

Shish Kebob Recipe Tops Cook-off Competition at Lamb and Wool Festival

BY MARY MAXWELL
Centre County Correspondent
UNIVERSITY PARK — Pouring rain didn't dampen the excitement or the charcoal fires at the Lamb Cook-Off held last week at the second Annual Pennsylvania Lamb and Wool Festival.

The five finalists cooked under umbrellas and plastic tarps while preparing their original entries featuring lamb.

Peggy Clauhs of Bucks County

won the contest with Greek-Style Shish-Kebobs. In addition to a charcoal grill she used a camp stove to prepare the Bengai curried rice which she served with the shish-kebobs.

The contest winner described her entry as easy and tasty. "For summer grilling I like to keep my recipes simple because we have two small children," she said. Good taste is especially important to the Clauhs who belong to a

gourmet club that meets regularly to prepare special dishes.

Second-place winner Debbie Yandric prepared a lamb-pasta salad. She created her entry "to be light and appealing to a calorie-conscious cook."

Third-place winner Mrs. Louise Pietrandrea presented a dish she called Hilo Holiday Barbecue. She combined lamb cubes marinated in pineapple juice with pineapple chunks, black olives and green peppers and served them over

rice.

Christine Hauhnel placed fourth with ther Lamb Burgers served on English muffins and Charles Long, Jr. placed fifth with a marinated butterflied leg of lamb.

Judges were Bill Blake, Mid-West marketing director of the American Lamb Council, Anne Quinn Coor of Custom Catering, State College, and Florence Hall, Keymar, Md.

First-place winner Peggy Clauhs received \$60 and a black sheep skin. Debbie Yandric, second-

place winner, received \$45 and a lamb gift pack. Mrs. Pietrandrea, third-place winner, received \$30 and a lamb gift pack. Christine Haehnel received \$20 plus a cook book and Charles Long won \$15.

Following the contest, Lamb and Wool Festival visitors sampled the dishes of the five Cook-Off finalists.

Look for the first-place recipe on Page B6 of this week's issue. It is our Featured Recipe. The second and third place recipes are printed below.



Lamb Cook-off finalist Charles W. Long, Jr., right, serves his grilled butterflied leg of lamb to Bill Blake, mid-west marketing director of the American Lamb Council.



Peggy Clauhs shows her winning Greek-style shish kebobs with Bengai curried rice. Peggy's recipe won top place in the Pennsylvania Lamb Cook-off Contest held last week at Penn State.

Photos By Joan Laesau

Winning Lamb Recipes

Lamb Pasta Salad

- 1 1/4 pounds boneless leg of fresh American lamb, cut into thin strips about 1 1/2 inches long
- 3 tablespoons Italian salad dressing
- 10 tablespoons cooking oil, divided
- 1 cup thin sliced cauliflower flowerettes
- 8 green onions, cut into 1 inch pieces
- 1/2 pound fresh Pennsylvania mushrooms, sliced thin, then cut into 1-inch pieces
- 3/4 cup thin slices green peppers
- 3/4 cup thin slices sweet red peppers
- 6 ounces pasta, cooked and drained
- 1 tablespoon grated Romano or Parmesan cheese
- 1/2 cup Italian salad dressing
- Lettuce leaves, cherry tomatoes, carrot sticks, parsley sprigs
- 3 tablespoons soy sauce

Place lamb in shallow glass bowl. Combine soy sauce and 1 tablespoon Italian salad dressing. Pour over lamb. Stir well. Cover, refrigerate at least 1 hour or overnight. Heat 4 tablespoons oil in large skillet, medium heat. Add cauliflower and onions. Cook and stir 2 minutes. Add remaining vegetables. Stir and cook till all are tender-crisp. Remove with slotted spoon and place in large bowl. Drain off marinade from lamb. Heat 3 tablespoons oil in skillet over fairly high heat. Add one-half the lamb. Stir and cook till lamb just loses its pink color. Place in bowl with vegetables. Heat remaining oil and repeat. Add to bowl. Add pasta, pepper and grated cheese, toss well. Mix in Italian dressing, toss. Serve immediately, or cover and refrigerate till dinner time.

To serve: Line a large serving platter with lettuce leaves. Place salad on platter. Surround with cherry tomatoes, carrots and parsley. Makes 4 to 5 generous main dish servings.

Debbie Yandric
Second Prize

Holiday Barbecue

- 1-16 ounce can pineapple chunks (in it's own juice)
- 3 TBL soy sauce
- 1/2 cup lemon juice
- 1 tsp. minced, fresh parsley
- 2 cloves garlic (through garlic press)
- 2 TBL olive oil
- 2 pounds fresh American lamb, cut into 2 inch cubes
- 16 large pitted black olives
- 2 green sweet peppers, cut in large squares

Drain pineapple, reserving liquid. Place plastic bag in large, shallow dish. Fill bag with pineapple juice, soy sauce, lemon juice, parsley, garlic and oil. Add lamb. Tie bag and marinate in refrigerator several hours or overnight, turning bag frequently. Remove lamb from marinade and reserve marinade. Arrange lamb, pineapple, black olives and green peppers alternately on skewers. Place over hot coals, 9-10 inches from heat. Baste, turning frequently until cooked to desired doneness. Serve on bed of hot rice. Serves four.

Mrs. Louise Pietrandrea
Third Prize

Spinner Demonstrates Dyeing Wool With Kool-Aid

BY MARY MAXWELL
Centre County Correspondent
UNIVERSITY PARK — Kool-Aid used to be considered just a drink for hot, summer days, but this isn't true anymore. At the recent Pennsylvania Lamb and Wool Festival Lisa Ann Merian demonstrated a new use for this colorful beverage powder. She uses Kool-Aid to dye wool yarn.

"Kool-Aid was used to get all these colors and shades," she said pointing to colorful yarn samples during her demonstrations at the Penn State Ag Arena. "Each color or flavor can make a dark or rich color and then the same dye bath can be used to make two or three lighter shades."

For strong colors Lias recommends using one small, un-

sweetened powder package with 18 ounces of water to dye 1 ounce of wool. She leaves the wool in the dye bath for about five minutes over medium heat. "Just not so hot as to damage the wool fibers," she cautions.

Then for lighter shades of the same color she puts in another skein of wool or repeats the process until there is no more color left to be absorbed by the wool.

Lisa advised her audience to experiment. "If you want a more vivid color, then add more Kool-Aid or less water. Combine colors (flavors) to get a desired shade," she said holding up skeins of three shades of brown. "These earth tones were made by combining orange and grape."

"This is a good activity for children," she pointed out, "because the dye is non-toxic and you don't need hot water." Lisa has also dyed with Kool-Aid by putting the mixture in the sun like the method used to make sun tea.

Kool-Aid is surprisingly color-fast she reported. Items can be dry cleaned or washed in mild detergents and they also seem to be stable in sunlight. Lisa prefers wool because it takes the color best. "Acrylic fibers have a sheen or finish on them that seem to affect the absorption of the dye."

Additional instructions for using Kool-Aid dyes can be obtained by sending a SASE to Lisa Ann Merian, The Spinners Hill Shop, RD #1, Box 118, Brackett Lake Rd., Bainbridge, NY 13733.



Lisa Ann Merian, right, explains her method of using Kool-Aid to dye wool to Barbara Circelli of Utica, N.Y., at the Pennsylvania Lamb and Wool Festival.