

Sizzlin' Lamb Barbecue Contest

CHICAGO, Ill. — The First Sizzlin' Lamb Barbecue Contest held in Chicago, June 1, brought out the best of the best in the first national cooking contest funded by the sheep industry. This checkoff-funded event brought the seven regional winners to Chicago to compete for \$4,750 in prizes at one of the most recent entries into the world of cooking competitions. The finalists represented the best of 959 entrees from throughout the nation.

Janet Hill of Sacramento, Calif., won \$2,500 with her prize-winning dish, "Moroccan Lamb with Curried Carrot Spinach Salad." Hill's use of lamb loin reflects the versatility and adaptability of lamb as center-of-the-plate entree.

"I've always liked to cook lamb," said Hill, "however, I never knew about lamb production or the people behind the product. Bringing all the contestants to Chicago for a cookoff was an excellent way for all us to become spokespeople for the industry. Your promotion efforts speak well for your industry."

The second place winner was Bettie Brown of Casa Grande, Ariz., who won \$1,000 for her recipe "Grilled Lamb Riblets Dijon."

"The Sizzlin' Lamb Barbecue Contest was designed to show consumers that lamb is an easy-to-prepare, versatile meat that is appropriate for their health-oriented lifestyles," says Linda Lineback, contest coordinator. "In addition, the publicity that the contest has already received, along with the publicity that will follow should be a tremendous boost to the industry as consumers are enticed into grilling lamb this summer."

Moroccan Lamb With Curried Carrot Spinach Salad (Grand Prize Winner)

Preparation time: 20 to 30 minutes
Marinating time: 2 hours or overnight

Cooking time: 20 minutes

1-½ to 2 pounds boneless lamb loin roast

1 cup plain yogurt, divided
¼ cup thinly sliced onion
2 garlic cloves
2 tablespoons fresh orange juice
2 tablespoons chopped cilantro
½ teaspoon each ground cardamom and cumin
¼ teaspoon each ground cinnamon and ginger
¼ teaspoon coarsely ground black pepper
8 cups julienne fresh spinach (about ½ pound)
3 cups thinly sliced carrots (about ½ pound)

Cilantro and oranges for garnish

Vinaigrette

2 tablespoons olive oil
1 tablespoon fresh orange juice
1 teaspoon minced fresh ginger
¼ teaspoon curry powder
¼ teaspoon sugar

Salt and pepper to taste

Combine ½ cup yogurt, onion, garlic, orange juice, cilantro and spices in blender container; process until smooth. Add salt to taste. Combine ½ cup yogurt mixture with remaining plain yogurt for sauce; set aside. Place lamb in plastic bag; pour remaining yogurt mixture from blender over roast, turning to coat. Close bag securely and marinate in refrigerator 2 hours or overnight, turn occasionally. Meanwhile, whisk together Vinaigrette ingredients. Season to taste with salt and pepper. Remove lamb from marinade; place on grid over medium coals. Grill about 20 minutes for rare,

turning ¼ turn every 5 minutes. Let stand 10 minutes. Toss Vinaigrette with carrots and spinach. Carve roast into slices; place on the center of large serving platter. Pour yogurt sauce down center of slices. Spoon salad around lamb. Garnish as desired. 6 to 8 servings.

Barbara's Grilled Leg Of Lamb

Preparation time: 15 minutes
Marinating time: 6 to 8 hours or overnight

Cooking time: 30 to 35 minutes

4½ pound butterflied lamb leg, well trimmed
2 teaspoons Szechuan peppercorns
2 medium onions, each cut into 8 pieces
2 jalapeno peppers, seeded
6 garlic cloves

1 piece fresh ginger, peeled (about 2 inches)
2 teaspoons Dijon-style mustard

½ cup honey
½ cup soy sauce
¼ cup vegetable oil
Vegetable oil
Italian parsley and edible flowers for garnish

Place peppercorns in food processor or blender; process 1 minute. Add onions, jalapenos, garlic, ginger and mustard; puree. Add honey, soy sauce and ¼ cup oil; process until well blended. Reserve 1 cup. Place lamb leg in plastic bag; add remaining marinade, turning to coat. Close bag securely and marinate in refrigerator 6 to 8 hours or overnight; turn occasionally. Remove lamb leg from marinade. Thread 2 long metal skewers through lamb to secure and facilitate turning roast. Prepare grill for indirect cooking. Brush grill with oil. Place lamb on grid over medium-low coals. Grill 5 to 7 minutes. Brush lamb with



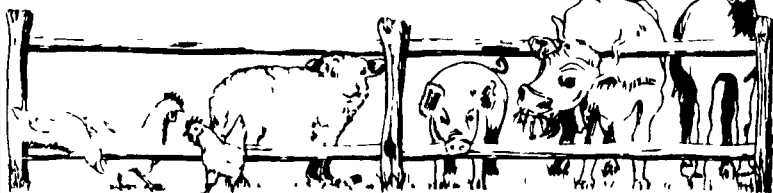
Barbara Glaser, Rydal, Pa., trims her leg of lamb in preparation for judging.

oil; turn lamb and grill over coals 5 to 7 minutes. Turn lamb again placing in center of grid directly over drip pan. Cover grill, leaving vents open. Continue cooking 20 minutes or until desired degree of doneness: 140° F for rare, 150° F for medium rare and 160° F for medium. Turn lamb several times during cooking, brushing with

reserved marinade during last 10 minutes of cooking time. Remove lamb from grill; tent with aluminum foil and allow to stand 10 minutes. Remove skewers before carving. Garnish as desired.

Note: A butterflied lamb leg will yield four 3-ounce cooked, trimmed servings per pound.

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