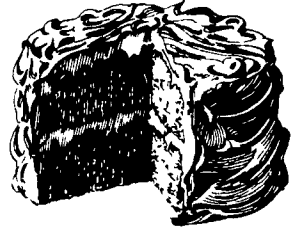


Home On The Range



Celebrate spring with lamb

There's no mystique about lamb. It's easy to cook by using the same methods for preparing any of the red meats. Lamb should be cooked at low to moderate heat for most dishes since all protein foods toughen and shrink excessively when cooked at sustained high heat. Roasts are delicious cooked at 140°F. (rare) to 170°F. (well done). Lamb should be served piping hot or cold, never lukewarm.

Lamb should be pinkish-red and fine textured surrounded by a rim of brittle white fat. Lamb does not have heavy marbling since it is the meat of a young animal. The thin, parchment-like skin (fell) should be removed from chops but left on roasts to help retain shape and keep in juices.

IRISH STEW

Using 1½ pounds lamb, cut into 2-inch pieces, roll in flour, salt and pepper; brown in hot fat. Add ¼ teaspoon dill seeds, 3 cups water. Cover; simmer 1½ hours. Add 2 onions, quartered, 3 carrots, cut in 1-inch slices and 2 potatoes, cubed. Cover and cook 25 minutes.

Combine ½ cup light cream and 1 tablespoon flour, stirring until smooth, blend into meat mixture and cook until thickened. Serve with hot biscuits.

Mrs. Kitty Wagner
Elizabethtown

MY MAN'S FAVORITE

Sprinkle 6 lamb shanks with salt. Brown in heavy skillet.

Combine 1 can tomato soup, 1 tablespoon vinegar, 2 tablespoons soy sauce, 2 teaspoons Worcestershire sauce and pour over shanks. Cover tightly and cook over low heat 1½ hours or until tender. Skim off excess fat. Combine 2 tablespoons flour and ½ cup water. Add to sauce. Cook until slightly thickened. Serve with wild rice.

Mrs. Kitty Wagner
Elizabethtown

RACK OF LAMB WITH HERB CRUMB CRUST

2 to 2½-pound rack of lamb
Salt and pepper
2 cloves of garlic, minced
1 cup soft bread crumbs
¼ cup minced parsley
¼ teaspoon thyme
¼ cup melted butter

Have the chine bone removed from rack. Trim fat. Season with salt and pepper and rub with minced garlic. Roast at 375°F. for ½ hour. Combine other ingredients. After ½ hour of roasting, pat mixture onto top and meaty sides of lamb. Roast ½ hour more. Carve into chops.

Sandle McLaughlin
Bernville

HEALTHFUL LAMB PINWHEEL

1 loaf (1 pound) frozen, unbaked white or whole wheat bread dough
1 pound ground lamb
½ cup chopped onion
½ cup plain yogurt
2 cloves garlic, minced
1 cup cooked, drained, chopped spinach
1 cup cottage cheese
1 tablespoon horseradish
2 teaspoons salt
½ teaspoon pepper
1 egg, slightly beaten
1 tablespoon water
1 teaspoon sesame or poppy seeds
Sauce:
½ cup plain yogurt
½ cup catsup
2 teaspoons horseradish

Place bread dough in large, well-greased bowl. Cover; let stand in warm place until thawed and doubled in bulk.

Meanwhile, brown lamb in heavy skillet. Remove lamb; drain on paper toweling. Pour off lamb drippings in skillet except for 2 tablespoons. Saute onions and garlic until soft in remaining drippings.

In a 2-quart mixing bowl, combine lamb, onion-garlic mixture, yogurt, spinach, cottage cheese, horseradish, salt and pepper. Mix well.

Roll out bread dough into a 12-inch by 16-inch rectangle. Spread meat mixture over dough to within 1-inch of all sides. Roll up dough and filling jelly-roll fashion starting on one of the 16-inch sides. Pinch together dough edges; turn under ends, pinch to seal. Place loaf, seam side down, on a large baking sheet.

Beat together egg and water. Brush egg mixture over bread dough covering very thoroughly. Sprinkle with sesame or poppy seeds. Bake at 375°F. for about 30 minutes, or until browned and thoroughly cooked.

Cut loaf in serving-size slices. Mix together yogurt, catsup and horseradish in small bowl. Spoon sauce over lamb loaf slices.

CURRIED LAMB KEBABS

1 cup apple sauce
1 tablespoon curry powder
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons lemon juice
2 pounds cubed lamb (shoulder or leg)
Cooked rice
Mix together apple sauce, curry powder, salt, pepper and lemon juice. Add lamb and stir. Chill 2 hours. Arrange lamb on skewers. Broil lamb 3 to 4 inches from source of heat 5 to 7 minutes on each side, or until meat is as done as you like it. Prepare rice according to package directions.



Ground lamb is tucked neatly inside a loaf of bread to create this "Healthful Lamb Pinwheel."

CHINESE STIR-FRY LAMB WITH VEGETABLES

3 pounds lean lamb cut into ¾-inch cubes
¼ cup soy sauce
¼ cup brandy or cognac
2 cloves garlic, minced
¼ cup cornstarch
Cooking oil
1 tablespoon salt
1 ounce fresh ginger root, thinly sliced
1 bunch spring green onions, cut into 1-inch pieces
1½ cups beef bouillon or water
1 cup fresh bean sprouts
1 cup snow pea pods
½ cup sliced water chestnuts
½ cup cashew nuts, optional
1 tablespoon monosodium glutamate, optional
Cooked rice

Marinate lamb in soy sauce, brandy, garlic and cornstarch for 1 hour or more. Heat a wok or large skillet. Add enough cooking oil to thinly coat bottom of pan. Add salt and ginger; then cook until ginger begins to brown and dry up. Add lamb with marinade all at once and saute until lightly browned. Add onions and bouillon; then cover and cook until meat is as done as you like it (about 1 hour for rare). Remove cover and add bean sprouts, snow pea pods, water chestnuts, cashews and monosodium glutamate. Cook about 1 minute more, stirring constantly. Serve with cooked rice.

SPICY SHISH KEBAB

¼ cup cider vinegar
½ cup dry white wine
2 tablespoons salad oil
1 clove garlic, minced
2 tablespoons mixed pickling spice
2 pounds boned lamb, cut into 1½-inch cubes
1 green pepper, cut into 1½-inch pieces
2 firm tomatoes, quartered
8 large fresh mushrooms

Combine vinegar, wine, oil, garlic and pickling spice. Arrange lamb cubes in shallow glass dish or casserole. Pour marinade over lamb; then refrigerate several hours or overnight.

Alternate lamb, green pepper, tomato and mushrooms on 4 long skewers; then brush with marinade. Grill or broil 3 to 4 inches from source of heat 5 to 7 minutes per side, or until desired degree of doneness.

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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.

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| April 27 | Chocolate Treats |
| May 4 | Organ Meats |
| May 11 | International Foods |

Featured Recipe

This week's featured recipe comes from Grace Forrey Lichty, who shares one of her family's favorite cookie recipes. She said she makes these cookies only at Christmas because of all the work involved, though it is one of her sons' favorites. She points out that she uses just three cups of flour in the recipe. It has been handed down through the Brubaker side of her family.

This week, Grace and her husband, Robert, provided a tour of their farm for several groups of youngsters. To learn more about the Lichtys and their farm tour, see the story featuring them in this week's B section.

Coconut Snaps

12 ounces butter
1 fresh coconut, coarsely grated
1 pint King Syrup
2 pounds light brown sugar
3 to 4 cups flour

Cream molasses and sugar. Add butter, coconut and flour. Grase teflon cookie sheet. Drop batter by ½ teaspoons, putting 6 on a sheet and spacing widely. Bake at 325°F. until cookies stop bubbling. Cool very slightly before removing from cookie sheet. Note: These cookies can be mixed up the night before baking.