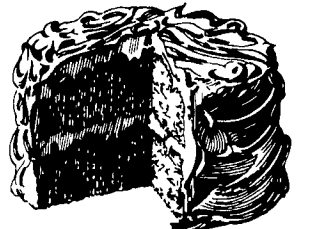


Home On The Range



April is lamb month

Lamb is a tender, taste-tempting meat with a distinctive flavor. And, since April is Lamb Month, there is no better time to plan a meal made with lamb.

A versatile meat, lamb can be made in a variety of ways. Below are recipes for just a few of those many ways to prepare lamb.

LAMB ROYALE

- 2 pounds lamburger
- salt and pepper
- ¼ cup honey
- 1 cup breadcrumbs
- ½ teaspoon curry, optional
- 2 small zuchinni, sliced
- 1 or 2 stalks celery, diced
- ½ pound mushrooms, sliced
- 2 cans stewed tomatoes

Form first four ingredients into meatballs and brown. Simmer in stewed tomatoes and celery for about 45 minutes. Add zucchini and mushrooms and simmer until tender, 15 minutes or so. Thicken with cornstarch and serve over rice.

Sandie McLaughlin
Bernville

LAMB MIXED GRILL

- 6 lamb loin chops, 1-inch thick
- 6 lamb rib chops, 1-inch thick
- seasonings
- 6 link sausage
- 6 bacon slices
- 6 giant mushroom caps
- 6 cling peach halves
- chopped nuts

Select lamb rib chops and lamb loin chops at least 1-inch thick, and broil to a delicate turn. Season. Serve with well-done link sausages which have been drained on absorbent paper, and strips of crisp bacon. Add a giant mushroom cap and serve with broiled cling peach halve topped with chopped nuts.

LEG OF LAMB SHISH KEBAB

- 2 pounds lean leg of lamb, trimmed of fat and cut into 1-inch cubes
- ½ cup olive oil
- ½ cup dry sherry
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/8 teaspoon dried ginger
- 2 tablespoons soy sauce
- 1 clove garlic, crushed
- 2 to 3 green peppers, cut into 16 1-inch squares
- 16 small onions, parbroiled
- 16 cherry tomatoes
- 16 whole fresh mushrooms

Arrange lamb cubes in bottom of glass baking dish. In small bowl, combine oil, sherry, oregano, salt, ginger, soy sauce and garlic. Pour

over lamb and refrigerate for several hours or overnight.

Remove from marinade. Thread meat and vegetables alternately on skewers except for cherry tomatoes. Broil 3 to 4 inches from source of heat for 5 to 6 minutes on each side or to desired degree of doneness, basting frequently with marinade. Add cherry tomatoes for garnish. Makes 8 servings.

LAMB STROGANOFF

- 1½ pounds lean leg of lamb, thinly sliced
- flour
- ½ cup butter
- 1 clove garlic, minced
- ½ cup chopped onion
- 1 pound mushrooms, washed and sliced
- 1 teaspoon salt
- 1/8 teaspoon ground pepper
- 1½ cups sour cream
- 3 tablespoons 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. Serves 4-5.

STIR-FRY CHINEESE LAMB

- 1 tablespoon cornstarch
- 2 tablespoons soy sauce
- 1 pound lean lamb leg, cut into ½ x 2-inch strips
- 4 tablespoons cooking oil
- 1 clove garlic, minced
- ½ teaspoon ground ginger
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 cup sliced green onions and tops
- ½ cup diced celery
- 1 can (5-oz.) sliced water chestnuts
- 1 ½ cups bean sprouts
- 1 cup thinly sliced carrots
- ¼ cup chicken bouillon

Combine cornstarch and soy sauce in one-quart bowl. Add lamb and mix until lamb is thoroughly coated. Place wok on high heat or set electric skillet at 450°F. Add 2 tablespoons of oil. Add lamb and stir-fry until brown on all sides. Add remaining 2 tablespoons of oil and reheat. Add remaining ingredients except bouillon. Stir-fry for 3 minutes. Add bouillon. Cover and steam for a few minutes. Preparation time is 35 minutes, cooking time 18 minutes. Serves 4.



Lamb Mixed Grill is a simple yet festive lamb treat.

SCOTTISH LAMB VEGETABLE SOUP

- 2 pounds cubed lamb, trimmed of fat
- 2 quarts water
- 1 tablespoon salt
- 4 whole cloves
- 4 whole peppercorns
- 1 large onion, chopped
- 1 turnip, chopped
- ¼ cup barley or rice
- 2 cups chopped tomatoes, fresh or canned
- 3 cups frozen mixed vegetables or vegetables of your choice
- 1 tablespoon dried parsley

Place all ingredients in an electric slow-cooker and cover. Cook on low for about 10 hours. Preparation time is 15 minutes, cooking time 10 hours. Serves 8.

Flavorful additions to vegetable lamb soup: Add zucchini or yellow squash, okra, spinach, cabbage or some of each. Add ½ teaspoon ground oregano, summer savory or sweet basil.

BREAST OF LAMB WITH FRUITED RICE STUFFING

- 3 cups cooked rice
- 2 tablespoons cooking oil
- 4 pounds breast of lamb, cut into serving-size pieces and trimmed of fat
- Salt
- Ground pepper
- ½ cup chopped prunes
- 1 cup diced green apple
- ½ cup chopped green onions and tops
- 3 tablespoons lemon juice
- ½ cup sunflower seeds
- 1 cup water
- Apple sections

Begin cooking rice according to package directions, then heat pressure cooker. Add oil and brown lamb on both sides over medium heat. Remove lamb. Sprinkle on both sides with salt and pepper. In 1-quart mixing bowl, combine rice, prunes, diced apple, onions, lemon juice and sunflower seeds.

Place 2 pieces of lamb breast, cavity-side up, in bottom of pressure cooker. Fill each with rice mixture. Place 2 or 3 more pieces on top and fill with rice mixture. Make third layer of lamb and rice. (Do not fill cooker over ¾ full.) Pour water down side of pressure cooker, not over lamb and rice. Close cover securely, place pressure regulator on vent pipe and cook 12 minutes. Cool cooker at once in cold water. Carefully remove stuffed lamb breasts to heated plates. Pour a little remaining liquid over each. Garnish with apple sections.

VEGETABLE-STUFFED ROLLED SHOULDER

- 1 lamb shoulder (4 pounds), boned
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 3 tablespoons butter or margarine
- 1 cup thinly sliced celery
- ½ cup chopped onion
- 1 cup grated carrots
- 1 tablespoon soy sauce
- String or twine

Sprinkle lamb with salt and pepper. In medium skillet, melt butter over medium heat. Add vegetables and cook for 3 to 5 minutes, or until tender crisp. Add soy sauce. Spread cooked vegetables evenly over lamb. Roll and tie securely. Place in a shallow baking pan. Roast in oven preheated to 325°F. for 16 to 18 minutes per pound, or until meat thermometer registers 145°F. for medium-rare, 160°F. for medium or 170°F. for well-done. Let stand about 10 minutes before slicing. Serve with pan juices.

PIQUANT LAMB SALAD

- 1 package (6 oz.) long grain and wild rice with herbs and seasonings
- 2 cups boiling water
- 4 cups finely chopped cooked lamb
- 3 stalks celery
- 3 green onions
- ½ cup toasted sunflower seeds
- 1 cup mayonnaise
- ½ cup chili sauce or catsup
- 2 tablespoons lemon juice
- 3 avocados, papayas or pineapples, halved

Place rice and herb packets in 2-quart saucepan. Add boiling water. Cover and cook until all water is absorbed, or about 25 minutes. Do not overcook.

Meanwhile, using food processor

with blade attachment, finely chop lamb cubes. Add celery and finely chop. Add onion and mince. In a large bowl, mix together rice, lamb, celery, onion and sunflower seeds.

In small bowl, mix together mayonnaise, chili sauce or catsup and lemon juice. Combine with lamb mixture and blend thoroughly. Refrigerate. Fill avocado, papaya or pineapple halves with salad and place on lettuce leaf.

LAMB QUICHE

- Pastry for 9-inch quiche pan or deep 9-inch pie plate
- 1½ cups cooked lamb, minced
- ½ cup minced onion
- 1½ cups grated Swiss cheese or Gruyere cheese
- 1 tablespoon flour
- 4 eggs, beaten
- 1½ cups half and half cream
- 1 teaspoon salt
- Few drops liquid hot pepper sauce
- ¼ teaspoon dry mustard
- 1/8 teaspoon ground nutmeg

Bake pastry in oven preheated to 450°F. for 5 minutes. Remove pastry from oven. Mince lamb in food processor or blender. Sprinkle lamb evenly over bottom of pastry shell. Mince onion in food processor or blender. Sprinkle onion evenly over lamb. Grate cheese in food processor. Sprinkle cheese evenly over onion. Sprinkle flour over cheese. In food processor or blender, combine eggs, cream, salt, hot pepper sauce, mustard and nutmeg; beat thoroughly. Pour liquid mixture over cheese and lamb. Bake at 450°F. for about 15 minutes; reduce heat to 350°F. and continue baking for about 30 minutes longer, or until knife inserted in center comes out clean. Cut into wedges and serve immediately.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P.O. Box 366, Lititz, PA 17543

April	
21	Easter Dinner
28	Fresh Fish
May	
5	Kebobs

Featured Recipe

This week's featured recipe comes from Ruth Ann Balmer, chairman of the Lebanon Womens Committee of the Pennsylvania Farmers Association.

Ruth Ann and other committee members recently had their annual ladies' seminar, during which they learned about customs laws, insurance and rape. Read more about their day out on page B 22.

Sweet Potato Casserole

- 1 pound can sweet potatoes
- ¼ cup granulated sugar
- ½ cup milk
- 1 teaspoon vanilla
- 2 eggs
- ½ teaspoon salt

Mix all above ingredients and pour in a buttered dish.

Topping:

- ½ cup flour
 - 1 cup pecan pieces
- Mix topping and spread over above mixture. Bake for 30 to 35 minutes at 350° F.