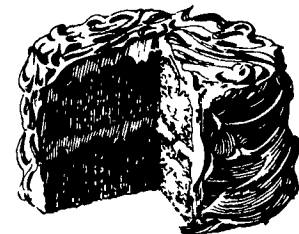


Home On The Range



Cooking With Lamb

Lamb is the answer to a fantastic meal that you can fix quickly and with great versatility. Since lamb comes from young animals under one-year-old, it's naturally tender and flavorful. Most of the time, lamb may be cooked by dry heat—roasting and broiling—which won't add any fat to your meal.

Lamb is definitely a winner when it comes to choosing a nutritious food for any occasion. The challenge is to decide which of the following great tasting recipes to prepare first.

DILLED LAMB STEW

- 2 pounds boneless lamb, cut in ¾ -inch cubes
- 2 tablespoons butter
- 1 teaspoon salt
- ½ teaspoon dillweed
- 2 cups water
- 2 cups sliced carrot
- 1 cup sliced celery
- 2 tablespoons all-purpose flour
- ¼ cup cold water
- 1 cup dairy sour cream

Brown lamb in hot shortening. Season with mixture of salt and dillweed; add 2 cups water. Cover and simmer about 35 minutes, or until meat is almost tender. Add carrots and celery; cook 15 minutes. Blend flour and ¼ cup water; stir into stew. Cook until mixture thickens and bubbles. Stir in sour cream; heat thoroughly; do not boil. Makes 6 servings.

Jenny Bigelow
Blair Co. Dairy Princess

IRISH-AMERICAN LAMB STEW

- 2 pounds cubed boneless lamb
- 2 tablespoons margarine
- 2½ cups water
- 1½ teaspoons salt
- ¼ teaspoon pepper
- ¼ teaspoon dried thyme
- 3 medium potatoes, halved
- 6 small white onions
- 2 cups frozen peas
- ¼ pound mushrooms, sliced
- 1 cup light cream
- ¼ cup flour

Brown lamb in margarine in large dutch oven or heavy saucepan with tight-fitting cover. Add water, salt, pepper and thyme. Cover and simmer 45 minutes. Skim off excess fat. Add potatoes and onions. Simmer, covered, 30 minutes. Add peas and mushrooms. Simmer, covered, 15 minutes, or until lamb and vegetables are tender. Blend cream into flour; stir into bubbling stew and boil 1 minutes, stirring constantly.

TANGY LAMB CHOPS

- 8 loin lamb chops, 1-inch thick
- 2 tablespoons chopped onion
- 2 tablespoons butter, melted
- 1 3-ounce can sliced mushrooms, drained (¼ cup)
- ½ cup dairy sour cream
- 2 tablespoons milk
- Dash dried marjoram, crushed

Broil chops to desired tenderness. Meanwhile, cook onion in butter until tender. Blend in remaining ingredients, dash salt, and dash pepper. Cook and stir over low heat until sauce is heated thoroughly. Serve sauce with chops. Makes 4 servings.

Jenny Bigelow
Blair Co. Dairy Princess

MARINATED LAMB CHOPS

- 8 loin lamb chops, cut 1-inch thick and trimmed
- 2 tablespoons wine vinegar
- 1 tablespoon lemon juice
- 2 teaspoons mustard
- 3 tablespoons olive oil
- 1 clove garlic, minced
- ¼ teaspoon ground ginger
- 1 teaspoon rosemary
- ¼ teaspoon salt
- 1 small onion, sliced

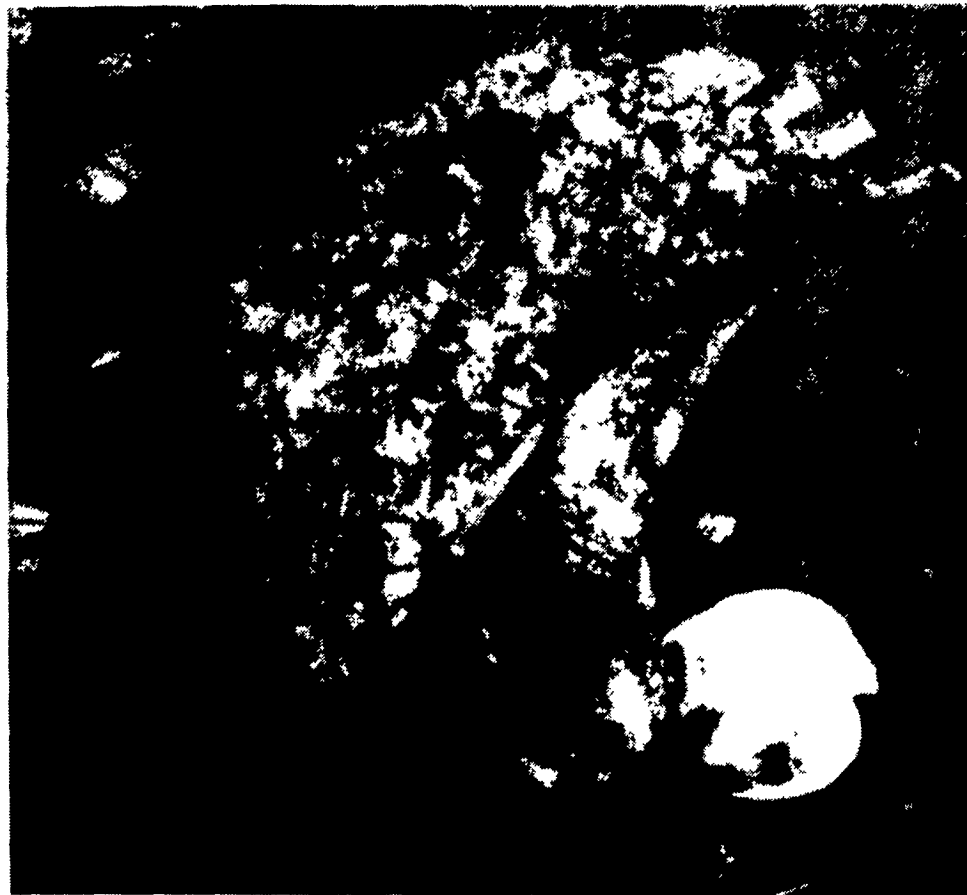
Place lamb chops in a deep glass bowl. Combine remaining ingredients and pour over chops. Marinate in the refrigerator, covered, 4 to 5 hours. Broil over a hot charcoal fire, 5 minutes per side for medium rare.

Mary Banker
Pottstown

VEGETABLE LAMB PATTIES

- 1 medium onion, sliced ¼ -inch thick and separated into rings
- 2 tablespoons vegetable oil
- 3 medium zucchini, cut diagonally into ¼ -inch slices
- 1 medium sweet red pepper, cut into ¼ -inch strips
- 1 teaspoon dried Italian seasoning
- ¼ teaspoon ground black pepper
- 1 pound ground lean lamb, shaped into 4 patties
- ½ cup shredded mozzarella cheese

In large frypan, saute onion rings in oil over medium heat 8-10 minutes, or until soft. Add zucchini, red pepper, Italian seasoning and black pepper. Cook over medium heat 8-10 minutes, or until crisp-tender. Meanwhile, in another frypan, cook lamb patties uncovered over medium heat 9-11 minutes, or until desired doneness; turn once. Place vegetables mixture on serving platter and top with patties. Sprinkle with cheese. Makes 4 servings.



Today's lean lamb offers great flavor for informal family meals and elegant dinner parties.

LAMB KABOBS

- ½ cup unsweetened apple juice
- ½ cup lemon juice
- 6 cloves
- ¼ teaspoon ground cinnamon, divided
- ¼ teaspoon ground nutmeg, divided
- 1½ pounds, boneless lean lamb, well-trimmed, cut into 1-inch chunks
- 2 small bananas, cut into 8 slices each
- 1 container (8 ounces) plain lowfat yogurt.

Combine apple juice, lemon juice, cloves, ¼ teaspoon cinnamon and ¼ teaspoon nutmeg to make marinade. In 2 quart glass baking dish, combine lamb pieces and marinade to coat. Cover and refrigerate overnight. Drain; reserve marinade. Thread lamb, apple and banana onto metal skewers. Place on broiler rack 3-4 inches from heat source. Broil 7-8 minutes, or until desired doneness; brush with marinade frequently and turn once. Combine yogurt with remaining cinnamon and nutmeg. Serve yogurt sauce over kabobs. Makes 4 servings.

ZUCCHINI LAMB BOATS

- 4 large zucchini
- 2 cups cooked diced lean lamb
- 2 medium tomatoes, diced
- 2 tablespoons apple cider
- 1 teaspoon Dijon-style mustard
- 4 melba toast rounds, crushed to make fine crumbs

In covered saucepan place vegetable steamer over simmering water, steam zucchini 10-12 minutes, or until crisp-tender. Meanwhile, in medium frypan, combine lamb, tomatoes, cider and mustard. Cook over medium heat 5-6 minutes, or until thoroughly heated; stir occasionally. Cut off top third of each zucchini and chop coarsely; stir into lamb mixture. Scoop out zucchini and discard centers. Spoon ¼ of lamb mixture into each zucchini shell. Sprinkle crumbs over lamb. Makes 4 servings.

LAMB CHOPS IN FOIL

- For each serving:
- 1 rib or loin lamb chop, cut ¾ -inch thick
- ¼ small eggplant, unpeeled, sliced
- ¼ large onion, sliced
- ¼ small tomato, quartered
- ½ small green pepper, sliced
- Dash garlic salt or curry powder

Place lamb chop on piece of aluminum foil large enough to make roomy envelope for all ingredients. Place remaining ingredients on top of lamb chop in order listed. Seal foil tightly to assure no steam escaping. Place on baking sheet or pan. Bake in 350 degree oven for 1¼ hours.

CRISP AND EASY LAMB CHOPS

- 8 lamb rib or loin chops
- 1 cup French salad dressing
- 1 clove garlic, minced

Arrange lamb chops in glass baking dish. Combine French dressing and garlic; then pour over lamb. Marinate at least 4 hours in refrigerator. Drain lamb and place under preheated broiler 3 to 4 inches from source of heat. Cook 5,

to 7 minutes; then turn and cook 5 to 7 minutes, or until desired degree of doneness.

LAMB STIR-FRY

- 2 teaspoons vegetable oil
- 6 ounces cooked lamb strips
- 2 cups sliced bok choy
- 2 small carrots, julienned
- ¼ cup sliced celery
- 2 tablespoons finely chopped onion
- ½ cup plum preserves
- 1 tablespoon lemon juice
- 2 teaspoons prepared mustard

Cooked rice
1 green onion with top, sliced
In frypan, heat oil over medium-heat; add lamb, bok choy, carrots, celery and onion. Cook and stir 3-4 minutes, or until vegetables are crisp-tender. Remove and keep warm. In small frypan, heat plum preserves, lemon juice and mustard for 2 minutes or until bubbling. Drain lamb mixture, if necessary. Add lamb mixture to plum sauce; stir to blend well. Serve over cooked rice and garnish with green onions. Makes 2 servings.

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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 Lou Ann Good, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

Feb.

27-

March

5-

12-

Low Cholesterol Recipes

Broccoli

Cooking With Goat's Milk

Featured Recipe

Today's featured recipe comes from the American Lamb Council. If you would like more recipes and information, write the American Lamb Council, Dept. B-190, 200 Clayton Street, Denver, Co. 80206.

Lamb Chop and Vegetable Skillet

- 4 servings
- 4 lamb loin or 8 rib chops, cut ¾ -inch thick
- Salt
- Pepper
- 2 tablespoons butter or margarine
- 4 cups sliced zucchini or summer squash
- ½ cup sliced green onions
- 1 large tomato, cut into wedges
- ½ cup beef or chicken bouillon

Sprinkle both sides of lamb chops with salt and pepper. Melt butter or margarine in skillet over medium high heat. Add lamb and quickly cook until browned on both sides. Add squash, onions, tomatoes and bouillon. Cover and cook about 5 minutes, or until vegetables are tender-crisp.