

Lamb Highlights Shepherd's Night

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Mercer Co. Correspondent

MERCER (Mercer Co.) — Mercer County Sheep and Wool directors held its annual Shepherd's Night recently.

A lamb roast dinner was served with numerous lamb dishes available for sampling, prepared by Bill Wagner, chef of Clark's Tara — A Country Inn.

Consumers were told to purchase American lamb as New Zealand lamb is much tougher meat. The toughness results from New Zealand lambs being raised on hilly land, which encourages the development of leg muscles.

Here are some of the recipes used for the dinner.

LAMB ROAST PLATTER

Tie leg of lamb with butchers string and generously season with black pepper and garlic powder. Bake roast in 350 degree oven for 1½ hours. Add a little water and small unpeeled potatoes, carrots, and onions. Bake until soft. Arrange on platter and garnish with mint, parsley, and tomato rosette.

Tomato rosettes are made by peeling tomato in one continuous line, starting at the top and going around the tomato. Roll up the peeling to form a rosette.

For the onion garnish, take a green onion and make several lengthwise slits on the onion tops. Place on center of potato.

LAMB CHOP PLATTER

Saute mushrooms. Place on platter and arrange grilled or pan fried lamb chops. Garnish with scallions, mint, and tomato rosettes.

SATES

INDONESIAN KABOBS

2 pounds lamb, cut crosswise into ¼ -¼ -inch strips
Marinade:

- ¼ cup soy sauce
- ¼ cup orange juice
- ¼ cup lemon juice
- 1 tablespoon brown sugar
- 2 tablespoons vegetable oil
- 2 tablespoons minced onion
- 1 teaspoon salt
- 1 teaspoon tumeric
- 1 teaspoon coriander
- ½ teaspoon crushed red pepper
- ½ teaspoon minced ginger
- 1 clove garlic, crushed

Combine ingredients for marinade and marinate lamb for 2 to 3 hours. Thread meat onto water soaked wooded skewers and grill 5 inches from heat for 10 minutes or until cooked. Turn frequently and baste with marinade.

GREEK MOUSSAKE

Peel and slice 3 eggplants about ¼ -inch thick. Fry and set aside.

Stir and fry together:

- 3 chopped onions
- 2 pounds ground lamb

Add the following ingredients and simmer until liquid disappears:

- 3 tablespoons tomato paste
 - ¼ cup red wine
 - 3 tablespoons chopped parsley
 - ¼ teaspoon cinnamon
 - ½ teaspoon salt
 - Pepper
- Cool. Then stir in
2 beaten eggs

Mix together:

- 1 cup parmesan cheese
 - 1½ cups bread crumbs
 - 3 tablespoons pine nuts
- Layer meat, eggplant, and bread crumb mixture.
Make a white sauce of the following:
4 tablespoons butter
6 tablespoons flour
Slowly, using a wire whisk, add:
2 cups milk
Dash nutmeg

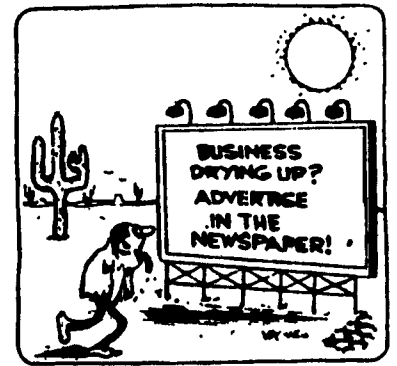
Cook until thick and bubbly, stirring. Pour white sauce over eggplant arrangement. Sprinkle with Parmesan cheese. Bake 1 hour at 375 degrees until golden brown.



Lamb Roast Platter



Lamb Chop Dinner



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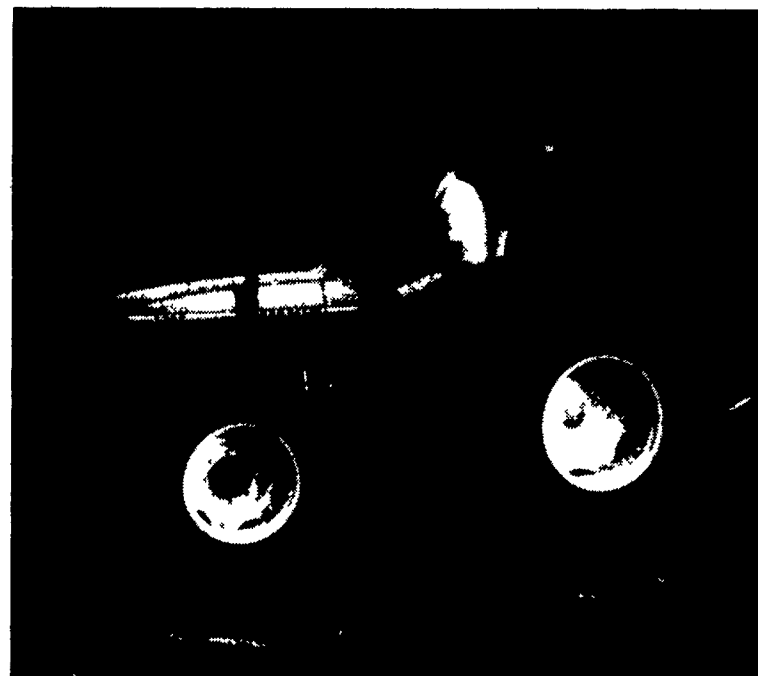
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Chef Bill Wagner talks with John and Pam Courtney during the Shepherd's Night held in Mercer.