

Ten Most Asked Questions About Lamb

• **Why is American lamb a good value?** Lamb has been refabricated to yield more versatile, labor-saving cuts, thus making it less labor-intensive, simpler and more economical to prepare and serve.

• **To what kind of consumer does American lamb appeal most?** Statistics show the lamb consumer is young, affluent, well-educated and enjoys a variety of new foods.

• **Is American lamb a "healthy" food?** Yes. American lamb has an excellent nutritional profile, fitting in with the trend toward lighter, leaner and healthier foods. American lamb is also nutrient dense, meaning it provides a large share of nutrients for relatively few calories. A three-ounce serving of lean lamb averages only 176 calories and is a good source of iron, protein, zinc, niacin and B vitamins.

Only about 56 percent of the fat in lamb is saturated, and the rest is mono or polysaturated. A three-ounce serving of lamb contains only 78 milligrams of cholesterol.

• **Why do Americans prefer domestic lamb over foreign lamb?** Primarily, because they prefer the taste of American lamb. American lamb has a milder and more delicate flavor than foreign lamb, often describes as "lambier" or gamey in taste. American lamb also is preferred because the cuts are bigger and have a higher meat-to-bone ratio than foreign lamb.

• **Is American lamb available year-round?** Yes, available year-round, lambs are produced in every state in the nation, coming to market in a steady stream. Production varies by less than 20 percent from the peak month to the lowest production month. There are more than 100,000 U.S. lamb producers, dedicated to providing a constant supply of fresh, high quality lamb.

• **What lamb cuts can I serve other than racks and chops?** American lamb is available in a variety of cuts to help create many exciting menu and serving possibilities well beyond the traditional rack and chop. Primal and supprime cuts come in single, chef-ready portions including bone-in and bone-out shoulders, legs and saddles as well as boneless Saratoga roll, boneless sirloin, tenderloin, kabob and stew cubes, dinner ribs and Denver ribs.

• **For what type of cuisine is American lamb best suited?** Because it's versatile, lamb is compatible with almost any menu. No longer just upscale dining,

lamb fits into everyday eating and many recipes require preparation time of no more than 30 minutes. Barbequed lamb ribs, lamb salad, stir fried lamb and lamb stew are less common ways to use lamb, but work perfectly with today's eating styles. Discover the delicious and healthy contribution lamb can make to traditional fare whether ethnic or American dishes. Lamb also works great for dieters looking for an alternative healthy, low calorie food high in protein and iron.

• **Does American lamb require special seasonings or cooking methods?** No. Depending on the cut and recipe, it can be cooked using virtually any method including broiling, roasting, braising, barbequing, stir frying, sauteing and stewing. Lamb does not require special seasonings. While it has a classic affinity for many spices and herbs, it requires only simple seasoning.

Lamb is best when cooked to an internal temperature of 140 to 150 degrees F. Overcooking lamb a common mistake, can diminish its flavor and texture.

• **Is lamb popular?** Yes. Statistics show that food service consumption of lamb has increased more than 50 percent in the past five years. A separate study indicates that lamb is the second-fastest growing meat item in food-service.

• **How does American lamb fit in with future food trends?** American lamb makes a perfect fit in the return to simpler, more basic cooking and classical dishes, healthy and nutritional foods, signature dishes and food indigenous to America.



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

ABOUT THE NEW FAT SUBSTITUTES

The food industry has finally manufactured a fat that passes through your body without being digested and without leaving a calorie behind.

One of the new fat substitutes introduced on the market is a synthetic material resistant to digestive enzymes. Proctor and Gamble's Olestra is a sucrose polyester that cannot be broken apart by human digestive juices.

Do not expect to find packages of Olestra and other fat substitutes on your favorite supermarket shelves. These products will be used exclusively by the food industry to manufacture low-fat, baked, fried, frozen and unheated prepared foods.

Food processors introduced more than 1,000 new reduced-fat items in 1990, a 64 percent increase over 1989. Most of these new products are manufactured using ingredients which duplicate the features of fats and oils but do not contribute as many calories.

Consumers can expect to pay more for the products that contain fat substitutes. But the health benefits may be worth it.

On the average, Americans get 37 percent of their calories from fat. To reduce the risk of heart disease and certain cancers, nutrition experts recommend we restrict fat to 30 percent of total calories consumed daily.

Low-fat products made with the new fat substitutes may be more palatable than reduced-fat food items previously on the market. Manufacturers used to produce low-fat products by incremental reduction of fat content, leading to products such as light salad dress-

ings and ready-to-eat desserts. Now fat substitutes are used to develop new products on an individual basis.

No single fat substitute will work in all food products. A substitute that contributes a good taste to ice cream may not have the stability to work in chocolate cake.

The food processor has to con-

Chocolate Milk Meets Kids' Needs

SOUTHAMPTON (Bucks Co.) — Children who drink chocolate milk consume more milk (and therefore calcium) than children who drink unflavored milk, according to a recent study conducted at New York University. This study also found that kids who drank chocolate milk "came close to meeting their recommended calorie quota without getting too much fat in their diet."

Fun and Exercise Go Hand In Hand

While many adults look at physical exercise as a task, adults should be teaching children that exercise is fun. Children have a better chance of continuing exercise into their adult lives. Endurance, stomach strength, arm strength and flexibility are all important components of a child's exercise plan.

Back To School Means Back To Regular Snacking

Children need calorie boosts throughout the day to meet the energy needs of their growing bodies. Preschoolers are apt to need both a morning and afternoon snack, while school-age children tend to snack after school and in the evening. Studies show that 40 percent of all children snack after school and 50 percent snack again at night. Zaneosky

sider how the substitute will work in combination with other ingredients and how it contributes to flavor, appearance, storage, stability, and ease of handling in the manufacture of the product.

Most of the substitutes are formed from "natural" ingredients treated or modified in some way. NutraSweet's Simplex and Kraft's Trailblazer are made from modified milk or egg protein to simulate the creaminess of fat. Pfizer's Litesse Polydextrose is made of dextrose and small amounts of sorbitol and citric acid, producing a bulking agent that can partially replace fat.

All fat substitutes on the market have been approved by the Food and Drug Administration and are safe to eat in moderation. But whether they will be accepted by the public or help promote healthier diets remains to be seen.

states, "Older children are busy, often going from school to ball-games or music lessons, so they need nutritious take-along snacks. Quick snacks, such as small containers of yogurt, fresh fruit, string cheese or cheese chunks fit the bill for all ages."

Bed, Breakfast Workshop

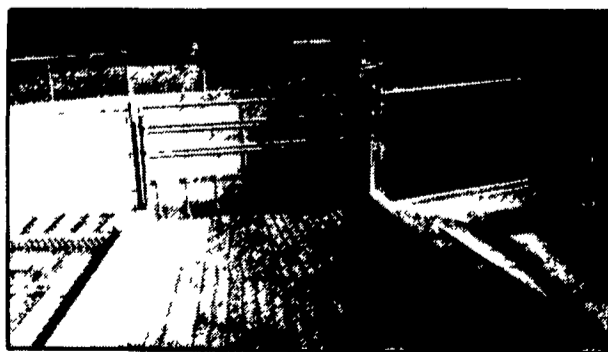
MIDDLETOWN (Dauphin Co.) — The Penn State Cooperative Extension will be offering a 2-day workshop entitled "The Inns and Outs of Bed and Breakfast" on October 2 and 9, at Penn State Harrisburg in Middletown. Sessions will last on both days from 9:00 to 4:00. Business planning, health sanitation, regulations, hospitality, market planning promotion and insurance will be covered. The session will also feature a presentation on farm vacation homes and a slide tour of three local Bed and Breakfasts.

The registration fee (\$30) covers materials and lunches for both days. For more information or registration material, please contact the York County Extension Office (717-757-9657)

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