

Give Lamb A Second Look

Lamb merits a place in the shopping cart. Yet this favorite of connoisseurs and creative cooks, is overlooked by some shoppers. Lamb can be enjoyed within the confines of a moderate food budget, especially with the application of a bit of shopping savvy. You'll find that getting better acquainted with this fine meat is extremely rewarding.

It is possible to have the economy of a whole leg of lamb and at the same time the convenience of cuts sized for one meal. For a leg of lamb can be divided by the meat retailer to yield cuts for three different and delicious meals—a roast, chops and a stew or soup.

We suggest that you take the accompanying diagram to your retailer and discuss with him how you would like a leg of lamb cut. Then when you bring the cuts home you can wrap and freeze what is not desired for immediate use. The recommended freezer storage time for lamb is 6 to 9 months; for ground lamb 3 to 4 months.

Sure to turn any meal into a special occasion is a Lamb Center Leg Roast—a leg with sirloin chops and shank removed. Preparation of this meaty, flavorful roast is easy for it simply cooks unattended to the desired degree of doneness.

Traditionally, lamb has been roasted to well done, however, more and more diners are discovering the culinary delights of lamb cooked to rare or medium. You will note that the roasting timetable includes these three stages of doneness.

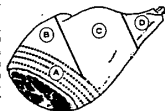
Sirloin chops, cut from the top of the leg, can provide another delicious and economical meal. In the recipe for Mediterranean Lamb Broil, the chops are served on an intriguing combination of linguini, zucchini, onion and red or green pepper. This recipe also can be prepared using economical blade or arm chops cut from the shoulder.

For still another lamb meal from the leg, make a hearty stew or soup. Use the shank for this and/or lamb trimmed from the section removed containing the rump bone plus the first sirloin chop which is irregular. Especially appealing is Lamb and Vegetable Soup that teams chunks of lamb with a medley of vegetables.

While the family enjoys the mild, delicate flavor of lamb in a variety of ways, they will be receiving the benefit of many essential nutrients. Lamb is both high in quality and quantity of protein, containing all the essential amino acids necessary to build, maintain and repair body tissues and strengthen the defense mechanism against infection and disease.

Three Meals from a Leg of Lamb

1. Ask the meat retailer to remove 3 to 4 sirloin chops (A), 3/4 to 1 inch thick, up to a point about an inch in front of the aitch (rump) bone. The chops can be broiled, panbroiled or braised.
2. Cut off the rump portion (B) containing the aitch bone, leaving as much meat on the center leg roast (C) as possible. (By cutting along a line that connects a point about an inch from the large end of the aitch bone and the tip of the small end of the aitch bone, a very meaty center roast will remain. The rump portion (B) can be boned and cut in pieces for a stew or soup, or can be ground.)
3. Remove the shank (D) at the stifle joint, if desired. This can be boned to obtain additional cubes of ground lamb. Or the shank can be left on the roast.



Roast Lamb Leg

7 to 9-pound lamb leg or 5 to 7-pound lamb leg or center lamb roast
Spiced Peach Sauce*, if desired

Place roast, fat side up, on rack in open roasting pan. Insert meat thermometer so bulb is centered in thickest part of leg, being careful not to let it rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (325°F) to desired degree of doneness. Remove from oven when meat thermometer registers 135°F. for rare; 155°F. for medium; 165°F. for well done. Allow roast to "stand" in a warm place 15 to 20 minutes after removal from oven. Since roasts continue to cook during this time, they usually rise approximately 5°F. in internal temperature, reaching 140°F. for rare; 160°F. for medium; 170°F. for well done. For a 7 to 9-pound roast, allow 15 to 20 minutes per pound for rare; 20 to 25 minutes per pound for medium; 25 to 30 minutes per pound for well done. For a 5 to 7-pound roast, allow 20 to 25 minutes per pound for rare; 25 to 30 minutes per pound for medium; 30 to 35 minutes per pound for well done. Serve warm Spiced Peach Sauce with roast, if desired. Note: Frozen lamb can be defrosted in the refrigerator or cooked frozen. If leg is cooked frozen, allow 1 1/3 to 1 1/2 more time (at 300°F. to 325°F.) than for defrosted leg.

*Spiced Peach Sauce

- 1 can (16 ounces) sliced peaches
 - 1/2 cup peach preserves
 - 2 teaspoons lemon juice
 - 1/4 teaspoon cinnamon
 - 1/4 teaspoon mint flakes
- Drain peach syrup into saucepan. Stir in peach preserves, lemon juice, cinnamon and mint flakes; cook slowly 12 to 15 minutes to reduce liquid to 1 cup. Add reserved peaches and continue cooking 2 to 3 minutes or until heated through, stirring gently to coat.

TIMETABLE FOR ROASTING

325°F. Oven Temperature (not preheated)

Min. per pound	Leg, Shank Half (3 to 4 Pounds)	Min. per pound	Leg, Sirloin Half (3 to 4 Pounds)
15 to 20	140°F. (rare)	25 to 30	140°F. (rare)
20 to 25	160°F. (medium)	30 to 35	160°F. (medium)
25 to 30	170°F. (well)	35 to 40	170°F. (well)
30 to 35	170°F. (well)	40 to 45	170°F. (well)

Leg, Boneless (4 to 7 Pounds) Shoulder*, Boneless (3 1/2 to 5 Pounds)

15 to 20	140°F. (rare)	25 to 30	140°F. (rare)
20 to 25	160°F. (medium)	30 to 35	160°F. (medium)
25 to 30	170°F. (well)	35 to 40	170°F. (well)

*For pre-sliced, bone-in shoulder, add 5 minutes per pound.

Mediterranean Lamb Broil

- 4 to 6 lamb blade, arm or sirloin chops, cut 3/4 to 1 inch thick
- 3 medium zucchini, cut into 1/2-inch slices
- 1 onion, cut into 1/2 wedges
- 1 red or green pepper, cut into strips
- 1 clove garlic, minced
- 2 tablespoons butter or margarine
- 1 teaspoon basil leaves
- 1/2 teaspoon salt
- 1/4 teaspoon marjoram leaves
- Cooked linguini, if desired

Place chops on rack in broiler pan so surface of meat is 3 inches from heat. Broil 5 minutes, season chops with salt and pepper and turn; broil second sides 5 minutes and season with salt and pepper. Meanwhile, prepare vegetables by slowly cooking zucchini, onion, red or green pepper and garlic in butter or margarine in large frying-pan 4 minutes. Sprinkle basil, 1/2 teaspoon salt and marjoram over vegetables, cover tightly, and continue cooking 4 minutes or until tender. Serve broiled lamb chops with linguini, if desired, and cooked vegetables. 4 to 6 servings.

Note: Lamb chops may also be panbroiled.

Lamb Scotch Souper Stew

- 1 pound (approximately) boneless lamb
- 1 tablespoon cooking fat
- 3/4 cup water
- 1 can (16 ounces) tomatoes
- 3 medium carrots, cut into 3/4 to 1 inch slices
- 2 ribs celery, cut into 1/2 inch slices
- 1 medium potato, pared and cut into 3/4 inch pieces
- 1 onion, quartered
- 1 teaspoon salt
- 1/2 teaspoon chili powder
- Dash hot pepper sauce

Cut lamb into 1-inch pieces and brown in cooking fat in Dutch oven. Pour off drippings. Add water; cover tightly and cook slowly 1 hour. Remove fat from cooking liquid. Break up tomatoes and add to meat. Add carrots, celery, potato, onion, salt, chili powder and hot pepper sauce. Cover tightly and continue cooking slowly 30 minutes. If a thicker soup is desired, combine 1 tablespoon flour with 2 tablespoons water. Add to cooking liquid and cook, stirring constantly, until thickened. 4 servings of 1-1/2 cups each.

*Trimmed from rump portion, shank and first sirloin chop. Note: Rump, shank and sirloin chop can be browned and cooked for first hour before removing meat, cutting it into pieces and returning meat to the cooking liquid. Two lamb shanks can be used for this recipe.

