

## Try our lamb queen's recipe

LITITZ — Most cooks have a favorite recipe for certain dishes and if you haven't found yours among the lamb recipes, perhaps you'd like to try Lauren Putnak's favorite lamb recipe

Lauren is the Pennsylvania Lamb and Wool Queen from Monongahela in Washington County.

The seventeen-year-old daughter of Mr and Mrs Larry Putnak, Lauren is a senior at Runggold High School where she is a member of the publication and yearbook staff.

Lauren's work as queen is surpassed only by the list of activities with which she has participated

For eight years. Lauren has been

a member of the Ginger Inn 4-H club with market lambs She is also a member of the Washington County Sheep and Wool Growers Auxiliary which is currently working on a "Sheep and Field Day," to be held June 20 at the Washington County fair grounds.

Lauren raises registered Suffolk sheep and says she enjoys entering them in ladies lead competitions.

This young lamb queen says she has found working to promote the states sheep and wool industry a "most rewarding experience"

Lauren's favorite lamb recipe is:

### BARBECUED LAMB LEG

- 1 leg of lamb
- 1 t. whole cloves
- 2 T. dill pickle liquid
- 1/4 c. salad oil
- 1/3 c. firmly-packed brown sugar
- 1/4 c. finely chopped dill pickles
- 1 t. salt
- 1/2 t. allspice

Stud leg with cloves. Place lamb on rack in shallow pan in oven or on spit of barbecue unit. Insert meat thermometer and roast at 325 degrees approximately 2 1/2 hours or to desired degree of doneness. Baste frequently with sauce while cooking.

## Lamb is a favorite for all ages

LITITZ — Throughout history, many cultures have made lamb a favorite meal, prepared to suit their own tastes and lifestyles. These traditional lamb dishes have come to the United States with the immigrants who settled here.

Today, this lightly flavored meat's versatility can be used in hundreds of recipes, according to the Pennsylvania Department of Agriculture's Food and Nutrition Division.

Prepared as kebabs, lamb is one of our oldest meal customs. Nomads in the Middle East skewered meat on their swords to cook at their campfires. Although we no longer carry swords, kebabs are still delicious and popular.

The Paschal lamb is recorded in the Bible as the meal of Passover. This tradition continues with roast leg of lamb, a perennial Easter favorite.

The Persians roasted whole baby lambs over open fires, stuffed with rice, raisins, peas or pine nuts. During the Middle Ages, lamb was roasted over great open fires to feed large numbers. Today,

barbecued on a spit or in a pit, lamb continues as a great way to serve party crowds.

Columbus brought lamb to the New World on his second voyage. When American's first "cookery book" was printed in 1796, included were recipes for hearty lamb dishes like lamb and corn stew and cold weather lamb chowder. One of Thomas Jefferson's favorites at Monticello was roast saddle of lamb with brown gravy.

Today lamb is being used in both traditional dishes and in new ways as well. Ethnic dishes like ravioli, teriyaki, goulash and enchiladas taste great with lamb.

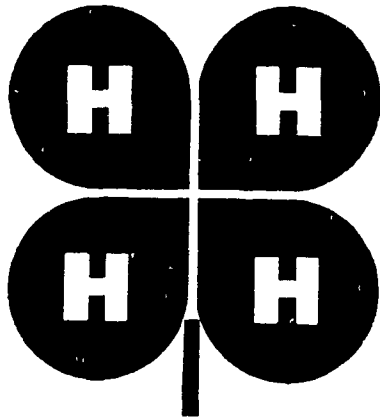
Lamb is being used in sauces, cut into medallions, en papillote (like fish), and even as weinerschnitzel. Lamb filled pastries like quesadillas, pierogies and won ton prove taste appeal.

Lamb has been a favorite through all ages. It's easy to see why this special, lightly flavored meat adds a special dimension to many special recipes.

Look for lamb recipes in "Home on the Range"

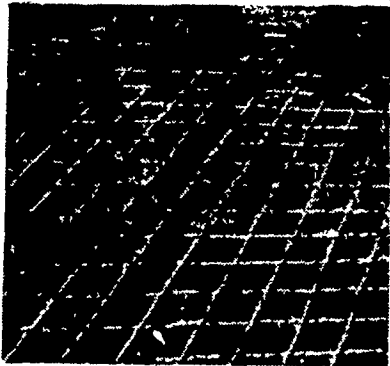


Lauren Putnak



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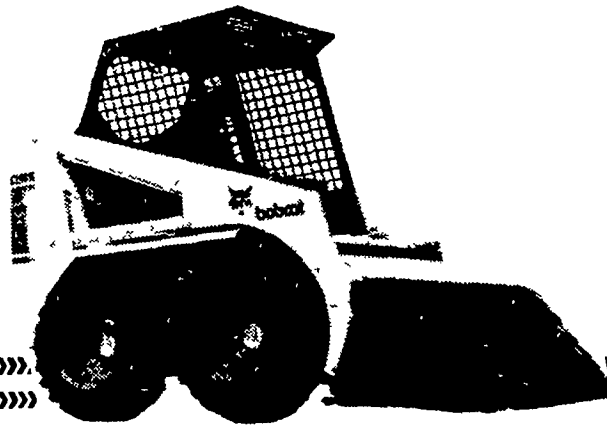
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