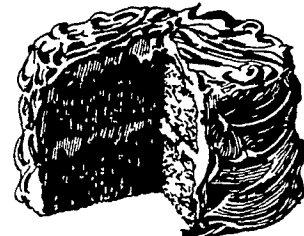


Home On The Range



Celebrate Easter with lamb

April is the month to eat enticing, versatile and nutritious lamb.

Lamb is available year-round with supplies particularly abundant in the spring, as we approach the Christian Easter celebrations when many use lamb for their family dinners.

Lamb offers an abundance of nutrition, is low in calories and is easy to prepare, according to the Pennsylvania Department of Agriculture.

Lamb is a rich source of high quality protein. It has substantial quantities of the B-vitamins, zinc and phosphorus.

Lamb is also low in fat content. Since lamb meat is from a young animal (under one year of age) it does not have heavy marbling in the muscle. Lamb fat is trimmable, which makes the meat ideal for diets to maintain ideal weight.

When cooking lamb, preserve its natural tenderness with low cooking temperatures, avoid overcooking, and use the cookery method appropriate to the cut.

TROPICAL LAMB SALAD

2 c pineapple chunks
4 c cooked lean leg of lamb, cubed
1/2 c water chestnuts, sliced
1/2 c green pepper, chopped
1/2 c celery, sliced
1/4 c carrot, grated
1/4 c walnut pieces
1/2 c low fat yogurt, plain

1/2 c salad dressing
2 T lemon juice
1 t curry powder
1/2 t salt

Place the pineapple chunks in a large bowl; add lamb, water chestnuts, green pepper, celery, carrots and walnuts. In small bowl, combine yogurt, salad dressing, lemon juice, curry powder and salt, blend thoroughly. Toss dressing and salad ingredients and chill. Serve over leaf lettuce with whole grain crackers and cold beverage.

BAKED LAMB DINNER WITH MUSHROOMS

1 rib lamb chop
3 slices potato
1 T yogurt, plain
1 T brown sugar
1 t onion, chopped
1/4 t thyme
1/8 t salt
few grains pepper
4 or 5 whole fresh mushrooms

Arrange lamb in center of 12-inch square of aluminum foil. Broil, turning once, just until browned. Pour off fat. Arrange potato slices over lamb. Mix together yogurt, brown sugar, onion, thyme, salt and pepper. Spread over lamb and potatoes; then top with mushrooms. Seal foil tightly around the meat and vegetables. Bake at 350 degrees for about 45 minutes.



Athena's lamb and eggplant, a recipe celebration dating back to a time long before featured this week, is a great meal for Easter. Christ. Lamb is a tradition for this Christian.

Cook's Question Corner



QUESTION - I would like another ham loaf recipe to add to my collection. Does anyone have a good recipe for it?

Karen Bauer, R1, Lancaster

ANSWER - This week we received answers for "Shake and Bake" mix and a jelly roll. Find them at the end of the recipe section.

ANSWER - A few weeks ago we published a Strawberry Crunch Cake recipe which failed to turn out right for one of our readers. The donor of this recipe was gracious enough to share that recipe with us once again, and the ingredients and instructions she used are still the same as those we printed before. We're sorry, Mrs. Swiercynski, that your cake didn't turn out as well as the recipe donor's did. Perhaps, if you have the ingredients to spare, you could try the recipe again and see how it compares. Good luck!

Recipe Topics

Month	Topic
April	
18	Treat yourself to lamb
25	Honey recipes
May	
2	Chicken
9	Fish
16	Eggs for Egg Month

ATHENA'S LAMB AND EGGPLANT

1 1/2 lb. ground lamb
1 c fine bread crumbs
1/2 c chopped onion
1/4 c minced parsley
1 egg, slightly beaten
1 can tomato paste
salt
1/4 t ground pepper
1/2 t ground cinnamon
1/4 t ground nutmeg
1 can stewed tomatoes
1 large eggplant
2 T cooking oil

In large bowl, combine lamb, 1/2 c. bread crumbs, onion, parsley, egg, 3 T tomato paste, 1 t salt, cinnamon, nutmeg and pepper. Mix thoroughly. Divide lamb into 4 portions and press mixture into custard cups or shape into 4 small loaves. Unmold lamb from cups and place in casserole with tight-fitting cover. Combine stewed tomatoes, remaining tomato paste and 1/2 teaspoon salt. Pour around lamb and cover. Bake at 350 degrees for about 20 minutes. Remove lid and bake 15 minutes, or until lamb is cooked thoroughly and lightly browned.

Meanwhile, cut large end of eggplant into four 1-inch thick slices. Peel slices and save remaining eggplant for later use. Place sliced eggplant in salted water for about 10 minutes; drain. Dip eggplant in remaining 1/2 cup bread crumbs, coating thoroughly.

In large skillet, over medium heat, heat oil. Add eggplant and saute until tender, turning once. Remove from skillet and place on warm platter. Top each eggplant slice with one of the small lamb loaves. Spoon remaining tomato mixture over lamb and eggplant. Serve at once.

LAMB STROGANOFF

1 1/2 pounds boneless leg of lamb, thinly sliced
flour
1/3 c butter
1 clove garlic, minced
1/2 c chopped onion
1 lb mushrooms, washed and sliced
1 t salt
1/8 t ground pepper
1 1/2 c commercial sour cream or sour cream substitute
3 T dry sherry, optional
cooked rice, noodles or mashed potatoes

Coat lamb with flour. Melt butter in heavy saucepan with cover. Add lamb, garlic and onion. Cook over medium-high heat until lamb is lightly browned, stirring frequently. Add mushrooms, salt and pepper.

Cover and cook 20 minutes over low heat, stirring occasionally. Add sour cream and sherry. Reheat, but do not boil. Serve lamb over cooked rice, noodles or mashed potatoes.

MOUSSAKA

1 large eggplant
5 T olive oil
1/2 c green pepper
1/2 c onion
1 lb ground lamb
2 c fresh tomatoes
2/3 c tomato puree
1 t basil
1/2 t thyme
1 1/2 t salt
1/4 t black pepper
4 T wheat germ

1/2 c grated Parmesan cheese
Oil a two quart casserole. Wash, peel and slice eggplant. Brown slices in 2 tablespoons of oil in skillet. Saute onion and pepper in same skillet. Stir in lamb and cook over medium heat till browned. Pour off excess fat. Add tomatoes and puree. Stir in basil, thyme, salt and pepper. Simmer 10 to 15 minutes, uncovered. Remove from heat.

Combine wheat germ and cheese in small bowl. Starting with meat, make layers of meat mixture and eggplant slices.

Sprinkle cheese mixture over each layer of meat sauce, (except bottom). Bake in preheated oven on middle rack, uncovered for 45 minutes. Remove and let stand for 10 minutes before serving.

Barbara Russell, Pine Bush, N.Y.