

Home on the Range

Celebrate With American Lamb

Fresh American lamb cooked on the grill will add a special touch to your Labor Day celebration.

Turn that hup-drum regular burger into the star of the cookout. Use American ground lamb, which has a delightful mild flavor that can stand on its own or blend well with seasonings.

Several recipes for cooking lamb on the grill are included in today's collection of recipes. You can also substitute lamb in most red meat recipes.

Correct preparation and cooking of hamburgers are important to insure the quality of the product as with all ground meats. Ground lamb should be used within 24 hours of purchase or it should be double-wrapped tightly and frozen for up to three months. Always thaw meat in the refrigerator or in the microwave oven. If using the microwave, lamb should be thawed immediately before use.

September is National Lamb Month. Although lamb is available year-round, this month offers the perfect opportunity to salute American lamb producers and enjoy the quality product they produce for your table.

CRISPY CORNMEAL LAMBURGER
12-ounces lean ground lamb
¼ cup finely chopped green onion

2 tablespoons seasoned fine dry bread crumbs
1 teaspoon garlic salt
1 teaspoon dried oregano, crushed

¼ cup cornmeal
4 rye hamburger buns, split, toasted

Optional toppings: guacamole, horseradish, mayonnaise, freshly sliced vegetables

In a bowl, combine green onion, bread crumbs, garlic salt, and oregano; mix well. Add ground lamb; mix well. Form mixture into four ¾-inch patties. Coat each patty on both sides with cornmeal.

Grill over moderate coals for 4 to 5 minutes on each side to medium doneness or until no pink remains.

If desired, broil 5 inches from heat for 5 to 5 minutes on each side.

Serve lamb patty on toasted rye bun with your choice of toppings. Serves 4.

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A lamb roast is always in vogue for a touch of class.

CUMIN-HONEY LAMB STEAKS
1 to 1½ pounds lamb steak, center leg or sirloin ¾-inch thick
2 tablespoons lemon juice
2 tablespoons honey
1 tablespoon olive oil
1 tablespoon snipped parsley
1 teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon ground red pepper

Combine lemon juice, honey, olive oil, parsley, cumin, salt, and red pepper. Mix well with wire whisk to blend.

If necessary, cut meat into four portions. Brush meat with mixture. Grill over moderate heat for 4 minutes. Turn and brush again with lemon-honey mixture. Grill 4-6 minutes more or to medium doneness. Serves 4.

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CHEESE-STUFFED LAMBURGER
1 pound lean ground lamb
¼ cup shredded cheddar cheese
2 tablespoons sweet pickle relish

2 tablespoons finely chopped onion
1 tablespoon finely chopped green pepper
1 teaspoon Dijon-style mustard
4 multi-grain hamburger buns

Mix the cheese, pickle relish, onion, green pepper, and mustard. Shape the lamb into 8 thin patties about 4 inches in diameter. Spoon cheese mixture onto the center of four of the patties. Top each with another patty, pressing the edges to seal filling inside. Grill over moderate heat or broil 4-inches from heat for about 5 minutes per side or until medium doneness. Serve on toasted bun with lettuce leaf and sliced tomato. For variation, substitute dill pickle relish and Monterey Jack or Swiss cheese for the sweet relish and cheddar.



Mushroom and Orange Stuffed Lamb Loaves offer a new twist to traditional meatloaves.

MUSHROOM AND ORANGE STUFFED LAMB LOAVES
1 pound lean ground American lamb

1½ cups coarsely chopped fresh mushrooms

¼ cup chopped onion
1 clove garlic, minced
Dash salt

Dash ground red pepper
¼ cup orange marmalade
2 tablespoons fine dry bread crumbs

¼ cup dry bread crumbs
¼ cup orange juice
¼ cup snipped fresh parsley

1 egg white
¼ teaspoon salt
¼ teaspoon ground black pepper

¼ teaspoon dried thyme leaves

For the filling, in a medium skillet, combine the mushrooms, onion, garlic, dash salt, and red pepper. Cook over medium heat

for 5 minutes or until onion is tender and liquid has evaporated. Stir in the marmalade and 2 tablespoons bread crumbs; set aside.

In large bowl, combine the ¼ cup bread crumbs, orange juice, parsley, egg white, ¼ teaspoon salt, pepper, and thyme. Add lamb; mix well. Divide meat mixture into 4 equal parts. Flatten each to a 5-inch circle. Place one-quarter of filling onto each circle. Bring edges up and around filling, forming a small loaf seal.

Place loaves, seams side down, onto a 12-inch glass pizza plate or other microwave-safe large plate. Cover loosely with waxed paper. Microwave on high power for 7 to 10 minutes or until no pink remains, turning dish once. If desired, spread a small amount of orange marmalade onto loaves before serving. Makes 4 servings.

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Crispy Cornmeal Lamburgers are sure to impress family and guests.

Featured Recipe

Many people never even try lamb. If you are one of those, you are missing a tasty meat. American lamb is tender and tasty, not tough and strong-flavored like lamb raised in other countries.

Here is a easy recipe for a lamb roast.

For additional free recipes, send a self-addressed stamped business-sized envelope to American Lamb Council, 6911 S. Yosemite, St. 200, Englewood, CO 80112.

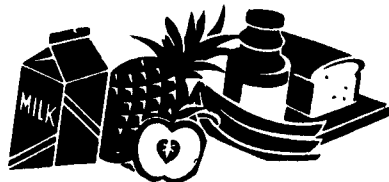
LAMB ROAST

1 boned, rolled, and tied lamb leg (4-5 pounds), well-trimmed
½ cup butter
¼ cup lemon juice
¼ cup water
¼ cup sugar
¼ cup snipped fresh parsley
2 tablespoons cornstarch
1 tablespoon grated lemon peel

In 1-quart glass measuring cup, microwave butter at high power for 45-60 seconds or until melted. Combine butter with lemon juice, water, sugar, parsley, cornstarch, and lemon peel. Microwave on high for 3-5 minutes or until thickened; stir once. Place lamb leg meaty side up on microwavable roasting rack in 2-quart glass baking dish. Brush generously with glaze.

Microwave uncovered at medium power, 20 minutes. Turn lamb once.

Generously brush glaze over roast. Continue cooking to desired doneness for 44-47 minutes for medium or internal temperature of 150-155 degrees. Let roast stand 10 minutes before carving. Reheat glaze and serve with lamb. Makes 12-15 3-ounce servings.



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 listed below.

September	12 - Packed Lunches
	19 - National Rice Month
	26 - Pizza Varieties
October	3 - Pork Month