

# Maryland Sheep And Wool

**Joyce Bupp**  
York Co. Correspondent

WEST FRIENDSHIP (Maryland) — Novice entrants carted off two of the top three placings in the Grand Lamb Cook-Off, a highlight of the Maryland Sheep and Wool Festival held May 4-5 at the Howard County Fairgrounds.

And, the top two cooks in the annual lamb cook-off not only serve up winning lamb dishes, they raise and care for their own flocks as well.

Cook-off winner Michelle Humphries lugged recipes, ingredients and her favorite crockpot on a 11 hour-plus drive from her farm in Campbellcroft, Ontario, Canada. Her "Rosemary and Mint Lamb Stew in Cream Sauce," beautifully presented on glossy black serving dishes, snagged the highest points and a \$150 cash prize from the contest's trio of judges.

Michelle claims she taught herself to cook during a three-year stay in Australia. Lamb dishes are highly popular "down under," and her winning recipe was an adaptation of a family favorite from there.

The Humphries tend a flock of 50 ewes, including Karakul, known for their "persian lamb" fleeces, registered Oxfords, English Leicesters and mixed colored breeds. Michelle decided to enter the cook-off after helping friends exhibit sheep during last year's festival.

Anne Marie Meyer, Pennsylvania's only finalist in the cook-off, earned second-place honors with her "Work-Week Lamb Chops," marinated in soysauce and a blend of herbs and spices and panbroiled. The lamb chops, which can be marinated well ahead of time and cooked in just a few minutes, is a favorite method for serving their home-raised lamb.

Meyer and her husband Ray tend a flock of 40 ewes at their Seven Valleys R2 farm. They raise and sell commercial and youth project market lambs and breeding stock. Anne is a soils technician in York County for the Soil Conservation Service.

Taking the third-place award was contest veteran Richard Douville of Columbia, preparing an oriental-style dish, "Chinese Hunan Lamb."

Douville, who began cooking at age 22 in "self-defense," and who does all his family's food preparation, first tasted a version of his winning recipe in a restaurant. A lamb cookoff competitor for the past five years, he has won several high-placing awards.

Fourth place went to Beth Hines, a sheep producer from Elyria, Ohio, who prepared "Easy India Curry."

Sue Atkinson, a Baltimore nurse, claimed the fifth-place spot with a favorite from her Hindu heritage, "Curried Lamb."

Contestants were point-scored in four categories — taste, 40 points, appearance, originality and ease of preparation, 20 points each — and ranked on combined point totals, according to cook-off chairman Sharon Pilson, Thurmont.

Judges for the contest were Robert Dinsmore, Jefferson, who raises Hampshires; Karen Hevner, a Frederick County 4-H leader for cooking and nutrition projects and whose son raises lambs; and Sandy Corridon, Frederick County extension home economist.

Other featured events at the Maryland Sheep and Wool Festival included shearing demonstrations and competition, sheep dog herding, spinning seminars and demonstrations and type judging of some 900 head.

### Rosemary and Mint Lamb Stew in Cream Sauce

\*A variety of cuts of lamb may be used for this recipe. Prefer upper leg roast. 8 meaty good sized chops, leg roast, chump, forequarter, or loin cuts. Approximately 3 lbs. of meat.

- 1 tablespoon oil
- 1 cup hot water
- 1 beef cube
- 1 ounce butter
- ¼ cup dry white wine
- 1 clove garlic minced
- 2 teaspoons flour
- 1 tablespoon French mustard (prepared)
- 3 tablespoons heavy or thickened cream
- 2 tablespoons rosemary (dry)
- 1 teaspoon parsley (dry)
- ¼ of a bottle mint sauce (about ⅓ of a cup)
- 2 tablespoons mint jelly
- Salt and pepper to taste

\*Extra dry mint leaves may be added for extra flavor. Trim off fat and de-bone the meat then cube. (Save the marrow bones). In a fry pan, add oil and lightly brown the meat. Remove from the heat. In a deep casserole dish, dissolve beef cube in hot water and add the remaining ingredients and combine well.

Add meat and its juices and any marrow from the bones (discard the bones) to the casserole dish. Cover and let marinate as long as possible, at least 2 hours.

Bake covered for 40 minutes at 350 F (180 C). If sauce is not thickening after 20 minutes add a bit more flour dissolved in some of the casserole juices. The sauce should be smooth but not super thick.

Serve over rice or noodles.  
Serves 6.



Canadian Michelle Humphries, right, took top honors in the Maryland Grand Lamb Cook-Off. On hand to present the award was Maryland Lamb and Wool Queen Paula Davis, Middletown, at left, and cookoff chairman, Sharon Pilson.

## GOOD DEALS *from Good Dealers*

Your Full-Service John Deere Dealers

**ADAMSTOWN EQUIPMENT INC.**  
Mohnton, PA  
(near Adamstown)  
215-484-4391

**CLUGSTON FARM EQUIPMENT**  
Needmore, PA  
717-573-2215

**ENFIELD EQUIPMENT INC.**  
Whiteford, MD  
301-452-5252

**A.B.C. GROFF, INC.**  
New Holland, PA  
717-354-4191

**KERMIT K. KISTLER INC.**  
Lynnport, PA  
215-298-2011

**BARTRON SUPPLY, INC.**  
Tunkhannock, PA  
717-836-4011

**CLUGSTON AG & TURF, INC.**  
Chambersburg, PA  
717-263-4103

**EVERGREEN TRACTOR CO., INC.**  
Lebanon, PA  
717-272-4641

**GUTSHALL'S INC.**  
Carlisle, PA  
717-249-2313

**LANDIS BROS. INC.**  
Lancaster, PA  
717-291-1046

**CARLYLE & MARTIN, INC.**  
Hagerstown, MD  
301-733-1873

**DEERFIELD AG & TURF CENTER, INC.**  
Watsonstown, PA  
717-538-3557

**FINCH SERVICES-HANOVER INC.**  
Hanover, PA  
717-632-2345

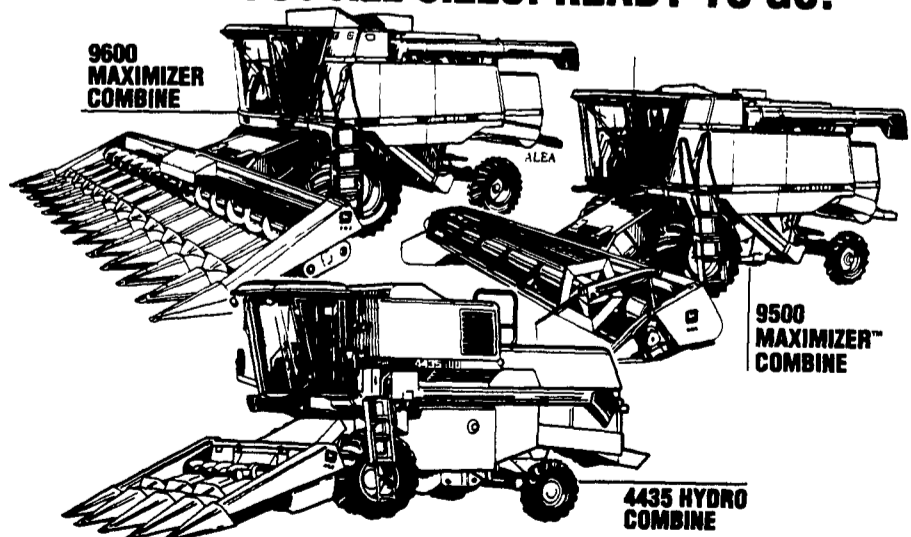
**ROBERT G. HAMPTON, INC.**  
Shiloh, NJ  
609-451-9520

**I.G. SALES**  
Silverdale, PA  
215-257-5136

**LEHIGH AG EQUIPMENT**  
Wescosville, PA  
215-398-2553

# JOHN DEERE

**IF IT'S ABOUT COMBINES,  
WE'VE GOT ALL SIZES. READY TO GO.**



- Stop in at Combine Headquarters for the best selection with the best features
- Maximizer combines: 167- to 253-hp, latest technology, traditional quality
- New 4435 Hydro four-row Combine—deluxe features at an economy price

- Wide choice of corn heads, row-crop heads and platform types
- Backed by the most complete and responsive service capability anywhere



**LEADERSHIP AT WORK**