked green peas or canned sweet peas. Heat through, stirring occasionally; serve as sauce for lamb rollettes.

CROCK POT LAMB CHOPS

- 6 or 8 lamb chops
- ½ teaspoon oregano
- salt and pepper to taste
- 5 medium potatoes, peeled and quartered
- 1 can mushroom soup (10½ ounces)

Place chops in crock pot on high for two hours. Drain off fat. Sprinkle them with oregano, salt and pepper. Add potatoes and soup. Cook on low for another four hours, or until you get back home.

Mrs. Jean Anne Liesau
Spring City, Pa.

LAMB SHANKS

- 4 lamb shanks, about 2½ pounds
- 1 tablespoon butter
- 1½ cups water

- 1 teaspoon salt
- ¼ cup all-purpose flour
- 2 tablespoons melted margarine
- ½ cup water
- 1 clove garlic, minced
- 1 tablespoon snipped parsley
- hot cooked noodles

In a large skillet, brown lamb shanks in one tablespoon butter. Add 1½ cup water and salt. Cook covered over low heat for one hour. In small skillet, add flour to two tablespoons melted butter. Cook and stir over low heat until mixture is browned. Add to meat. Cook and stir until gravy thickens and bubbles. Stir in ½ cup water, garlic, and parsley. Cook covered, about one hour more or until meat is tender. Arrange lamb shanks on a bed of hot cooked noodles, spoon on a little gravy. Remaining gravy can be served at table. Makes four servings.

LAMB WITH VEGETABLES

- 4 lamb steaks ½ inch thick
- ½ teaspoon dried rosemary, crushed
- little salt and pepper
- 1 tablespoon shortening
- ¼ cup chopped onion
- 2 tablespoons chopped green peppers
- 1 clove garlic, crushed
- 3 ounce can of sliced mushrooms (drained ½ cup)
- 2 medium tomatoes, sliced
- 2 tablespoons cold water
- 1 tablespoon flour

Season steaks with salt and pepper. In a skillet, brown steaks on both sides in hot shortening. Add onion, green pepper, and garlic. Cook until tender. Add mushrooms, tomatoes, and cook covered over low heat for 30 minutes. Uncover and simmer for 15 minutes more or until meat is tender. Remove meat and vegetables to serving dish. Pour remaining meat juice into measuring cup. Add enough water to make one cup liquid. Return to skillet. Blend together water and flour, stir into meat juice. Cook and stir until mixture thickens and bubbles. Serve sauce with lamb steaks. Makes four servings.

ROAST LEG OF LAMB WITH POTATOES

- leg of lamb
- salt, pepper, garlic, ginger and dry mustard
- 2 tablespoons granulated sugar
- ½ cup water
- 2 tablespoons Worcestershire sauce
- ¼ cup vinegar
- potatoes, peeled

Season meat to taste with salt, pepper, garlic, ginger, and mustard. Bake uncovered at 450 Degrees F. for 30 minutes. Reduce heat to 350 Degrees F. Combine sugar, water, and vinegar. Baste lamb with this mixture, adding more as needed. One hour before serving add potatoes. cover roaster. The total baking time will depend on the size of the leg of lamb; allow 30 minutes per pound.

Mrs. Bonnie Kiser
Hanover, Pa.

Recipe Theme Calendar

FEBRUARY

3	Cheeses, Cheese Balls, And Cheese Spreads Deadline January 27
10	Valentine Day Delectables Deadline February 3
17	Cherry Desserts Deadline February 10
24	Eggs As You Like Them Deadline February 17