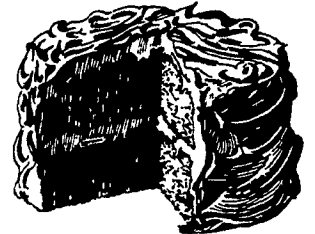


Home On The Range



April is lamb month!

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Lamb is "in" on tables all over America, offering an abundance of nutrition, few calories and easy preparation. In fact, at your table on Easter, there may have been a 'toss-up' between ham and lamb.

One reason for lamb's growing popularity is because it is rich in protein with substantial amounts of B-vitamins, zinc, and phosphorus.

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

The Pennsylvania Department of Agriculture has prepared the following recipes for you in celebration of lamb month. You're sure to find one to please.

Heat oil in large skillet over medium-high heat. Add shanks and brown well on all sides. Remove shanks from skillet and place in Dutch oven or casserole. Sprinkle well with salt and pepper. Add onion, celery, bay leaf, peppercorns, thyme and water to cover. Place over high heat and bring to boil. Cover and reduce heat. Simmer shanks for about 1 hour, or until tender. Remove shanks to platter and keep warm. Strain cooking liquid, reserving 2 cups. Stir about 1/4 c. reserved liquid into flour to make thin paste. Place remaining reserved liquid in saucepan over medium heat and stir in flour mixture. Cook over low heat, stirring constantly until thickened. Stir in capers and reheat. Serve gravy over shanks.



Londonderry Lamb Shanks

LONDONDERRY LAMB SHANKS

3 T. cooking oil
4 lamb shanks, 1 lb. each
salt
pepper
1 large onion, sliced
1 stalk celery, sliced
1 t. peppercorns
1/2 t. dried thyme
water
1/4 c. flour
2 T. capers
1 bay leaf

STUFFED ROLLED SHOULDER

1 lamb shoulder, 4 lbs.
1 t. salt
1/2 t. ground pepper
3 T. butter
1 c. thinly sliced celery
1/2 c. chopped onion
1 c. grated carrot
1 T. soy sauce
string or twine
Sprinkle lamb with salt and pepper. In a medium skillet, melt

butter over medium heat. Add vegetables and cook 3 to 5 minutes, until tender crisp. Add soy sauce. Spread cooked vegetables evenly over lamb. Roll and tie securely. Place in a shallow baking pan. Roast in preheated 325 degree oven for 16 to 18 minutes per pound, or until meat thermometer registers 145 degrees for medium-rare, 160 degrees for medium, or 170 degrees for well.

Let stand for about 10 minutes before slicing. Serve with pan juices. Preparation time is 20 minutes. Cooking time about 1 hour. Serves 6.

GERMAN LAMB SHANKS

4 lamb shanks, trimmed
3/4 c. hot water
2 t. prepared mustard
2 t. beef flavored bouillon
2 t. horseradish
2 cloves, minced
3 T. apple or mint jelly
2 T. lemon juice
cooked noodles

Line baking pan with aluminum foil. Place lamb on foil and broil about 4 inches from heat, turning to brown all sides. Place lamb in electric slow cooker. In a small mixing bowl, combine water, mustard, bouillon, horseradish, garlic, jelly and lemon juice. Pour over meat. Cover and cook about 8 hours on low or 4 hours on high temperature. Serve over cooked noodles with remaining thickened or unthickened liquids. Preparation time is 15 minutes, cooking time 8 hours.

TOMATO SPICE MARINADE FOR LAMB

8 oz. tomato sauce
1/3 c. olive oil
2/3 c. red wine
1/3 c. finely chopped onion
1 clove garlic, crushed
1/4 t. ground allspice
1 t. dried oregano
1/4 t. salt
1/8 t. ground pepper

Combine all ingredients in small bowl. Mix well and pour over lamb. Cover and refrigerate overnight or 4 hours. Preparation time is 5 minutes. Makes 2 cups.

(Turn to Page B8)

PA lamb and wool queen shares favorite recipes

LANCASTER — Whether in the barn with her sheep, on the basketball court, or in the kitchen, Kathy Jo Hixenbaugh of Beaver, in Beaver County, is on the go.

This blond-haired, green-eyed young lady was crowned Pennsylvania Lamb & Wool Queen last October in Harrisburg. Since then, Kathy has been promoting lamb and wool throughout the state—at fairs, mall promotions and giving talks to many different groups.

"Lamb is different," she said. "That's one of the reasons we use it — for the variety it brings to our meals. Lamb is easy to cook by using the same methods we use in preparing any other red meat," Kathy Jo explains.

"Because lamb is the meat of an animal under 12 months of age and often less than six months, it is exceptionally tender — with a mild and delicious flavor."

(Turn to Page B9)

Cook's Question Corner



NOTE — We would like to take this opportunity to remind cooks that recipes are presented in Lancaster Farming as we receive them from our readers, thus allowing us to offer you such a large selection every week. We have no facilities to kitchen test recipes, therefore you must choose recipes to try at your own discretion. Our goal is to make Home on the Range your section - filled with recipes from you, your friends and your neighbors. Please, when submitting a recipe, check it twice. Are all temperatures, ingredients and directions included? Your accuracy and your contributions are certainly appreciated by other cooks such as yourself. We still need recipes for the topics coming soon - listed below.

ANSWER — Christina Berg-Strittmatter of Elizabethtown can find three recipes in response to her request for whole wheat crackers and pretzels at the end of the recipe section. Thanks go to Rachel Martin of Lititz, and Rosanne Smith of Kutztown.

Recipe Topics

April	
17	Lamb
24	Favorite recipes
May	
1	Crock Pot recipes
8	Honey
15	Chicken
22	Eggs



Kathy Jo Hixenbaugh, 1982 Pennsylvania lamb and wool queen, sits down to her favorite meal - leg of lamb. Her recipes have been included for your perusal.