



Home On The Range



Cooking With Lamb

Adding variety to your dinner table can be as quick and easy as picking up a package of ground American lamb.

Often lamb is dismissed as being too expensive and difficult to prepare for everyday meals but ground lamb provides the mild delicious taste of lamb at a very affordable price.

The mild flavor of American lamb blends well with the most popular quick and easy meal favorites. Chili lovers will find the substitution of cooked and drained ground lamb a delicious change. Browned and drained ground lamb makes a great meal choice in lasagna or stuffed pastas. For a company treat, add a cup of chopped fresh spinach to your favorite lasagna recipe along with the ground lamb.

Many people who have not tried lamb before will find that a stir fry with simple ingredients will enhance meals, both nutritionally and economically.

Lamb is characteristically tender so cuts such as the arm chop or leg steaks make an ideal cut for slicing into thin strips for stir frying.

Since American lamb is naturally low in sodium, use the reduced sodium broth and soy sauce now found on grocers' shelves to keep your stir-frying dishes in line with the suggested dietary guidelines.

Don't forget to cut your lamb in even strips so that it cooks evenly. Freezing always makes it easier to slice.

Fresh mild green onions create a delightful background for the lamb but any onion can be substituted. Make sure you do not overcook the lamb to keep it at its tender best and by keeping the other vegetables crisp tender, it will help retain the vitamins and minerals.

LAMB SALAD

- 2 cups cooked diced lamb
- 1½ cups cooked pasta
- 1 cup cooked peas
- ¼ cup cooked celery
- ¼ cup shredded carrots
- ½ cup mayonnaise
- 2 tablespoons dried dill weed
- 1 teaspoon dijon mustard
- ¼ teaspoon salt
- Lettuce leaves

Combine lamb, pasta, peas, celery, and carrots. In a bowl, combine mayonnaise, sour cream, dill, mustard, and salt. Add to pasta and lamb mixture, and toss gently. Serve on lettuce.

Laurie Bero

BAKED LAMB CHOPS

Brown 4 lamb shoulder chops (½-inch thick) on both sides. Place in a shallow pan. Top with apple stuffing. Bake covered in 325-degree oven for 45 minutes. Serves 4.

Apple Stuffing:

Prepare 2 cups coarse or fine crumbs or cubes as desired. Melt 2 tablespoons butter in a large heavy skillet. Add and cook until yellow (stirring occasionally) 3 tablespoons finely minced onion, 4 tablespoons chopped celery stalks and leaves. Stir in bread crumbs, stirring to prevent excessive browning. Turn into a bowl and mix lightly:

- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon dried sage
- ¼ teaspoon thyme or marjoran
- Poultry seasoning, to taste

Add:

- 1½ teaspoon minced mint leaves
- ¼ cup chopped apples
- Add enough fruit juice to moisten dry crumbs.

Louise Graybeal
Renick, W.Va.

LAMB AND VEGETABLE STEW

- 12 ounces boneless lamb, leg or shoulder, cut into ½-inch cubes
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 14.5-ounce can Italian seasoned diced tomatoes
- 2 medium potatoes, peeled and cut in 1-inch pieces
- 2 medium carrots, peeled and cut in ¼-inch slices
- 1 parsnip, peeled and cut in ¼-inch slices
- 8 ounces fresh mushrooms, halved
- 1 large onion, chopped
- Salt and pepper to taste
- 14.5-ounce can beef or chicken broth, reserve ¼ cup
- 2 tablespoons flour

In large saucepan or Dutch oven, saute lamb cubes and garlic in olive oil until lamb is lightly browned; drain well. Add remaining ingredients except for the flour and reserved broth. Cover and simmer over low heat until vegetables are tender about 45 minutes.

Mix reserved broth and flour to make a smooth paste. Slowly add flour mixture to stew, stirring constantly. Cook until thickened. Stir in additional water if too thick.

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.

February

- 5- Favorite Muffins
- 12- Heart Happy Recipes
- 19- National Cherry Month
- 26- Potato Lovers' Month



Lamb stir fry is a treat for dinner and combines lean strips of lamb with tender asparagus in a quick and easy approach to cooking.

MUSHROOM AND ORANGE STUFFED LAMB LOAVES

- 1 pound lean ground lamb
- ½ cup fine dry bread crumbs
- ¼ cup orange juice
- ¼ cup snipped fresh parsley
- 1 egg white
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon dried thyme, crushed

Filling:

- 4 ounces fresh mushrooms, coarsely chopped
- ¼ cup chopped onion
- ½ teaspoon minced garlic
- Dash salt
- Dash cayenne pepper
- ¼ cup orange marmalade
- 2 tablespoons fine dry bread crumbs

For filling, combine mushrooms, onions, garlic, dash salt, and cayenne pepper in small skillet. Cook and stir over medium heat until liquid evaporates, about 5 minutes. Stir in marmalade and 2 tablespoons bread crumbs; set aside.

In large bowl, combine ½ cup bread crumbs, orange juice, parsley, egg white, salt, pepper, and thyme. Add lamb, mix well. Divide meat mixture into four equal parts. Flatten each to 5-inch circle. Place ¼ of the mushroom filling mixture on each circle. Bring edges up and around filling forming a small loaf and seal.

Place loaves seam-side down on 12-inch glass pizza plate or other micro-safe large plate. Cover loosely with waxed paper. Microwave on high for 7 to 10 minutes, turning dish once. If desired, spread a small amount of additional orange marmalade on hot loaves to glaze before serving.

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LAMB ASPARAGUS STIR FRY

- 12 ounces boneless lean lamb, leg or shoulder, cut in ¼-inch strips
- 1 tablespoon oil

- 1 clove garlic, minced
- 2 teaspoons cornstarch
- ¼ teaspoon ginger powder
- 1 tablespoon soy sauce, reduced sodium
- 1 cup chicken broth, reduced sodium
- 4 cups asparagus, trimmed and cut diagonally into ¼-inch pieces
- 1 cup onion, cut into ¼-inch strips
- ½ cup carrots, thinly sliced
- ¼ cup slivered almonds or peanuts, optional

Mix cornstarch and ginger. Gradually add soy sauce and broth,

blending well. Set aside. Heat oil to medium hot and add garlic and lamb strips to the skillet or wok. Stir-fry until the lamb is slightly pink. Remove lamb from skillet or wok. Add asparagus, onion, carrots, and continue to stir fry until crisp tender; 3 to 5 minutes. Return lamb to the vegetable mixture. Stir in broth and continue cooking until the lamb vegetable mixture is glazed and heated thoroughly. Serve over rice or ramen noodles and top with nuts if desired.

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Featured Recipe

A well-organized kitchen and nutritious convenience foods can make you a master at preparing flavorful, nourishing, well-balanced meals in as little as 30 minutes.

Whenever possible, do meal preparation tasks ahead of time. Convenient, nutrient-packed nonfat dry milk is another valuable resource for busy cooks. Nonfat dry milk is a natural food made from fresh whole milk with almost all the fat removed. The milk is pasteurized and evaporated to remove most of the water, concentrating all the protein, calcium, and essential vitamins, and minerals. Spray drying produces the nonfat dry milk that dissolves quickly and completely in water whenever you need liquid milk.

Here is a recipe using dry milk. For a complete cookbook, send \$3.95 with your complete address to Eat Light, Eat Right Cookbook, Box 770-C, Pico Rivera, CA 90665.

SEAFOOD BISQUE

- ½ cup chopped onion
- ½ cup chopped celery
- ¼ cup butter
- ¼ cup flour
- 4 cups water
- 2 crumbled chicken bouillon cubes
- 1 tablespoon ketchup
- 1 bay leaf
- ½ teaspoon seasoned salt
- ¼ cup crab meat and juice
- ½ cup diced white fish
- 1½ cups dry nonfat dry milk
- Parsley

Saute onion and celery in butter in large saucepan until vegetables are tender. Stir in flour. Gradually add 2½ cups water. Add bouillon cubes, ketchup, bay leaf, and seasoned salt. Heat to boiling, reduce heat and boil gently 5 minutes, stirring occasionally. Add crab meat and juice, and white fish. Stir to break up crab meat. Boil gently 5 minutes. Remove from heat. Discard bay leaf. Dissolve dry nonfat milk in remaining 1½ cups water. Stir into soup. Reheat to serving temperature; do not boil. Garnish with parsley sprigs.