

# Easter Brings A Breath Of Spring

Spring arrives when Easter Sunday falls, no matter what the date. There's the promise of azaleas, tulips, lilies and daffodils as flowers begin to blossom and their scent fills the air.

Countries celebrate Easter with varied customs — many with song, dance and the exchange of gifts. Americans add a touch of finery to their costumes by wearing something new, while children join in the classic Easter Egg Hunt and spend a happy hour searching for brilliantly-dyed eggs.

The Easter feast is a joyous and light-hearted one. Traditionally, great roasts of lamb and fowl, absent during Lent, were prepared for a meal as elaborate as means allowed. Sometimes the feast began as soon as the church bell struck midnight on Holy Saturday, when parishioners brought food to the church to be blessed.

For this year's holiday meal, Leg of Lamb with Grapefruit Marinade makes a spectacular presentation. New Zealand Spring lamb, nurtured on mother's milk and green pasture grasses in that benevolent climate, then flash-frozen at the peak of tenderness, is readily available. After thawing, the lamb rests overnight in a sparkling marinade composed of Florida grapefruit juice blended with olive oil and seasoned with rosemary, thyme and garlic. The marinade is used to baste the meat while roasting and makes a piquant sauce to be served at the table. Grapefruit juice works its magic on the succulent lamb, enhancing its delicate flavor and adding a zesty citrus quality.

Orange Sherbet Mold can be served as an accompaniment to the roast, or as a dessert. Its exuberant flavor comes from freshly-squeezed orange juice, the fruit picked just a few days earlier in the Florida groves. Sweetened with honey and blended with orange ice, the mold is topped with orange sections bursting with juice. Orange Sherbet Mold offers a complete change to taste and texture and complements the robust flavor of the roast lamb.

A perfectly brewed pot of tea completes the holiday feast. Tea has been the symbol of hospitality since earliest recorded time. It has been traditionally offered to strangers to signify good will and shared with friends on social occasions. A good quality tea guarantees full aroma and flavor and the clean, gentle taste can be enjoyed throughout the meal. It gives a gentle lift without a let-down afterwards. To make tea, fresh, cold water brought to a rolling boil should be added to an already warmed pot. Use one tea bag or one teaspoon of tea per cup of water and brew it for three to five minutes.

A delectable lamb roast, zesty citrus mold, garden vegetable and refreshing pot of tea plus a terrific dessert add up to a dinner as festive as the holiday itself. And, it allows time for the chef to march in the Easter parade.



## Grapefruit Marinade Lamb

- 1 frozen leg of lamb (about 5 pounds), thawed
- 2 cups grapefruit juice
- 1/2 cup olive oil
- 2 teaspoons dried rosemary, crumbled
- 2 teaspoons dried leaf thyme, crumbled
- 3 cloves garlic, minced
- 1 tablespoon flour
- Salt and pepper

With sharp knife, remove "fell" and fat from lamb. In medium bowl combine grapefruit juice, olive oil, rosemary, thyme, and garlic; mix well. Place lamb in heavy plastic bag just large enough to hold lamb comfortably. Pour marinade over lamb. Press air out of bag. Seal bag. Turn bag to coat lamb with marinade. Refrigerate overnight. To cook, place lamb, meaty-side-up on rack in roasting pan. Roast in a 325°F. oven, 1 hour 45 minutes or until meat thermometer registers 140°F. for rare, 160°F. for medium, 170°F. for well-done. Baste with marinade every 30 minutes during roasting. Remove meat to serving platter. Allow to "rest" 10 minutes before serving. Add flour to roasting pan. Stir over medium heat one minute. Gradually stir in remaining 1 to 1 1/4 cups grapefruit marinade. Cook until thickened. Gravy may be thinned if necessary with water or grapefruit juice. Season to taste. YIELD: 6 to 8 servings.

## Carving Lamb Legs

1. Place roast flat side down on carving board with shank (narrow end) to your right. From left to right slice down to bone, then make horizontal cut along bone to free slices.
2. Remove slices from roast.
3. Slice butt (wide end) in toward bone.
4. Lift roast and turn over.
5. Replace roast on carving board.
6. Carve balance of roast down to bone, then make horizontal cut along bone to free slices.
7. Trim remaining meat off bone.

## Tea Tips

- \*Preheat your teapot by rinsing it out with hot water. This keeps the tea hot during brewing.
- \*Always use freshly drawn water. Water that has been standing and reheated gives tea a flat taste.
- \*Don't judge the strength of tea by color. Some teas brew light, some dark. Brew by the clock.
- \*If you like weak tea, add a little hot water to your tea after the full brewing period.
- \*Stir tea before pouring to make sure it's uniformly strong.
- \*Serve tea with milk (not cream) to let the true flavor of the tea come through. Or with lemon to point up its flavor.

## Orange Sherbet Mold

### First gelatine layer:

- 1 envelope unflavored gelatine
- 1 3/4 cups orange juice, divided
- 2 tablespoons honey
- 2 oranges, peeled and sectioned

In medium saucepan sprinkle gelatine over 3/4 cup cold orange juice; let stand 1 minute. Stir over low heat until gelatine is completely dissolved, about 5 minutes. Remove from heat; stir in remaining 1 cup cold orange juice and honey. Chill until consistency of unbeaten egg white. Meanwhile, arrange orange sections on bottom of a 6-cup mold, reserving 8 sections to garnish serving plate. Pour gelatine mixture into mold. Chill until firm.

### Sherbet layer:

- 2 envelopes unflavored gelatine
- 1 3/4 cups orange juice, divided
- 1 pint orange sherbet

In medium saucepan sprinkle gelatine over 1 cup cold orange juice; let stand 1 minute. Stir over low heat until gelatine is completely dissolved, about 5 minutes. Remove from heat; stir in remaining 3/4 cup cold orange juice and sherbet. Stir until sherbet dissolves. Chill mixture until consistency of unbeaten egg whites. Pour over firm gelatine mixture in mold. Chill 6 to 8 hours, until firm. Unmold. Garnish plate with reserved orange sections. YIELD: 6 to 8 servings.

## Table Talk

A beautifully set table and decorated food platters make ordinary food taste like ambrosia. Decorations call for more imagination than money. Some suggestions:

- \*Glazed orange slices cover a ham roast, keeping it moist and adding flavor.
- \*If your china is patterned, pick up small plates in solid complementary colors for contrast.
- \*Make fruit and vegetable flowers. Use a sharp knife to carve and toothpicks to hold the pattern. Don't be shy...nature rarely makes a perfect daisy.
- \*Fruit shells hold sauces, vegetables, stuffings and desserts. Orange ice in an orange shell with raspberry jam is spectacular.