

Old favorite stages a comeback



Leg of lamb is versatile. There are at least three meals in this delicate cut of meat.

In years gone by, leg of lamb was served in every household at least once a week — often for Sunday's mid-day dinner because the cold sliced lamb was so good for supper that evening and in sandwiches the next day.

But lamb suffered in popularity after World War II. As a result of eating mutton sometimes overcooked and mistreated by mess hall cooks, veterans of the war came home turned off by lamb. Also, Mediterranean emigrants of pre-war vintage became accustomed to American foods and switched from Mousakka to hamburgers, lowering lamb consumption even further.

Today, the good news is that lamb is staging a comeback. More and more lamb is showing up on American tables — at home and in restaurants simply because sheep producers are growing more lamb.

Now is the ideal time to get away from the "sameness" experienced in daily menu planning and take advantage of this year's abundant lamb crop.

A good place to begin is with a leg of lamb. There are at least three meals in this versatile piece of meat. The sirloin half is delicious and simple to prepare as a oven-roast. Or, it may be sliced into four sirloin steaks to be broiled or pan-broiled, indoors or out.

The shank half of a leg makes a second meal. But first, cubes or slices may be removed to make shish kabobs, casseroles, soups and stews for the third meal.

ROAST LEG OF LAMB WITH CORIANDER (6 servings)

- 1 leg of lamb (5 to 9 lbs.)
- 2 tbsp. lemon juice
- 2 cloves garlic, peeled and thinly sliced
- 1 tsp. salt
- 1 tsp. ground coriander
- 1/4 tsp. pepper
- 2 tbsp. cooking oil

With point of sharp knife, cut many small slits in surface of lamb. Push a garlic slice into each incision. Mix coriander, lemon juice, salt and pepper together, add oil. Rub into incisions; then coat outside of lamb leg with remaining mixture. Place lamb on rack in roasting pan and roast in 325 degrees oven for 20 to 25 minutes per pound, or until internal temperature reaches 140 degrees for rare doneness, 160 degrees for medium and 170 degrees for well-done. Slice and serve with pan gravy.

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<p>NO BRAND Means Savings!</p> <p>Black Pepper 99¢</p> <p>Pepper 88¢</p> <p>Graham Crackers 75¢</p>	<p>Instant Pudding</p> <p>3/1</p>	<p>NEW IMPROVED Orange Tang</p> <p>\$1.89</p>	<p>GRAVY TRAY Dog Food</p> <p>\$6.69</p>	<p>Dish Liquid</p> <p>\$1.39</p>	<p>Barbecue Sauce</p> <p>59¢</p>	<p>Instant Tea</p> <p>\$2.19</p>
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