

An Exciting Venture into Lamb Cookery



Favorite Lamb Stew with Rice Dumplings abounds in flavor surprises guaranteed to add lively zest to a family dinner.

Favorite Lamb Stew with Rice Dumplings

- 2 lbs. boneless lamb shoulder, cut in 1-in. cubes
 - ¼ cup flour
 - 1 tablespoon salt
 - ½ teaspoon black pepper
 - 1 teaspoon paprika
 - 2 tablespoons shortening
 - 1½ cups water
 - 1 clove garlic, minced
 - 1 teaspoon dill weed
 - ¼ teaspoon marjoram
 - ¼ teaspoon thyme
 - 1 6-oz. can tomato paste
 - 2½ cups water
 - 12 small white onions
 - 1 10-oz. pkg. frozen Fordhook lima beans, partially thawed
 - 1 lb. carrots, quartered
- Rice Dumplings (see recipe)

1. Coat lamb pieces with a mixture of the next four ingredients; reserve remaining flour mixture, if any.
2. Heat the shortening in a Dutch oven or sauce pot. Add lamb and brown well on all sides. Sprinkle remaining flour over meat.
3. Add the 1½ cups water and the next four

ingredients. Cover and simmer for 1 hr.

4. Blend in a mixture of tomato paste and 2½ cups water; mix in vegetables. Simmer, covered, 20 min. longer.

5. Drop Rice Dumpling mixture onto meat and vegetables. Cover tightly and cook 15 min.; do not uncover during cooking. Serve immediately.

About 6 servings

Rice Dumplings

- 1½ cups flour
- 2½ teaspoons baking powder
- 1 teaspoon salt
- 1 egg, beaten
- ½ cup milk
- 1 tablespoon butter or margarine, melted
- 1 cup cooked rice

Blend first three ingredients together. Mix egg, milk, and butter; add to dry ingredients and stir just until blended. With as few strokes as possible, mix in the rice. Drop by heaping tablespoonfuls onto the meat and vegetables.

6 dumplings

Barbecued Lamb Shanks

- 4 lamb shanks, about 1 lb. each
- ¼ cup flour
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup fat
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 cup catsup
- ½ cup water
- ¼ cup wine vinegar
- 4 teaspoons Worcestershire sauce
- 5 drops Tabasco
- 2 teaspoons sugar
- 2 teaspoons paprika
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ½ teaspoon black pepper

1. Coat the lamb shanks evenly with a mixture of the flour, 1 teaspoon salt, and ¼ teaspoon black pepper.

2. Heat fat in a large, heavy skillet over medium heat. Add shanks and brown well on all sides. Remove the browned meat to a large, shallow baking dish.

3. Meanwhile, combine the onion and next six ingredients in a saucepan. Stir in a mixture of

the seasonings and heat to boiling. Pour sauce over lamb.

4. Cover and set in a 300°F oven for 1½ to 2 hrs., or until meat is tender; turn shanks and baste frequently with the sauce.

5. Serve with fluffy cooked rice.

About 4 servings

Roast Leg of Lamb, French Style

- 1 5- to 6-lb. leg of lamb (do not remove fell)
- 2 teaspoons salt
- ¼ teaspoon black pepper
- Garlic cloves, cut in slivers
- Melted butter

1. Rub lamb with a mixture of the salt and pepper. Cut several small slits in surface of meat and insert a sliver of garlic in each.

2. Place lamb, skin side down, on rack in a roasting pan. Insert roast-meat thermometer in center of thickest part of meat; be sure that it does not rest in fat or on bone.

3. Roast, uncovered, at 300°F about 2½ to 3½

hrs., allowing 30 to 35 min. per pound. Brush meat frequently with melted butter during roasting. Meat is medium done when thermometer registers 175°F and is well done at 180°F.

4. Remove meat to a warm serving platter and garnish with mint or parsley sprigs.

About 10 servings

Roast Leg of Lamb, Italian Style

Cut several small slits in surfaces of a 5- to 6-lb. leg of lamb; insert slivers of garlic. Place lamb, skin side down, on rack in roasting pan. Brush meat with ½ cup olive oil. Sprinkle with 1 tablespoon grated lemon peel and a mixture of 1½ teaspoons salt, ¼ teaspoon black pepper, and 1 teaspoon rosemary. Insert roast-meat thermometer and roast as for Roast Leg of Lamb, French Style.

Lamb-on-a-Stick

- 2 lbs. boneless lamb (leg), cut in 1½-in. cubes
- ¼ cup finely chopped onion
- ¼ cup finely chopped green pepper
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon water
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon curry powder
- ½ teaspoon parsley flakes
- ½ teaspoon onion powder
- ¼ teaspoon dry mustard
- ½ teaspoon ground oregano

1. Mix the onion and green pepper together. Blend the olive oil, lemon juice, and water together. Mix seasonings.

2. Coat bottom of a shallow dish with about 1 tablespoon of the olive oil marinade; cover with one-third of the onion mixture. Sprinkle one-third of the seasonings over all. Cover with one-half of the lamb cubes. Drizzle with one-half of remaining marinade and layer with one-half of onion mixture and seasonings. Cover with remaining lamb cubes. Repeat layering with remaining ingredients. Cover and refrigerate at least 8 hrs. or overnight.

3. When ready to broil, thread three lamb cubes onto each 6-in. wooden skewer and brush with marinade. Place kabobs on broiler rack; broil 3 in. from source of heat for 10 to 15 min., turning meat several times and brushing with marinade. Test doneness of meat by cutting a slit in cube and noting color of meat.

About 6 servings

Lamb Chops

Purchase loin or rib lamb chops that are cut ¾ to 1 in. thick.

To Broil: Arrange chops on a broiler rack, place 2 in. from source of heat, and broil 5 to 6 min., or until browned on one side. Sprinkle with salt and black pepper, turn, and broil second side 5 to 6 min. Season.

To Pan-broil: Arrange chops in a large, heavy skillet and brown slowly, turning occasionally. Pour off fat as it accumulates. When chops are done, season with salt and pepper.

Lamb Chops Piquant

- 2 tablespoons butter
- 5 lamb shoulder chops, cut ¾ in. thick
- ½ cup sweet pickle liquid
- ½ cup tarragon vinegar
- ¼ cup water
- 4 teaspoons sugar
- 2 teaspoons dry mustard
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons drained capers (reserve 6 tablespoons liquid)
- 6 tablespoons water

1. Heat butter in a large, heavy skillet. Add the lamb chops and brown on both sides.

2. Blend the next three ingredients and a mixture of the next four ingredients. Pour over lamb chops in the skillet.

3. Cover and cook over low heat about 40 min., or until lamb is tender. Baste chops occasionally, adding small amount of hot water during cooking if necessary.

4. When meat is tender, pour off excess liquid. Mix capers, caper liquid, and 6 tablespoons water; pour over chops in the skillet. Heat thoroughly and serve immediately. 5 servings

Fruited Lamb Spareribs

- 3 lbs. lamb spareribs
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon curry powder
- 1 cup orange juice
- 1 teaspoon grated lemon peel
- ½ cup finely chopped celery
- ¼ cup chopped parsley
- 1 medium-sized orange, cut in ¼-in. slices
- 1 medium-sized lemon, cut in ¼-in. slices
- 1 1-lb., 4½-oz. can sliced pineapple, drained

1. Put spareribs into a large, heavy skillet. Mix together salt, pepper, and curry powder; blend in the orange juice, lemon peel, celery, and parsley. Pour over spareribs. Top with orange, lemon, and pineapple slices.

2. Cook, covered, over low heat about 1½ hrs., or until meat is tender.

3. Remove spareribs and fruit to a warm serving dish. If desired, skim off fat and thicken cooking liquid for gravy.

4 to 6 servings

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