

# Look To Lamb For Variety

Variety, that spice of life, is the spice of the table as well. A limited recipe repertory results in "ho-hum" meals, since even a favorite entree loses appeal with too frequent repetition.

Fortunately intriguing variety is within easy reach. There is as much diversity at the meat counter as in the greenhouse with its fascinating array of plants for the home. At the market are displayed hundreds of meat cuts that can be prepared in thousands of different ways. Yet some of the best possibilities are unexplored.

Lamb is a delightful source of variety that is virtually untapped by many meal planners. This favorite of Egyptian pharaohs, European kings and our early presidents is a veritable storehouse of the basic ingredients for delicious and different entrees. Once a spring-only treat, this fine meat is now available and equally good at all seasons, including autumn.

Too often knowledge of lamb is limited to the popular leg roasts and elegant loin and rib chops. But the wise shopper explores further. For lamb also means economical blade and arm chops cut from the shoulder, meaty shanks, neat packages of riblets and cubed lamb for stew or shish kebobs. These less familiar cuts are the potential for many exciting taste adventures.

Although a limited supply of lamb keeps the price up on the most popular cuts, the varying spread of demand makes for some especially good buys in the less familiar cuts — those same cuts that provide desirable menu variety.

Since lamb is from young animals, all of it is tender. Economical cuts, including shoulder chops, riblets and cubes, can be broiled for quick and delicious meals. But you won't want to miss the tempting flavor developed by braising lamb with vegetables and spices as in the recipes for Braised Lamb Shanks and Zucchini and Lamb Curry.

## Glazed Lamb Chops

- 6 lamb blade or arm chops, cut 3/4 to 1 inch thick
- 2 tablespoons currant jelly
- 1/3 cup orange juice concentrate
- 1 tablespoon lemon juice
- 3/4 teaspoon salt
- Salt and pepper
- Lemon Cup Garnish\*

Melt jelly in small saucepan. Add orange juice concentrate, lemon juice and 3/4 teaspoon salt and cook until smooth, stirring constantly. Remove fell and any excess fat from chops and place 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. Brush with orange glaze and broil 4 to 8 minutes, turning occasionally. Serve with Lemon Cup Garnish, 6 servings.

\* For Lemon Cup Garnish: Cut 3 lemons in half, remove juice and pulp, reserving juice. Cut small slice from end of each lemon half and simmer lemons in water 5 minutes. Melt 2 tablespoons butter or margarine in frying-pan. Add 2 chopped medium apples, 1 grated carrot, 1 chopped onion and 1 tablespoon reserved lemon juice and sprinkle with 1/4 teaspoon each salt and cinnamon. Cook 5 to 10 minutes, stirring occasionally. Fold in 2 tablespoons flaked coconut. Drain lemon cups and fill with apple-carrot mixture. 6 lemon cups.

## Barbecued Lamb Riblets

- 4 pounds lamb riblets
- 2 teaspoons instant minced onion
- 2 tablespoons water
- 2 teaspoons soy sauce
- 1/3 cup catsup
- 1/4 cup chili sauce
- 1 1/2 teaspoons ground cloves
- 1 package (7 ounces) macaroni
- 2 packages (10 ounces each) frozen mixed vegetables

Add instant minced onion to water and soy sauce. Stir in catsup, chili sauce and cloves. Place riblets on rack in broiler pan so surface of meat is 3 inches from heat. Broil 12 minutes, turning occasionally. Brush riblets with sauce and continue broiling 5 to 8 minutes or until browned, brushing with sauce and turning occasionally. Cook macaroni and frozen vegetables in salted water according to package directions for each and serve with the barbecued riblets, 4 to 6 servings.



Broiling brings economical lamb blade and arm chops and riblets to the table in a tiffy for two different and delicious meals.



## Braised Lamb Shanks and Zucchini

- 4 lamb shanks
- 2 tablespoons cooking fat
- 2 teaspoons salt
- 1/2 teaspoon oregano
- 1/4 teaspoon pepper
- 1/4 teaspoon mint leaves
- 1/4 teaspoon thyme
- 2 cloves garlic, minced
- 1/2 cup water
- 2 tablespoons lemon juice
- 2 medium zucchini, cut in slices 1/4 inch thick
- 3 medium tomatoes, peeled
- 2 tablespoons Parmesan cheese
- 3 tablespoons flour
- 1/3 cup water

Brown lamb shanks in cooking fat in large frying-pan. Pour off drippings. Combine salt, oregano, pepper, mint leaves and thyme and sprinkle over shanks; add garlic. Combine 1/2 cup water and lemon juice and pour over shanks. Cover tightly and cook slowly 1 1/2 hours. Add zucchini and whole tomatoes. Continue cooking, covered, 15 minutes. Remove shanks and vegetables to warm platter. (Halve or quarter tomatoes, if desired.) Combine flour and 1/3 cup water and use to thicken cooking liquid for gravy. Stir in Parmesan cheese and serve gravy with shanks and vegetables. 4 servings.

## Curried Lamb

- 2 pounds lamb for stew
- 2 tablespoons flour
- 1 1/2 teaspoons salt
- 1 teaspoon curry powder
- 1/2 teaspoon thyme
- 1/2 teaspoon pepper
- 3 tablespoons cooking fat
- 2 small onions, cut in rings
- 1 clove garlic, minced
- 1 can (5 1/2 ounces) apple juice
- 1/2 cup water
- 1/2 cup raisins
- 1 tablespoon brown sugar
- 3 medium apples, cut in wedges
- 1/3 cup toasted almond slices or chopped peanuts, if desired

Cut lamb in 1-inch pieces. Combine flour, salt, curry powder, thyme and pepper; dredge meat and brown in cooking fat in large frying-pan or Dutch oven. Pour off drippings. Add onions and garlic. Stir in apple juice and water, cover tightly and cook slowly 1 hour or until meat is almost tender. Stir in raisins and brown sugar. Place apple wedges on top of meat mixture, and continue cooking, covered, 10 to 15 minutes or until meat is tender and apples done. Fold apples into curry; sprinkle with toasted almond slices or chopped peanuts if desired. 6 servings.



Shanks and lamb for stew are braised with vegetables to flavor-packed perfection for appetizing dinner-table variety.