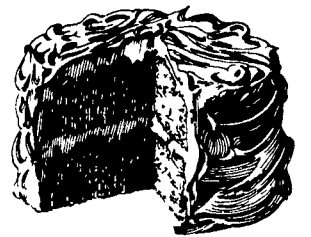


Home On The Range



Lamb isn't just for special occasions anymore

Homemakers often think lamb is appropriate only for special occasion meals. But lamb is much more versatile than that and is a good buy, with very little fat covering and only a minimal amount of marbling.

Lamb is tender by nature and cooking at very low temperatures, down to 275°F. when time allows, makes it one of the best cuts you can purchase for good eating and diversity.

A 3-ounce serving of fresh lamb will provide approximately 40 percent of an adult's Recommended Daily Allowance for protein, only 7 percent of the average daily caloric intake, essential B vitamins, iron and zinc.

Below are a few of our readers' suggestions for preparing this delicious meat. And while you're enjoying this week's recipes, please check out the Recipe Topics below. If you have a favorite salad, cookie or brownie recipe to share, please send it along to us!

JULIENNE LAMB AND MUSHROOMS

2 pounds boneless lamb shoulder
6 tablespoons flour
3 tablespoons oil
1½ teaspoons salt
¼ teaspoon ground cloves
½ cup water
½ pound sliced fresh mushrooms
1 cup milk
1 no. 2 can Chinese noodles

Cut lamb into 3-inch strips; roll in flour; brown in oil. Add salt, cloves and water. Cover; cook over low heat 1 hour. Add mushrooms; cook 15 minutes longer. Add milk; cook until juices in pan are slightly thickened. Serve over Chinese noodles. Serves 8.

Mrs. Linda J. Gross
Manchester

AUNT MAGGIE'S LAMB CHOPS

4 loin lamb chops, 1 inch thick
Salt, pepper
4 slices American cheese
4 slices Bermuda onion
8 tablespoons thick sour cream

Wrap tail end of each chop around thick part to form a flat, round patty; fasten with toothpicks. Sprinkle with salt and pepper. Place chops in shallow baking pan. Place one slice cheese, one slice onion on each chop. Put 2 tablespoons sour cream on each chop. Do not add water; do not cover. Bake 1 hour in moderate oven (375°F.) Makes 4 servings.

Mrs. Linda J. Gross
Manchester

LAMB KABOBS

1½ pound lamb shoulder
¾ cup French dressing
1 clove garlic
½ pound mushrooms
2 green peppers cut in squares
4 slices bacon
Salt and pepper

Cut lamb into 1-inch cubes. Pour dressing over meat and garlic. Let stand 1 hour or overnight in refrigerator.

Cut bacon into 1-inch pieces. Alternate lamb, bacon, mushrooms and green pepper on metal skewers. Allow space between for thorough cooking; season with salt and pepper. Broil 3 inches from source of heat, indoors or on the grill outside. Turn to broil evenly. Enjoy!

Mrs. Kitty Wagner
Elizabethtown

LAMB STEW

2 pound lamb shoulder, cubed
¼ cup bacon fat
Little fresh dill
1 pound mushrooms
1 cup sour cream
½ teaspoon lemon juice
Salt and pepper

Brown the lamb pieces in hot bacon fat, then place in skillet; cover with water, add dill and simmer 1½ hours until meat is tender. Remove lamb and dill. Place lamb on platter in warming oven. Add mushrooms to bacon fat in the original pan. Saute. Add the sour cream, lemon juice, salt and pepper. Thicken with a little flour stirred to a paste in water. Cook together over low heat a few minutes until sauce is blended.

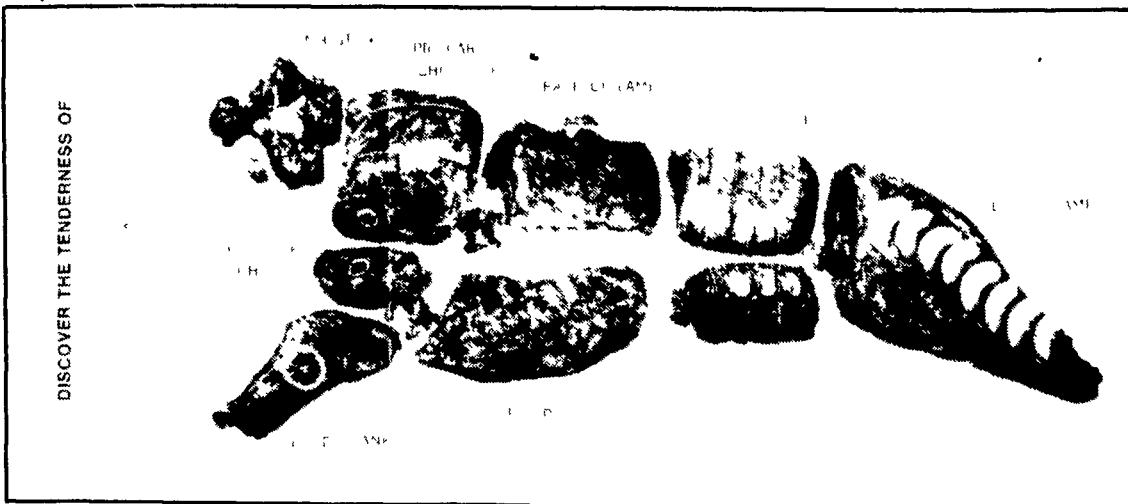
Mrs. Betty Biehl
Mertztown

LAMB BOLOGNA

10 pounds ground lamb
2 pounds ground beef
4 tablespoons meat tenderizer
2 tablespoons coarse black pepper
2 tablespoons mustard seasoning
1 tablespoon hickory smoked salt
1 tablespoon garlic salt
2 ounces liquid smoke
1 tablespoon sweet marjoram
1 tablespoon basil leaves

Mix all ingredients. Cover and refrigerate over night. On the second, third and fourth day, knead like bread. On the fifth day, stuff into casings. Bake at 150°F. for 6½ hours or until meat thermometer reaches 150°F. Serves 16.

Mrs. Tom Heit
Bedford



MUSHROOM LAMB PATTIES

4 4-ounce ground lamb patties
½ cup thinly sliced green onions
½ cup chopped celery
2 tablespoons butter
1 3-ounce can button mushrooms, reserve liquid
1 tablespoon parsley flakes
½ cup chopped apples
1 cup dairy sour cream
4 slices buttered and toasted French bread
¼ teaspoon salt
1/8 teaspoon pepper

Slowly brown patties in hot oil, covered, until done. Remove to platter and sprinkle with salt and pepper. Drain oil from skillet. Melt 2 tablespoons of butter and saute onion, apple and celery until crisp and tender. Add liquid from mushrooms, adding water if necessary to make ½ cup. Simmer until mixture thickens. Stir in mushrooms and parsley. Return patties to skillet until heated through. To serve, place one patty on each of the bread slices. Top with the mushroom mixture on each, finishing with 2 large spoonfuls of sour cream on top.

Mrs. C.L. Berkeible
Carlisle

LAMB CHOPS IN A POUCH

6 shoulder blade lamb chops
¼ cup butter
1 large onion, thinly sliced
3 garlic cloves, minced
3 medium tomatoes
9 thick slices potato
Pinch of dried oregano
Salt and pepper
3 slices American cheese
Heavy duty aluminum foil

Fry chops in a lightly oiled heavy skillet until browned on both sides but not cooked through. Place two chops on a square of foil (about 12 inches). This serves three, so you'll need three pieces of foil. Drain fat from the pan and add butter, onion and garlic. Saute until onion is soft. Spoon onion and garlic evenly over the three packages of chops, leaving butter in the pan. Now place three slices of potato over each package of chops and brush with butter in pan. Top with slices of tomato, sprinkle lightly with oregano and lay a slice of cheese on top. Fold foil using double folds to seal each package. Place close together in a baking dish, cheese side up, and bake at 325°F. for 1½ hours. Serves 3.

Sally Young
Canonsburg

LAMB CHOP CASSEROLE

8 lamb chops
1 cup brown rice
1 20-ounce can pineapples with juice and enough water to make 2½ cups liquid
1 teaspoon salt
1¼ teaspoon pepper
¼ cup honey
½ cup vinegar
1 pint sugar peas
2 tablespoons cornstarch
1 4-ounce can mushrooms

Brown chops. Combine other ingredients and place in large casserole dish. Top with browned chops. Cover and bake at 325°F. for 1 hour or until liquid is absorbed and ingredients are tender.

M. Bow
Annville

MINIATURE LAMB PIZZAS

4 cups biscuit mix
1 cup milk
1 8-ounce can tomato sauce
1 pound ground lamb, cooked
½ pound Mozzarella cheese, sliced
¼ cup grated Parmesan cheese
2 teaspoons oregano
1 teaspoon salt

Combine biscuit mix and milk. Turn out on lightly floured surface. Knead gently 10 times. Roll out to ¾ inch thickness. Cut into rounds with floured 2-inch cutter. Place on baking sheets. Top with tomato sauce, lamb and Mozzarella cheese. Sprinkle with remaining ingredients. Bake in hot oven (425°F.) 15 to 20 minutes or until lightly browned.

M. Bow
Annville

DELICIOUS LAMBURGER SANDWICHES

Grill fresh lamburger patties to desired doneness. Place on burger bun with dollop of mayonnaise. Top with slices of onion, tomato, green pepper and lettuce. Slice of cheese may be added. Enjoy!

M. Bow
Annville

LAMB AND DUMPLINGS

1½ pounds lamb shoulder
2 tablespoons seasoned flour
1 tablespoon oil
2 large rutabaga, diced
4 ounces frozen peas
1 pint boiling water
2 chicken stock cubes
1 pound carrots, peeled and sliced
Dumplings:
4 ounces self-rising flour
1 tablespoon mixed herbs
2 ounces shredded suet
Salt and pepper to taste.

Remove excess fat and chop meat into medium pieces. Roll lamb in seasoned flour. Fry onion lightly; add meat and fry two minutes. Dissolve chicken cubes in boiling water and add to onion and meat. Add carrots and rutabaga. Turn into oven-proof casserole. Cover and bake at 375°F. for 1¼ to 1½ hours. For dumplings: mix flour with suet, herbs and seasoning. Add sufficient cold water to make stiff dough. Form into six balls. Stir peas into meat. Arrange dumplings on top; return to oven for 20 to 25 minutes. Serves 4.

Jeannette Armstrong
Johnstown

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543

April	Spring Salads
26	
May	Cookies and Brownies
3	
10	Favorite Side Dishes

Featured Recipe

For a few short weeks each spring, fresh asparagus can be found in abundance. Those tasty, tender shoots remind us that spring is indeed here and that other homegrown, fresh vegetables are on the way.

Below is just one delectable way to enjoy asparagus. Try it this week with one of the lamb recipes above.

Golden Asparagus Supreme

½ cup cracker crumbs
2 tablespoons butter or margarine, melted
1½ pounds fresh asparagus, cut into 1-inch pieces
1/3 cup butter or margarine
3 tablespoons all-purpose flour
¼ teaspoon salt
1½ cups milk
6 ounces process pimento cheese, cut in pieces
4 ounces cream cheese, cut in pieces

Combine cracker crumbs and the 2 tablespoons butter; set aside. Cook fresh asparagus in boiling water 4 minutes or until crisp-tender; drain. Arrange asparagus in buttered 1-quart baking dish; set aside. Melt the 1/3 cup butter in saucepan. Stir in flour and salt. Add milk and cook over medium heat, stirring constantly, until mixture thickens and starts to boil. Add cheeses and continue cooking and stirring until cheese is melted; remove from heat. Pour sauce over asparagus and sprinkle evenly with prepared crumbs. Bake in 350°F. oven about 30 minutes or until sauce is bubbly and hot and crumbs are browned. Makes 6 servings.