

## Durfee wins state lamb cook-off

STATE COLLEGE — Sharon Durfee, 26, of Lemont in Centre County, was named the winner of the Pennsylvania Lamb Cook-Off Contest, held Saturday, Nov. 13 at the Keller Conference Center at Penn State.

Miss Durfee, a final term pre-med major at Penn State, wooed judges' taste buds with her Baked Lamb Shoulder. "Cooking is a hobby for me," she said. "I have clipped recipes from newspapers since I was a little girl — this was always one of my favorites," the former Levittown, Berks County, resident said.

The recipe won Durfee \$50 and a Pennsylvania sheep skin. It used a lamb shoulder, delicately spiced and stuffed with rice, bacon, spinach and onion. The lamb was then wrapped in puff dough and baked until golden brown.

Judging the contest were Don Meyer, owner of the Autoport restaurant and Motel, State College; Andrew Zangrelli, owner of Dante's restaurants, Inc., State College; and Rick Harbaugh, N.E. Marketing Manager for the American Lamb Council. Meyer and Zangrelli commented that the Baked Lamb Shoulder had excellent taste and flavor, and the presentation was superbly balanced with a garnish of fresh cooked vegetables.

Jeannette Armstrong of Johnstown placed second in the contest with her entry of Lamb with Dumplings. Armstrong used a combination of lamb shoulder, onions, rutabaga, peas and carrots, topped with an herbal dumpling. She won \$40 and "The New James Beard Cookbook," presented by Tom Calvert, president of the Pennsylvania Sheep and Wool Growers Association, co-sponsors of the cook-off.

According to Meyers, "The Lamb with Dumplings was an excellent presentation as a stew. It had delicate flavoring and a very good blend of complimenting ingredients." Zangrelli added, "This is a recipe with universal appeal — topped with dumplings to add just the right touch."

Lamb Bologna, entered by Mrs. Tom Heit of Bedford, placed third. Harbaugh said, "The unique usage of lamb combined with easy preparation and an appealing flavor made this entry a winner." Heit received \$30 and James Beard's "American Cookery Cookbook" for her entry.

Ten finalists selected to compete in the contest were judged on taste,

appearance, originality, ease of preparation and practicality. Contestants were required to use fresh Pennsylvania lamb from the shoulder, breast or shank cuts.

The Pennsylvania Lamb Cook-Off was sponsored by the Pa. Sheep and Wool Growers Association in cooperation with the Pennsylvania Department of Agriculture and Penn State. A booklet with the ten finalists' recipes is available by writing to the Bureau of Markets, Lamb Cook-Off, Pa. Dept. of Agriculture, 2301 N. Cameron St., Harrisburg, PA 17110; allow four weeks for delivery.

The following are the top two recipes from this year's contest:

### BAKED LAMB SHOULDER

- 2 lbs. boned lamb shoulder
- 1 cup chopped spinach
- ½ cup cooked rice
- ½ cup chopped bacon
- 8 oz. ground trimmings from shoulder
- 1 oz. tomato paste
- 1 cup chopped onion
- 1 lb. Puff Dough (Durfee's works well)
- 3 eggs
- salt, tobasco, dill to taste, just a pinch
- 1 glass dry white wine

Fry tomato paste, chopped onion and bacon together. Add ground lamb until nicely browned. Cook mixture a few minutes, then add spinach, rice and mix with egg to hold it together in a ball. Thoroughly season with salt, tobasco and dill.

Slice meat open lengthwise with a long slicing knife and pound into a thin slab. Season both sides and brown slightly in its own juice. Lay out the meat and place stuffing in the middle. Roll the meat around the stuffing and tie securely with twine. Roll out the puff dough and egg, wash the sides with a mixture of egg and water. This is to cause the dough sides to stick together when roller. Place roast in the puff dough and wrap it. Egg wash the entire top, make a design with a sharp knife. (slightly slit the dough all the way through).

Bake at 375 degrees for one hour until dough is golden brown. Serve lamb juice on the side with the meal. Let the roast set 15 minutes before slicing. Garnish with baked tomato, green beans or serve with tosses salad.

### LAMB WITH DUMPLINGS

- 1½ lbs. lamb shoulder
- 2 Tbs. seasoned flour
- 1 Tbs. oil
- 2 large onions
- 2 cups Rutabaga, diced

- 4 oz. frozen peas
- 1 pint water, boiling
- 2 chicken stock cubes
- 1 lb. carrots, peeled & sliced
- Dumplings:
- 4 oz. self-rising flour
- 1 Tbs. mixed herbs

## Public Sales

A public auction of a Mahantongo Valley farm and farm equipment was held Nov. 20 by Harry H. Willier, Jr. and Fae Miller, 1 mile south of the village of Pitman, Schuylkill Co.

The 108-acre farm with 6 acres of apple orchard, 10 acres wooded, Harvestore, and bank-type barn was sold for \$141,000.

Other prices were: N.I. manure spreader \$1,250, J.D. grain drill \$900, Friend Air Master orchard sprayer \$1,500, Farmall H tractor \$850, Farmall Super A \$1,800, 2 Farmall M tractors \$800 & \$1,450, 1971 Ford truck \$1600, M.F. 730 offset disc \$4,400, Int. 10' chisel plow \$700, Gehl silage blower \$1,150, A.C. 4-row corn planter \$1,175, N.I. single row corn picker \$1,700 and N.I. 2 row picker & sheller \$2,200.

George and Mike Deibert were the auctioneers.

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A public auction of antiques was held Nov. 20 for the Mabel E. Jackson Estate, R1 Quarryville, near the village of Chestnut Level, Lancaster Co.

Among the items sold were: quilt \$135, coffee grinder \$80, set of dishes w/18-karat gold trim \$200, 6 oak chairs \$300, wash stand \$140, kitchen cabinet \$150, chest of drawers \$270, Weaver pump organ \$225 and Wincroft cook stove \$160.

Auctioneers were Lloyd H. Kreider, Randal V. Kline & Gary L. Shirik.

2 oz. shredded suet salt & pepper to taste

Remove excess fat and chop meat into medium sized pieces, roll in seasoned flour. Fry onion lightly, then add meat and fry about two minutes. Dissolve chicken cubes in water and add to onion and meat with the carrots and rutabaga. Turn into a

casserole dish, cover and cook at 375 degrees for 1¼-1½ hours.

To make the dumplings, mix flour with suet, herbs and seasoning. Add sufficient cold water to make the dough stiff. Form into six balls. Stir peas into the meat. Arrange dumplings on top. Return casserole to oven for another 20-25 minutes. Serves 4.

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