

Cookbook Is Lamb-Lovers Treasure House

LOU ANN GOOD

Lancaster Farming Staff —
EPHRATA (Lancaster Co.) —
Jill Stanford Warren's favorite
meat is lamb.

"But I have discovered that not everyone likes it. The world seems to be divided between the lovers and the haters — there is no middle ground," Warren said.

If people taste lamb the way it should be cooked, Warren believes, they, too, will discover the wonderful taste of lamb.

Warren grew up in a home where Sunday dinner was often leg of lamb.

"We always had it at Easter. My mother cooked it the traditional way, with lots of garlic inserted into the meat and fresh rosemary from her herb garden sprinkled on top. She served it slightly pink. It was far and away my favorite dinner," Warren said.

Lamb is also the most popular meat in the Middle East, Northern Africa, and Greece. In France, Warren writes, 48 percent of the people prefer lamb over other types of meat. Many upscale restaurants in the U.S. serve lamb, but you can learn to successfully prepare savory dishes at home by following her simple guidelines.

In addition to recipes, the cookbook includes lamb cutting and cooking charts and a guide for condiments and wines that complement lamb dishes. Interspersed with the recipes are tidbits of humor and history regarding lamb.

The cookbook sells for \$10.95 and is published by Culinary Arts Ltd. If you cannot find the cookbook in your area, contact Culinary Arts Ltd. P.O. Box 2157, Lake Oswego, Oregon 97035 or call (503) 639-4549.

Here are some recipes from the cookbook.

SUNNY LEMON CHOPS

Lemon juice tenderizes lamb and adds a sparkle to the flavor of the meat. A simple green salad and fresh wheat rolls or crusty bread would complete this easy, yet elegant, supper. 4 servings.

8 loin or rib lamb chops, 1- to 2-inches-thick, well trimmed
1 tablespoon lemon-pepper
2 fresh lemons, cut into quarters
2 tablespoons fresh oregano, minced or 1 tablespoon dried

Preheat broiler or light the barbecue. Season chops with lemon-pepper. Place them on the grill and cook to desired doneness. When done, remove to a platter. Squeeze quartered lemons over each chop and sprinkle the oregano over tops.



Jill Stanford Warren, author of "Lamb Country Cooking," is a great supporter of lamb and has included recipes from friends, family, lamb producers, and cooking contest winners. She interjects bits of historical information about lamb.

GARDEN SHANKS

Shanks are like little legs of lamb — and you can allow one per person. This is a delicious slow-cooking way to enjoy them. Just add hot biscuits for a meal to remember. 4 servings.

4 lamb shanks
1 lemon, cut in quarters
½ cup flour, divided
1 teaspoon lemon pepper
¼ cup light olive oil
10½-ounce can condensed, low-sodium beef broth
1 cup water
1 medium yellow onion, chopped
4 carrots, peeled and cut into chunks
4 stalks celery, peeled and cut into chunks

Rub each shank with a lemon quarter. Mix the flour (less 2 tablespoons) and lemon pepper together. Dredge shanks in seasoned flour. Heat oil in a heavy skillet or deep casserole dish. Brown shanks quickly over a hot burner.

Pour beef broth over shanks. Cover skillet and simmer slowly over low heat for 2 hours or until the meat is fork-tender. Add water, as needed, and set aside.

Stir reserved 2 tablespoons flour into liquid in pan and cook until thickened. Return shanks to gravy and add vegetables. Recover skillet and bake in 350 degree oven for 1½ hours. Remove bones and serve meat with the vegetables and gravy.

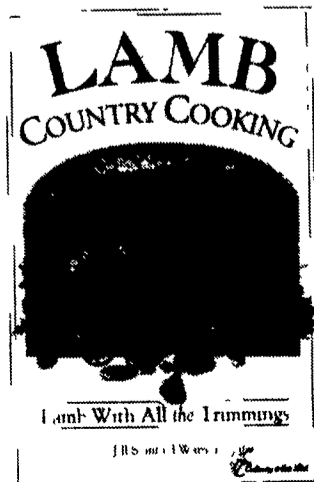
LAMB IN SUITCASES

My mother was nothing if not inventive. Faced with a summer garden that got out of hand and some ground lamb, which we always seemed to have in the freezer, she would simple combine it all into something tasty. This was a favorite. 6 servings.

1½ pounds ground lamb
¾ cup raw rice
1 teaspoon salt
½ teaspoon pepper
1 teaspoon allspice
½ cup tomato paste, thinned with 2 tablespoons water
12 summer squash or 4 small eggplants or 6 medium zucchini squash
2 tablespoons lemon juice
1 garlic clove, crushed
3 ripe tomatoes, chopped
2 tablespoons fresh mint, washed and chopped

Parmesan cheese, freshly grated
Preheat oven to 350 degrees. Mix lamb, rice, seasonings, and tomato paste together. Wash vegetables and remove stems. Scoop out insides to make cases. Fill vegetable cases with lamb mixture. Stand cases upright or lay them in a deep baking dish. Mix lemon juice, garlic, tomatoes and mint together. Spoon mixture over tops of cases. Fill dish with water to cover the bottom half of the vegetable cases (this prevents scorching and steams the vegetables).

Bake for 1 hour. Just before serving, sprinkle freshly grated Parmesan cheese over tops of the cases.



The cookbook has 128 pages of recipes. Few recipes call for ingredients that you don't have in your pantry.

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