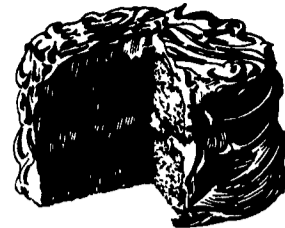


Home On The Range



Lamb Recipes You're Certain To Love

American lamb is a prime source of high quality protein, vitamins, and minerals. Its protein is nutritionally complete with all eight essential amino acids in the proper ratio. Lamb is high in B vitamins, niacin, zinc, and iron. Fifty-seven percent of the iron is far more usable in the body than the type of iron found in most other foods.

Compared to other meats, lamb contains little marbling. Since most of the fat that lamb has is on the outside edges, it is easily trimmed. That means fewer calories — only 176 in an average three-ounce serving. A recent study showed that 56 percent of fat in lamb is saturated. The remainder is monosaturated or polyunsaturated, the "good" fat in one's diet.

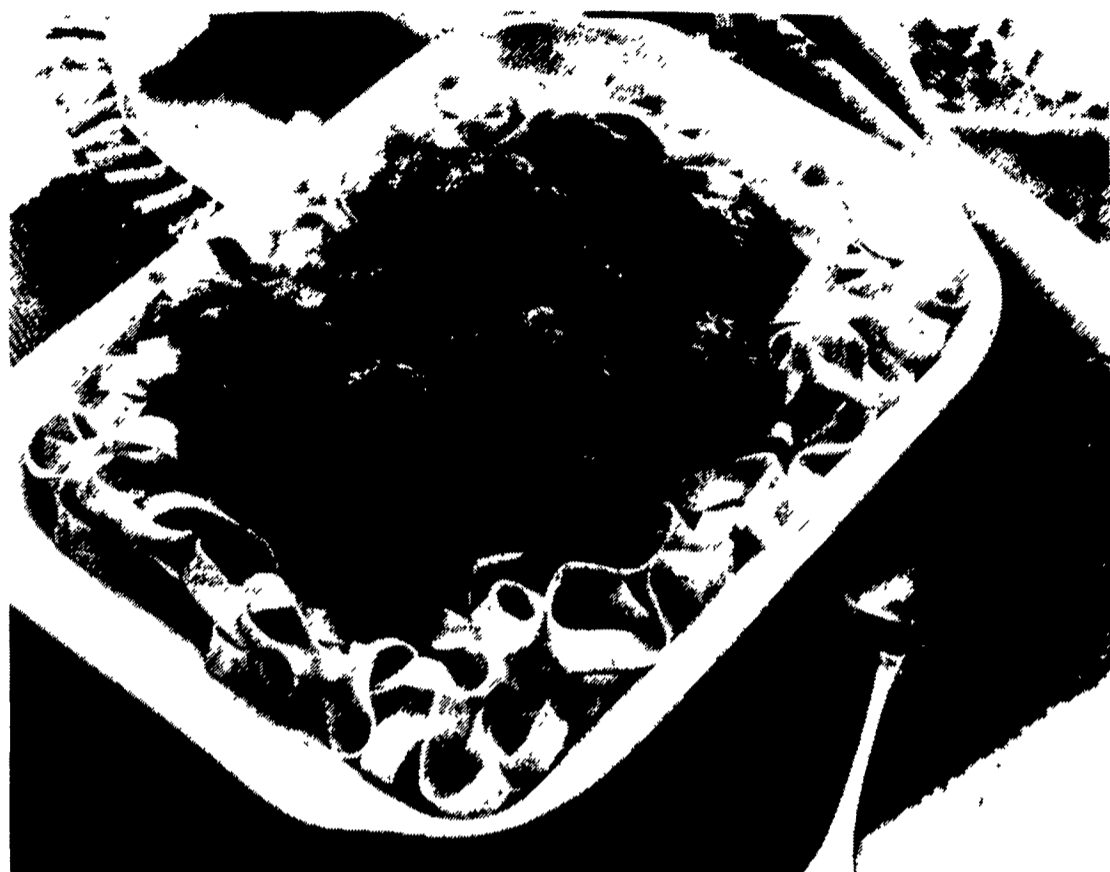
Give yourself the wholesome nutrition you want — eat fresh American Lamb.

SWEET AND SAVORY LAMB BALLS
 1 pound ground lamb
 1/4 cup fine bread crumbs
 1/4 cup chopped onions
 1 egg, slightly beaten
 1 teaspoon shortening
 1 can mushroom soup
 1/2 cup chopped canned tomatoes

2 tablespoons white vinegar
 2 tablespoons brown sugar
 2 teaspoons soy sauce
 Dash pepper
 Serve over cooked rice
 Mix lamb, bread crumbs, onion, and egg. Shape into meatballs. Brown in skillet or under broiler. Remove fat. Add remaining ingredients. Cover and cook over low heat for 20 minutes. Stir occasionally. May be made in a crock pot.

Contributor writes that she learned to make this recipe when she was in 4-H, and it remains one of her favorite recipes.

Deb Seibert
 Manheim Central High School
 Ag Ed Instructor



Ground lamb may be easily substituted for recipes that call for ground beef, ground turkey, or ground chicken.

LAMB PATTIES WITH DILL SAUCE

6 slices bacon
 1 beaten egg
 1/2 cup rolled oats
 1/2 cup chopped onion
 1 teaspoon salt
 1 1/2 pounds ground lamb
 1 tablespoon chopped onion
 1 tablespoon butter
 2 tablespoons grated Parmesan cheese
 1 tablespoon flour
 1/2 teaspoon dried dillweed
 1/2 teaspoon paprika
 1 cup milk

Partially cook the bacon and set aside. In a mixing bowl, combine beaten egg, rolled oats, 1/2 cup chopped onion, salt, and a dash pepper. Add ground lamb. Mix well. Shape mixture into 6 patties. Wrap a partially cooked bacon slice around the side of each patty and fasten with a toothpick. Place patties on an unheated rack in a broiler pan. Broil 4 to 5 inches from heat to desired doneness, turning once. Takes 12 to 14 minutes total time for medium done.

Meanwhile in a saucepan, cook 1 tablespoon chopped onion in the butter until tender but not brown. Stir in Parmesan cheese, flour, dillweed, paprika, and 1/2 teaspoon salt. Add milk all at once. Cook and stir until thick and bubbly. Cook one minute more. Spoon mixture over patties. Makes 6 servings.

Dauphin Co. Dairy Promotion Committee

BROILED LAMBURGERS
 2 pounds ground lamb
 2 tablespoons minced onions
 2 tablespoons parsley flakes
 2 cups shredded carrots
 1/2 cup fine bread crumbs
 2 teaspoons salt
 1/2 teaspoon pepper
 1/2 cup catsup
 8 strips bacon

Combine lamb, onion, parsley, carrots, bread crumbs, salt, pepper, and catsup; mix well.

Shape into patties about 1-inch thick. Arrange bacon around patties. Fasten with toothpicks. Broil or cook on grill 5 to 7 minutes. Turn and cook 5 minutes more or until done.

Deb Seibert
 Manheim Central High School
 Ag Ed Instructor

CHICKEN-FRIED LAMB
 1 lamb tenderloin, sliced thin
 1 cup seasoned bread crumbs
 2 tablespoons sesame oil or hot seasoned oil

Heat skillet. Add oil. Dip lamb slices in bread crumbs. Saute over medium heat until just done, about 1 minute each side if thinly sliced. Do not over cook.

Arrange on plate with your favorite rice dish.

Seasoned Breadcrumbs:
 1 cup bread cubes
 1/2 teaspoon basil
 1/2 teaspoon oregano
 1/2 teaspoon garlic powder
 Dash cayenne pepper

Mary Conrad
 Millerstown

LAMBURGERS IN A BLANKET
 1 1/2 pounds lean ground lamb
 1/4 teaspoon garlic powder
 1/4 teaspoon pepper
 1/2 teaspoon salt
 2 teaspoons Worcestershire sauce
 3 tablespoons catsup
 2 teaspoons prepared mustard
 1 package refrigerated crescent dinner rolls

3 tablespoons sesame seeds
 In large bowl, mix together all ingredients except rolls. Mix well, divide into six equal parts and shape into patties. Broil about seven minutes on each side. Separate crescent roll dough on cutting board and press perforations closed with fingertips. Cut dough into one-inch strips and wrap around each patty. Roll in sesame seeds. Arrange lamb patties on a piece of aluminum foil on a baking sheet. Bake at 375 degrees for 10 minutes or until brown.

Julie Maust
 Pa. Lamb and Wool Queen

LAMB MEATBALLS
 1 pound ground lamb
 2 cups dry bread crumbs
 1 small onion, ground or chopped
 1 egg, beaten
 1/2 teaspoon salt
 1/2 teaspoon pepper
 1 finely grated carrot
 Mix well and shape into small or medium balls. Brown lightly over low heat.

Make barbecue sauce as follows: 2 tablespoons butter, in which lightly brown 1/2 cup chopped onion. Add: 1/2 cup brown sugar, 1/2 cup water, 1/2 cup lemon juice or vinegar, 1 tablespoon prepared mustard, and 1 cup catsup. Heat to boiling and cook 10 minutes. Pour over meatballs in pan and simmer, or cover meatballs in casserole dish and bake slowly for 30 minutes.

Julie Maust
 1990 Pa. Lamb and Wool Queen

HAWAIIAN LAMB MINI-KABOBS
 1/2 cup Italian dressing
 1 clove garlic, minced
 1 pound boneless leg of lamb, 1/2-inch cubes
 1 can pineapple chunks, cut in half
 5 slices bacon, cut in 1-inch pieces

Melted butter
 In shallow glass dish, combine garlic and dressing. Add lamb, marinate at least 4 hours. Alternate lamb, bacon, and pineapples on fancy round toothpicks. Brush with melted butter. Broil 5 to 8 inches from source of heat for 5 minutes. Serve hot. 40 to 50 appetizers.

Mary Conrad
 (Turn to Page B8)

Featured Recipes

In response to a question for Red Velvet Cake, we have been swamped with recipes. Although we have printed many of them, we do not have space to print them all. Unfortunately, we do not have the time to test recipes so we do not know whether or not the best ones have been printed. But here is one with an interesting story that we thought you would enjoy.

The recipe is from Bernice Sabo of Flemington, N.J. She said that the recipe comes from a woman who dined at the Waldorf Astoria and asked for the recipe. When she received the recipe she was charged \$600 for it. The lawyer whom she consulted said that she would need to pay for it, but she is able to share the recipe with others. This happened many years ago. Since then this recipe has been passed from friend to friend and published in cookbooks with the story.

Bernice said the cake is very rich and moist. She hopes our readers will enjoy it.

RED VELVET CAKE

1 cup Crisco
 1 1/2 cups sugar
 2 eggs
 2 1/4 cups flour, sifted 5 times
 1 cup buttermilk
 1 teaspoon vanilla
 1/4 cup red food coloring
 2 tablespoons cocoa
 1 teaspoon salt
 1 tablespoon vinegar
 1 teaspoon baking soda
 Cream sugar and Crisco; add eggs and beat 1 minute. Add vanilla to buttermilk; then add alternately with flour. Make a paste of coloring, cocoa, and salt. Add to mixture. Mix vinegar and baking soda and add. Bake at 350 degrees for 20 to 30 minutes in two 8-inch square pans. Serves 12 to 16.

Icing:
 1 cup milk
 7 teaspoons flour
 1 cup butter
 1 cup confectioners' sugar
 1 teaspoon vanilla
 3 teaspoons almond paste, optional
 Kirsch (optional)
 Cook milk and flour; refrigerate. Cream butter, sugar, and vanilla. Add slowly to flour and milk mixture. Icing is improved by adding almond paste and Kirsch to taste.

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 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

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|--------------|-----------------------|
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| | 21- Pancakes |
| | 28- Budget Stretchers |
| April | 4- Easter Candy Time |